

**ARTICLE III
RULES OF COMPETITION**

**SECTION I
GENERAL**

**RULE 142
COMPETITORS' CHECK-IN**

1. All runners and walkers shall report to the Clerk of Course immediately upon their arrival at the place of meeting and no later than the check-in time designated in the entry blank or the meet information distributed by the Games Committee. All field event competitors shall report to the Chief Field Judge of their respective events at the designated time unless instructed to report to the Clerk of Course in the entry form or meet information distributed by the Games Committee.
2. Each competitor shall inform himself/ herself of the time of starting, and shall be promptly at the starting point of each competition in which he or she is entered, and there report to the Clerk of Course.
3. In Championships and programs, other than the Olympic Team Selection competition, conducted pursuant to the Rules of Competition of USATF, any athlete declared to compete must honestly participate in each round (trial, heat, or final, etc.) of each track event for which the athlete is declared or the athlete will be barred from further competition in that meet. This rule shall not apply to events in which only a final is held, but an athlete may be barred from such an event if previously he or she has not honestly participated in a track event within the purview of this rule.

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

4. The Referee has the discretion to waive the honest effort rule in the event an athlete provides a medical certificate, endorsed by a medical officer appointed or approved by USATF or the Games Committee, attesting to the fact that the athlete became unable to compete after being declared, or after competing in a previous round, but will be able to compete in further events on a subsequent day of the competition. Other justifiable reasons, such as factors independent of the athlete's own actions, may, after confirmation, also be accepted by the Referee.

**RULE 143
ATHLETIC ATTIRE**

1. 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. This rule shall be enforced by the Clerk of Course for track and road events and the Chief Judge of each field event.

2. In hot weather, an athlete competing in a long distance road run may compete without a top shirt. This ruling will be made by the Referee with the approval of the Games Committee.
3. (a) A competitor may compete in bare feet or with footwear on one or both feet. The purpose of shoes for competition is to give protection and stability to the feet and a firm grip of the ground. Such shoes, however, must not be constructed so as to give the competitor any unfair additional assistance, including the incorporation of any technology which will give the wearer any unfair advantage, such as a spring or similar device. A shoe strap over the instep is permissible.

NOTE: *Orthotic inserts required for medical purposes are exempt from this rule.*

- (b) The sole and the heel of the shoes shall be so constructed as to provide for the use of up to 11 spikes. Any number of spikes up to 11 may be used, but the number of spike positions shall not exceed 11.

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

- (c) When a competition is conducted on a synthetic surface, that part of each spike which projects from the sole or heel must not exceed 9mm, except in the High Jump and Javelin Throw, where it must not exceed 12mm. These spikes shall have a maximum diameter of 4mm. For non-synthetic surfaces, the maximum length of spike shall be 25mm and the maximum diameter is 4mm. On synthetic tracks, competitors shall comply with the instructions of organizers as to length of spikes.
- (d) The sole and/or the heel may have grooves, ridges, indentations or protuberances provided these features are constructed of the same or similar material to the basic sole itself.
- (e) In the High Jump and Long Jump, the sole shall have a maximum thickness of 13mm. In the High Jump, the heel shall have a maximum thickness of 19mm. In all other events, shoes may be of any thickness.
- (f) Athletes may not use appliances, either inside or outside the shoe, which will have the effect of increasing the thickness of the sole above the permitted maximum, or which can give the wearer any advantage which would not be obtained from the type of shoe described in the previous paragraphs. The thickness of the sole shall be measured as the distance between the inside top side and the outside under side, including the above-mentioned features and any kind or form of loose inner sole.

4. Every competitor must be provided with number bibs, which must be conspicuously worn when competing. The number bibs are to be worn as issued (cutting or folding numbers is not permitted). No athlete shall be permitted to participate in any competition without the appropriate number bib or bibs. The identifying information on the number bib need not be numeric.
5. If one number bib is provided, it must be worn visibly on the front. When two number bibs are provided, they must be worn on the singlet, front and back. If, pursuant to Rule 143.2, a singlet is not worn, the number bibs should be worn on the shorts, front and back. The competitors may also be required to wear start list identifying numbers on the hips and in other locations determined by the Games Committee.
6. In the Pole Vault and High Jump, the competitors may wear the number bib on the back or front only.
7. In cross country, long distance runs, and race walks, the competitors must wear a number bib on the front and should also wear a number bib on the back. The front number bib must be visible at all check points and at the finish line.
8. Where athletes compete in warm-up suits, the number bibs must be worn on that suit as set forth herein.
9. Once a number has been assigned to a competitor, no other competitor may use it.
10. The overall size of the number bib shall not exceed 16.5cm x 19cm. The numerals on the number should be at least 10cm in height. The sponsor's name shall not exceed 2.5cm x 15cm.

NOTE: *Road races, except for the size of the name of the sponsor, may vary the overall size of the number bib and height of the numeral.*

RULE 144 ASSISTANCE TO ATHLETES

1. Competition under these Rules consists of self-propelled motion without assistance, except as defined by the Rules of Competition of a specific event discipline.
NOTE: *For rules covering disabled-only competitions see the SPECIAL SECTION beginning on page 197.*
2. Except as provided in road races (Rule 241) and in long distance walking events (Rule 232), during the progress of an event a competitor who has received any assistance whatsoever from any other person may be disqualified by the Referee. "Assistance" is the conveying of advice, information or direct help to an athlete

by any means, including a technical device. It also includes 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. It does not mean participation of an officially designated pacesetter in the race.

NOTE 1: *Pacesetting by a person entered in an event for that purpose is permitted, provided such pacesetters start in the event.*

NOTE 2: *Competitors may carry or wear articles of personal equipment such as wrist chronometers and heart rate monitors.*

3. (a) Verbal or other communication, without the use of any technical device, from an individual who is not in the competition area to an athlete who is in the competition area shall not be considered assistance. In order to facilitate this communication and not to disturb the staging of the competition, it is recommended that a place in the stands, close to the immediate site of each field event, be reserved for the athletes' coaches.

(b) The visible possession or use by athletes of video or audio cassette recorders or players, TV's, CD or DVD players, radio transmitters or receivers, mobile phones, computers, or any similar devices in the competition area shall not be permitted. In long distance running, this is not a mandatory rule, but is a strong suggestion as a guideline for safety reasons.
4. In a track event, any competitor competing to lose or to coach another competitor shall forfeit the right to be in the competition and shall be disqualified.
5. In a field event, an athlete may not leave the immediate area of the event and engage in dialogue with persons outside the area.
NOTE: *Athletes competing in an event on the infield may not, during the competition, cross to the outside of the track.*
6. Any athlete giving or receiving assistance during any event other than as specified in 144.3(a) must be cautioned by the Referee and warned that for any repetition, he or she will be disqualified from that event. If such disqualification occurs, any performance accomplished up to that time in the same event session shall not be considered valid. Performances accomplished in any previous event session, such as a qualifying round, shall stand.
NOTE 1: *For Youth Athletics exception, see Rule 302.5(k).*
NOTE 2: *Information conveyed to an athlete by an official is not considered assistance provided such information is made available to all athletes.*
7. 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.

8. No attendant or competitor who is not actually taking part in the competition shall accompany any competitor on the mark or in the competition, nor shall any competitor be allowed, without the permission of the Referee or Judges, to receive assistance or refreshment from anyone during the progress of the competition, except as provided by Rules 144.9, 144.10, 144.11, or 241.
9. Medical personnel authorized by the Games Committee or Referee to do so may examine any athlete who appears in distress. If in their opinion it is in the best interest of the athlete's health and welfare, they may remove the athlete from the competition. A hands-on medical examination during the progress of an event by officially designated medical personnel shall not be considered assistance.
10. Physiotherapy and/or medical treatment necessary to enable an athlete to participate, or continue participation once in the competition area, may be provided by members of the official medical staff appointed by the Games Committee and clearly identified as such. Accredited team medical personnel approved by the Meet Doctor specifically for the above purpose may be permitted in the medical treatment area outside the competition area. In neither case shall the intervention delay the conduct of the competition or a competitor's trial in the designated order.
11. During hot weather the meet organizers may furnish competitors with water and sponging stations in races of 5000 Meters and longer on the track and in off-track events. See Rule 241.

RULE 145 DISQUALIFICATION

1. If an athlete is disqualified in an event because of an infringement of the USATF Competition Rules, reference to the USATF Rule infringed shall be made in the official results. Any performance accomplished up to that time in the same session of the event shall not be considered valid. Performances accomplished in any previous event session, such as a qualifying round, shall stand. This disqualification shall not prevent an athlete from participating in any future event.
2. Any competitor who shall refuse to obey the directions of the Referee or other proper official, or who shall conduct himself/ herself in an unsportsmanlike manner, or who is offensive by action or language to the officials, spectators, or competitors at any competition may be disqualified by the Referee from future competition at the meet. If such disqualification occurs, any performance accomplished up to that time in the same event session shall not be considered valid. Performances accomplished in any previous event session, such as a qualifying round, shall stand. If the Referee thinks the offense worthy of additional action, he/she shall promptly make detailed statement of the offense to the appropriate National or Association Officer.

RULE 146 PROTESTS

1. Protests concerning the team status or eligibility of an entered competitor must be made to the Chair of the Games Committee prior to the commencement of the meet, or to the Referee during the meet.
2. Protests relating to matters which developed during the conduct of the competition must be made to the Referee at once and not later than 30 minutes after a result has been announced, except in the case of long distance and cross country races, where the time period shall be 24 hours. However, in the case of events in which final results are not announced on the day of competition, the Games Committee may determine, and announce in the results that are released, a period not to exceed seven (7) days during which protests may be made to the meet or race director.
3. Protests, at the discretion of the Games Committee or the Referee, may be made orally or in writing. For National Championships, they must be made in writing.
4. In races where a false start control apparatus is used, if an immediate oral protest is made regarding a decision by the Starter to charge a false start, the Referee may allow an athlete to compete under protest in order to protect the rights of all concerned and provide the time required to determine if the information provided by the apparatus is obviously inaccurate.
5. Where an IAAF approved false start control apparatus is used, a protest may be based on the failure of the Starter to recall a false start. The protest may be made only by, or on behalf of, an athlete who has completed the race. If the protest is upheld, any athlete who committed the false start, and who was subject to disqualification according to Rule 162.7, shall be disqualified.
6. If an immediate oral protest is made, regarding a decision of a Field Judge that a jump or throw is foul or is invalid, the jump or throw should be measured, if possible, in order to protect the rights of all concerned. The measurement should be announced only if the protest is upheld.
7. If possible, the Games Committee or the Referee shall decide protests at once. If the nature of the protest or the necessity of obtaining testimony or evidence prevents an immediate decision, the competitor shall be allowed to compete under protest, and the protest shall be decided by the Games Committee within one week, unless its subject be the eligibility of the competitor to compete, in which case the Games Committee must report such protest within 48 hours to the Member Services Chair in the Association where the meet is held.
8. Where a Jury of Appeal has been established to consider appeals of decisions of the Referee as to matters which developed during the conduct of the event,

appeals must be made in writing immediately and within 30 minutes after the action by the Referee has been officially announced. In the case of long distance and cross country races, the time period shall be 24 hours.

RULE 148

MEASUREMENTS AND WEIGHTS

1. All measurements, except as otherwise herein provided, must be made with a certified steel or fiberglass tape or bar graduated in centimeters, and all implementations must be weighed on a governmentally approved scale or balance. Measurements made with fiberglass tapes shall not be acceptable for records.
2. (a) All measurements of field events must be read by the Field Judges. In the case of a record, the measurement must be read by at least three judges, including the Chief Field Judge of that event, and must be made in meters under the supervision of the Field Event Referee or the Head Field Judge (See Rule 264.2). In measuring the distances of throwing events and horizontal jumps, the part of the tape or bar recording the distance achieved must be held by the official at the circle or take-off point.
 - (b) Distances in field events
 - i. Shall be measured in meters and shall always be recorded to the nearest 0.01m below the distance measured if the distance measured is not a whole centimeter (*i.e.*, fractions less than 0.01m must be ignored).
 - ii. In the High Jump and the Pole Vault, all measurements shall be made perpendicularly from the ground with a certified steel or fiberglass tape or bar to the lowest part of the upper side of the crossbar.
3. A scientific measuring apparatus, such as a datum line measurer, the accuracy of which is certified by a governmental Bureau of Weights and Measures, may be used for the measurement of jumps and throws.

NOTE: *For measurement of tracks, see Rule 160. For measurement and certification of road courses, see USATF Operating Regulation 6.*

RULE 149

VALIDITY OF PERFORMANCE

No performance accomplished by an athlete shall be valid unless it has been made during a bona fide competition on a facility and (where relevant) using an implement which conforms to specifications set within these Rules.

RULE 159
ELECTRONIC DEVICES

Electronic devices not approved by the Games Committee shall not be used by any individual in the area of competition or designated warm-up area.

RULE 160
TRACK LANES AND MEASUREMENTS

1. In all outdoor races at distances up to and including 400 meters, wherever possible, each competitor shall have a separate lane with a width of 1.22m \pm 0.01m (4 ft.) measured as provided in paragraphs 2 and 4 hereof and properly marked by lines 5cm in width. On tracks whose width does not permit 8 lanes of that width, the minimum width of the lanes may be 91.4cm (3 ft.). Only the line on the right hand of each lane shall be included in the measurement of the width of each lane. The inside radius should be limited to between 35.00m and 38.00m unless the curve is a double bend track designed to fit a playing field on the infield. In that case the minimum bend radius is 24.00m.
2. All distances run or walked shall be determined on the basis of a hypothetical line 30cm outward from the inner edge of the track, except that for races upon straightaways, the distance shall be measured in a raised direct line from the starting mark to the finish line. For any track without a raised border, the measurement shall be made 20cm from the outer edge of the white line marking the border of the track. (See Rule 160.3(b)) For events run in lanes around a turn, all lanes except the one on the inside border shall be measured 20cm outward from the inner lane line.

NOTE: *If a track with a removable curb is used without the curb in place for races longer than 10,000 meters, it must then be regarded as an uncurbed track according to Rules 160.2 and 160.3(b). In this case the distance, which would normally be measured 30cm from the curb, must be recalculated to a path 20cm from the line marking the inside border. Assuming that this line lies directly under the intended curb location, this reduces the measured distance by 0.63m per lap (for example, 400m would become 399.37m). This reduced distance must then be used for all calculations of the distance run.*

3. (a) The nominal length of an outdoor track shall preferably be 400 meters. It shall consist of two straights and two turns. The inside of the track shall be bordered by a raised curb of suitable material approximately 5cm high and 5cm wide. The curb may be raised to permit surface water to drain away, in which case the maximum height shall be 6.5cm. If a section of the curb has to be removed temporarily for field event competitors, its place shall be marked with a white line 5cm wide and by plastic cones (minimum height 20cm) or flags placed at intervals not exceeding 4m. This shall also apply for the section of the steeplechase track where runners divert from the main track to negotiate the water jump.

- (b) Although a raised border is preferred, an indoor track may be bordered with a white line 5cm wide. Where the inside edge of the track is bordered with a white line, the curves shall be marked additionally with small flags or cones. The flags shall be approximately 25cm x 20cm in size, at least 45cm high and set at an angle of 120 degrees to the track surface. The cones shall be at least 20cm high. The flags or cones should be placed on the track at intervals not exceeding 2m so that the outward face of the flagstaff or the cone coincides with the outward edge of the white line.
4. The direction of the running shall be left hand inside, except for track events longer than 100 miles or 12 hours. In such events, competitors may, at the discretion of the Race Director, be permitted to reverse direction around the track at regular intervals. Direction reversal shall be done around a fixed object (*e.g.*, a traffic cone) and shall be done at either the official starting line or the official finish line of the event, never at any other points on the track. Direction reversal shall be done only at regular time intervals (*e.g.*, every 3 hours), not at fixed distance intervals. During direction reversal, runners who have reversed shall yield right-of-way to the inside lane to runners who have not yet reversed until the entire field of competitors has reversed direction.
 5. The maximum allowance for lateral inclination of the track shall not exceed 1:100, with the inclination to the inside lane. The downward inclination in the running direction shall not exceed 1:1000.
 6. In all events, the starting line and the finish line shall be so painted or laid down upon the track so that the distance of the race shall be measured from the edge of the start line farther from the finish line to the edge of the finish line nearer to the start line.
 7. In all races around turns not run in lanes, the starting line shall be curved so that wherever it occurs on the track, all runners start the same distance from the finish. The track shall be permanently marked to show the cut-in points in the 800 Meters and in relay races that start, but do not finish, in lanes.
 8.
 - (a) The 200 Meters shall be run in lanes around one turn.
 - (b) The 400 Meters shall be run in lanes around two turns.
- (c) Indoor track
- (i) Races of up to, and including, 200m shall be run entirely in lanes.
 - (ii) Races over 200m and less than 800m shall start and continue in lanes until the end of the second turn.
- (d) Whenever possible, the 800 Meters shall be run in lanes until the athletes have passed the nearer edge of the breakline at the end of the first turn, marked at each end by a flag or cone positioned outside the track at least 30cm from the nearest lane line. The starts shall be so staggered that the

distance from the start to finish shall be the same for each competitor. Small markers, such as cones or prisms 5cm x 5cm and no more than 15cm high preferably of a different color from the breakline and lane lines, may be placed on the lane lines immediately before the intersection of the lane lines and the breakline.

9. In all National or Association Indoor Championship races, at any distance under and including 300 meters, each competitor shall have a separate lane of at least 91.4cm (approximately 3 ft.) properly marked and measured, whether race be run on a straight path or around one or more curves.
10. The separate arced starting line referred to in Rule 162.18 shall be marked in such a way that all of the competitors shall run the same distance. Also, an arced break line shall be marked at the beginning of the following straight to indicate to the athletes of the outer group where they are permitted to join the competitors using the regular starting line.

NOTE: *Full technical information on track construction, layout and marking are contained in the IAAF's Manual on Track and Field Facilities, which is available from the IAAF at www.iaaf.org*

RULE 161 STARTING BLOCKS

1. Starting blocks are to be used in track events, not as a material aid to the runner, but to protect the track and to expedite the carrying out of the meet. Hand supports are not allowed. Starting blocks must be made entirely of rigid materials and, while they may be adjustable, must be made without springs or other devices whereby the athlete can obtain artificial assistance or impetus. They should be so made as to easily and quickly be placed into position and removed without damage to the track. On all-weather tracks, the organizers or Games Committee may refuse to allow a competitor to use any personal starting blocks that can be shown to cause damage to the track.
2. Starting blocks must be used for all races up to and including 400 meters and the lead-off leg of relays where that leg does not exceed 400 meters. They must not be used for any other race. Where starting blocks are used, both of the runner's feet must be in contact with the starting blocks.
NOTE 1: *For Youth Athletics exception, see Rule 302.2(d).*
NOTE 2: *For Masters exception, see Rule 332.2(d).*
3. No part of the starting block may overlap the starting line or extend beyond the lane in which it is placed.
4. Starting blocks linked to an IAAF approved false start detection apparatus may be used at any competition, but shall be used in Open Men's and Women's

National Championships and USA Olympic Selection competition to assist the Starters. The apparatus shall emit an acoustic signal, audible to the Starter, or assigned Recall, whenever the reaction time of the athlete detected by the apparatus is less than 100/1000th of a second. In addition to the acoustic signal, a recall signal shall be an automated function of the false start detection apparatus when such function is available.

5. If the Starter deems it necessary, he/she may assign a block holder to any athlete. The block holder must sit on the track so that the holder does not interfere with the view of the starter or recall starter(s). The holder shall not make contact with the foot pads.

RULE 162

METHOD OF STARTING

1. The start of a race shall be indicated by a white line 5cm wide marked on the track or ground. When starting, all competitors must be behind the starting line and they must not touch the starting line or the surface in front of it with any part of the body. Starting stations in events at all distances shall be numbered from left to right, facing the direction of running.
2. Except for time handicap races, all running and walking events shall be started by the report of a pistol or approved device fired upward after the Starter has ascertained that competitors are steady and in the correct starting position.
 - (a) Where a pistol is used, it should be of not less than .32 caliber, with powder giving a distinct flash/smoke, except in indoor competition, where a .22 caliber pistol with black powder shells may be used.
 - (b) When an electronic tone is used, it shall be of suitable loudness and shall simultaneously activate a flash/strobe.

NOTE: *The starting device should be held to provide a background against which the flash/smoke is clearly discernible.*

3. Except as otherwise indicated herein, the commands of the Starter shall be “on your marks” and “set,” and when all competitors are “set,” the pistol/starting device shall be fired. In races longer than 400 meters, the command shall be “on your marks” and when all competitors are steady, the pistol/starting device shall be fired. The starter shall not fire the pistol/starting device while any competitor is in motion after the command “set” nor before the Starter has ascertained that each competitor is steady and in the correct starting position. When appropriate, the Starter may assemble the competitors at an actual or imaginary line behind the starting line and have the athletes move up to the starting line on the command “on your marks.” In time handicap races, the command “Go” may be used.

NOTE: *The assembly line is normally between 1m and 3m behind the starting line.*

4. Prior to each running event, the Starter or designee shall give instructions to competitors concerning the commands to be used. Before any starting commands, the Starter shall ascertain that the Timers, Judges and, when applicable, the Chief Photo Finish Judge and the Wind Gauge Operator, are ready.
5. All questions concerning the start shall be decided by the Starter.
6. When a competitor uses a crouch start, the competitor must, after the "on your marks" command, assume a position completely within the assigned lane and behind the starting line. Both hands and one knee must be in contact with the ground and both feet in contact with the starting blocks. At the "set" command, the competitor should immediately rise to a final starting position retaining the contact of the hands with the ground and of the feet with the blocks. (See Rule 162.1.) In all races up to and including the 400 Meters and lead-off relay legs not exceeding 400 meters, a crouch start and starting blocks must be used, unless prohibited by a permanent physical disability. See Rule 161.2.

NOTE 1: *For Youth Athletics exception, see Rule 302.2(d).*

NOTE 2: *For Masters exception, see Rule 332.2(d).*

7. No later than the command "on your marks," the Starter shall raise the hand with the pistol or flash/starting device. That hand shall remain extended above the head until the start signal has been generated. During that time, the hand without the pistol/starting device shall remain at the Starter's side.
NOTE 1: *The above may be modified to accommodate the hearing impaired.*
NOTE 2: *To facilitate hand timing, the Starter may signal the Timers just prior to the "set" command.*
8. On the command "on your marks," or "set" as the case may be, all competitors shall at once and without delay assume their full and final "set" position. Failure to comply with this command after a reasonable time shall constitute a false start.
9. If in the judgment of the Starter, a competitor commences the starting motion after assuming a full and final set position, and before receiving the report of the pistol/starting device, it shall be considered a false start.
10. If a competitor after the command "on your marks" disturbs other competitors in the race through sound or otherwise, it may be considered a false start.
11. The Starter or any Recall Starter, who is of the opinion that the start was not fair, shall recall the competitors by firing a pistol or sounding a distinctive false start tone.

12. No penalty shall be imposed for the first false start in a race. The competitor(s) responsible for the false start shall be warned with a yellow card/flag placed on the respective lane marker (s). At the same time, all the other competitors taking part in the race shall be warned with a yellow card/flag raised in front of them to notify them that anyone committing further false starts will be disqualified. This last mentioned basic system (to raise a card/flag in front of the athlete(s) responsible for the false start) will also be followed in case lane markers are not being used. In case of further false starts, the competitor(s) responsible for the false start shall be disqualified and a red card/flag shall be placed on the respective lane marker(s), or raised in front of the respective athlete(s).

NOTE 1: *In practice, when one or more competitors makes a false start, others are inclined to follow and, strictly speaking, any competitor who does so has also made a false start. The Starter should charge only the competitor or competitors who, in the Starter's opinion, were responsible for the false start. This may result in more than one competitor being charged with a false start. If the unfair start is not due to any competitor, no competitor shall be charged, and a green card shall be shown to all competitors.*

NOTE 2: *For Combined Events exception, See Rule 200.3(c).*

NOTE 3: *For Youth exception, see Rule 302.2(c).*

NOTE 4: *For Masters exception, see Rule 332.2(c).*

13. In handicap races, the Starter shall also disqualify from that event any competitor who attempts to advance from his/her mark, as prescribed in the official program, after the Starter has given the final oral command.
14. Should the Starter have occasion to warn the competitors on any point, or is not satisfied that all is ready to proceed after the competitors are on their marks, he/she shall order the competitors to "stand up."
15. The Starter shall report to the Referee any misconduct by any competitor at the start. The Referee shall have authority to disqualify such contestants.
16. In races where the competitors are not placed behind the same starting line (*i.e.*, races of 200m to 800m on oval tracks), the Starter should use a microphone transmitting to speakers positioned at or near the starting line in each lane. Where such a device is not used, the Starter shall so be placed that the distance between the Starter and each of the competitors is approximately the same.
NOTE: *See Rule 160.6 as to the position of starting line and finish line. The line painted or placed upon the ground is in front of the theoretical starting line and must not be touched by the competitors. See Rule 161 regarding the use of starting blocks.*
17. When a false start detection apparatus is used, the Starter and/or an assigned Recall Starter with no other duties, shall wear headphones in order to hear clearly any acoustic signal that is emitted in the case of a false start. As soon as the

Starter or Recall Starter hears the acoustic signal, and if the pistol/device was fired, there shall be a recall. The Starter shall immediately examine all available numerical and graphical information generated by the false start detection apparatus in order to confirm which athlete(s), if any, is/are responsible for the false start. Unless the apparatus was obviously not working properly, a false start shall be charged to the athlete(s) with a reaction time faster than 100/1000th of a second.

18. In races that do not start in lanes, competitors may be divided into two groups with one group of approximately 65 percent of the competitors on the regular arced starting line and the other group on a separate arced starting line marked across the outer half of the track. The outer group shall run as far as the end of the first turn on the outer half of the track.

RULE 163 THE COMPETITION

1. Competitors shall be placed at the finish in the order in which any part of their bodies (*i.e.*, the "torso," as distinguished from the head, neck, arms, hands, legs, or feet) reaches the finish line.
2. In running events, including hurdle races and Steeplechases, no competitor may place any mark or marker upon the running surface or alongside it, except as allowed in relay races. See Rule 170.11.
3. Each competitor shall run in a direct line after entering the final straightaway in all races of two or more turns unless there is another competitor in his or her path.
4. Any competitor or participant jostling, running across, or obstructing another competitor or participant so as to impede his or her progress shall be liable to disqualification in that event. The Referee shall have the authority to order the race to be re-held, excluding the disqualified competitor or, in the case of a heat, to permit any competitor(s) seriously affected by jostling or obstruction (other than the disqualified competitor) to compete in a subsequent round of the race. Normally, such an athlete should have completed the event with bona fide effort. Regardless of whether there has been a disqualification, the Referee, in exceptional circumstances, shall also have the authority to advance a competitor seriously affected by jostling or obstruction or to order the race to be re-held if it is just and reasonable to do so.
5. In races run entirely in lanes, each competitor must keep in the allotted lane from start to finish. In races run partially in lanes, each competitor must keep in the allotted lane from the start to the marked cut-in points. Unless a material advantage has been gained, a competitor shall not be disqualified if he or she:

- (a) is pushed or forced by another competitor to run out of the lane, or
- (b) runs out of the lane on the straightaway, or
- (c) runs outside of the outer lane line on the curve.

Excluding the above exceptions, the Referee shall disqualify a competitor if an Umpire reports that the competitor has run out of the lane.

6. Leaving Track, Field, or Course:

- (a) No competitor, after leaving the track or course, shall be allowed to rejoin a race either for the purpose of gaining a place or to pace or to assist another competitor.
- (b) In field events and in the combined events, with the permission of the Chief Judge of the event and accompanied by an official, a competitor may leave the immediate area of the competition during the progress of the competition (other than during a race). Competitors excused to compete in another event need not be accompanied.
- (c) In any track event of 20,000 meters or more or in any road race, a competitor may leave the road or track with the permission and under the control of a judge or other authorized official, provided that by going off or returning to the course the athlete does not lessen the distance to be covered.

7. To be considered a finisher, a competitor must complete the race.

8. In any race decided on the basis of the distance covered in a fixed period of time, the Starter shall fire the pistol or give other audible or visual signal exactly one minute before the end of the race to warn competitors and judges that the race is nearing its end. At the exact specified time after the start, as directed by the Chief Timer, the Starter shall signal the end of the race by again firing the pistol or giving other audible or visual signal. The Timers will then immediately stop their watches. At the instant of the signal of the expiration of the time, the Judges appointed for that purpose shall mark the exact spot where each competitor last touched the track before or simultaneously with the final signal. Competitors may be given marking devices to place at their last contact point to aid the Judges. The distance achieved shall be measured to the nearest meter or yard behind the rear edge of the last footprint of the competitor. At least one judge shall be assigned to each competitor before the start of the race for the purpose of recording the time of each lap completed and marking the distance achieved.

9. Distances achieved in fixed time period races may be measured in miles, yards,

or meters. However, the results must be reported in kilometers and/or meters. Distances converted from other than metric measurement must be indicated as such. Any conversions shall always be rounded down to the next lower meter.

10. (a) The periods for which the wind will be measured, from the flash of the starting pistol, are as follows:

80 Meter Hurdles	10 seconds
100 Meters	10 seconds
100 Meter or 110 Meter Hurdles	13 seconds

- (b) In the 200 Meters and 200 Meter Hurdles run around a curve, the wind velocity shall be measured for a period of 10 seconds, commencing when the runners enter the straightaway. In the Long Jump and Triple Jump, the wind velocity shall be measured for a period of 5 seconds, commencing 40m from the take-off board in the case of the Long Jump and 35m from the take-off board in the case of the Triple Jump or, if the competitor runs less than 40 or 35m, as the case may be, from the start of the run.

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

12. The wind gauge shall be read in meters per second, rounded and recorded to the next higher tenth of a meter per second, in the positive direction. (*i.e.*, a reading of +2.03m per second shall be recorded as +2.1; a reading of -2.03m per second shall be recorded as -2.0). Gauges that produce digital readings expressed in tenths of meters per second shall be constructed so as to comply with this rule.

NOTE: *For record requirements, See Rule 262.4.*

13. To insure an accurate reading of only the wind component in the direction of running, a mechanical wind gauge should have some type of protection which reduces the impact of any cross-wind component. Where tubes are used, their length on either side of the measuring device should be at least twice the diameter of the tube.

14. The wind gauge may be started and stopped automatically and/or remotely, and the information conveyed directly to the competition computer. Whenever the wind gauge is connected to a computer system, the Wind Gauge Operator shall assure that the wind gauge is properly transmitting the wind readings to the computer and that the computer is properly recording those readings.

RULE 164 THE FINISH LINE

1. The finish line shall be a line drawn across the track or course surface from finish post to finish post. Where their use may interfere with photofinish equipment, finish posts should not be used.
2. For the purpose of aiding the judges, but not as a finish line, there can be stretched across the track at the finish, 1.22m (4 ft.) above the ground and directly over the finish line, a worsted string or thread or tape of material which will not tend to injure the runners when broken by them. This worsted string or finish tape shall be held by officials other than the judges or by releasing clamps fastened to the finish post on either side, so that it will always be at right angles to the course and parallel to the ground. It is recommended that where there is fully automatic timing, the worsted string or tape not be used.
3. The finish post shall be of rigid construction, 1.37m (about 4 ft. 6 in.) in height, 7cm in width - and by width is meant the direction at right angles with the track - and 2cm in thickness.
4. The finish line on the track surface, while theoretically of no appreciable width must actually have some width so that it may be more readily observed. This line should have a width of 5cm on the track and no less than 5cm on the road or course.
5. To assist alignment of the photo-finish equipment, the intersection of the lane lines and the finish line shall be painted in a suitable design.
NOTE: *See Rule 244 for finish line requirements at road events.*

RULE 165 TIMING

1. Four methods of timing are official, hand timing, fully automatic timing, video timing, and transponder timing as set forth in this Rule. A timing device that operates automatically at either the start or finish, but not at both, shall be considered to produce neither hand times or fully automatic times and should not be used to obtain official times.
2. Where practical, fully automatic timing should be used. Such times 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 sections 9 through 15.

4. The time shall be taken from the flash/smoke of the pistol or approved apparatus to the moment at which any part of the competitor's body (*i.e.*, the "torso," as distinguished from the head, neck, arms, hands, legs, or feet) reaches the perpendicular plane of the nearer edge of the finish line.

Hand Timing

5. Hand times shall be taken by using either mechanical stopwatches or manually operated stopwatches or electronic devices with digital readouts. If the fully automatic timing system was not automatically started with the pistol, or suffered a loss of operation during the race, but did accurately record the finish, the hand times should be adjusted using information from a fully automatic timing system, if such information is available.
6. If two of the Official Timers' watches agree and the third disagrees, the time shown by the two shall be the official time. If all three watches disagree, the time shown by the watch recording the middle time (not the average of all three) shall be the official time. If for any reason only two watches record the time of an event, and they fail to agree, the longer time of the two shall be accepted as the official time.
7. (a) For all hand-timed races on the track, the times shall be recorded to 1/10th second. The times for races partly or entirely outside the stadium shall be converted and recorded to the next longer full second, *e.g.*, for the Marathon 2h.09:44.3 shall be recorded as 2:09:45.
(b) If the hand of the watch stops between two lines indicating the time, the longer time shall be accepted.
(c) When the time displayed on electronic, manually operated digital timers includes decimal place values greater than zero, the recorded time shall be the displayed time rounded up to comply with the provisions of 8(a), above. *e.g.*, for the Marathon, displayed times of 2:09:44.001 or 2:09:44.01 shall be recorded as 2:09:45. For the track, a displayed time of 1:45.209 shall be recorded as 1:45.3 and a displayed time of 47.31 shall be recorded as 47.4. A displayed time of 31:00.00 is rounded to and recorded as 31:00 and a displayed time of 31:00.01 is rounded to and recorded as 31:01.
8. When possible, Timers shall be placed at least 5m back from and in line with the finish on an elevated platform.

Fully Automatic Timing

9. (a) If possible, there should be at least two fully automatic timing devices of a similar make in operation, one from each side of the track at the finish line. At the Open and Junior National Championships, at least two fully auto-

matic timing devices of a similar type must be used and the placement should be with at least one at each side of the track at the finish line. Preferably, the two timing devices should be technically fully separated, *i.e.*, supported by different power systems and recording and relaying the report of the Starter's pistol, or approved starting apparatus, by separate equipment and cables.

- (b) Where two or more fully automatic timing devices are used, one should be designated as the official one before the start of the competition. The times and places from the other device(s) or camera(s) should not be considered unless there is reason to doubt the accuracy of the official device or if there is a need to use the supplementary images to resolve uncertainties in the finishing order or times.
10. (a) The timing equipment must be fully automatic and certified to be accurate prior to the competition. It must be started automatically by the discharge of the Starter's pistol or authorized starting device at the instance of the flash/smoke from the charge, and it must record the finish times automatically when any part of the competitor's body or torso (as distinguished from the head, neck, arms, hands, legs, or feet) reaches the perpendicular plane of the nearer edge of the finish line. The overall delay between the report from the pistol or the initial sound of the electronic tone and the start of the timing system must be constant and less than 1 millisecond.
- (b) In the event that the fully automatic timing devices malfunction at the start of a race, the race should be recalled. A recall starter should be assigned for this purpose. See Rule 129.
 - (c) If the fully automatic timing device is not started automatically in accordance with subparagraph (a), the image should so indicate automatically. In such case, the times recorded on the image will not, under any circumstances, be considered official. The image may, however, be used as a valid support to determine placings and to adjust time intervals between runners. See Rule 165.5.
 - (d) In all fully automatic systems, the picture production and the time system shall be synchronized generating a uniformly marked time scale graduated in 1/100th of a second. The photo finish system must be able to produce a printed picture that shows the time for each runner.

11. Recording Times:

- (a) Fully automatic timing for races on the track up to and including 10,000 meters shall be read to 1/1000th of a second, when possible. When the last digit is zero, that digit shall be dropped and the official time recorded in

hundredths of seconds. Otherwise, the time shall be rounded to the next longer hundredth of a second and so recorded. When the fully automatic timing device cannot be read to 1/1000th of a second, it shall be read and recorded in hundredths of seconds, rounded up to the next longer hundredth when the time is between hundredths indicators.

- (b) The result for fully automatic timed races on the track longer than 10,000 meters shall be read in 1/100th second and shall be converted to the next longer 1/10th second and recorded in 1/10th, *e.g.*, for the 20,000 Meters Run, 59:26.32 shall be recorded as 59:26.4.
- (c) The times for races conducted partly or entirely outside the stadium (off the track) shall be read in 1/100th second and shall be converted to the next longer whole second, *i.e.*, for the Marathon, 2h.09:44.32 shall be recorded as 2.09:45.

Video Timing

- 12. A videotape-based system may be used for non-championship competition, provided:
 - (a) it complies with the provisions of Rule 165.10;
 - (b) it uses a videotape camera aligned with the finish line and videotape that produces at least 50 frames per second; and
 - (c) it incorporates a timing device that generates a reading to 1/100th of a second. When a frame-by-frame videotape-based system is used, the official time for each competitor shall be read from the time of the frame where the competitor is positioned exactly at, or immediately after, the finish line;
- NOTE:** *Video timing is not fully automatic timing and is intended to be used as a backup timing system.*
- 13. When a videotape-based system is used, the Photo Finish Judges shall consider the frames immediately before and after the finish line. If there is any change in position between these two frames, the Judges shall declare a dead heat between the runners whose positions have changed.
 - 14. A photofinish system based on a combination of a video CCD (Charge Coupler Device) camera with a minimum of 100 lines per second, a computer and an appropriate electronic timing device may be used, provided this system is calibrated by an independent testing laboratory. The system must record the finish through a camera with a vertical slit, positioned in the extension of the finish line, producing a continuous image. The image must also be synchronized with a uniformly marked time-scale graduated in 1/100th of a second.

15. Any adjustments to hand timing will be accomplished by using time interval information from the fully automatic timing system and will be recorded in accordance with Rule 165.7(a).

Transponder Timing

16. The use of transponder timing systems in race walking events not held entirely within a stadium, road, and cross country races are permitted provided that:
- (a) the system requires no action by the runner during the competition, at the finish line, or during any finish line or results related system or process;
 - (b) the resolution is 0.1 second (*i.e.*, it can separate runners finishing 0.1 second apart);
 - (c) the weight of the transponder and its housing carried on the runners' uniform, race number or shoe is not significant;
 - (d) none of the equipment used at the start, along the course or at the finish line constitutes a significant obstacle or barrier to the progress of the runner;
 - (e) the system, including the implementation of its components and its technical specifications, is approved by the finish line subcommittee of the Road Running Technical Council;
 - (f) the system is started in accordance with Rule 245.2;
 - (g) the determination of the official winning time is in accordance with Rule 165.4; and
 - (h) times for other competitors will be adjusted, based on the official winning time.

NOTE: *Net times (the elapsed time between an individual's transponder generated starting and finish times) shall not be used for any purpose other than Masters LDR records. See Rule 265.10.*

SECTION II TRACK EVENTS

RULE 166 REGULATIONS FOR FORMING HEATS

1. The heats or sections for all rounds in the running events in the Open National Track and Field Championship, and to the extent feasible in all other meets, shall be formed according to the following:

- (a) In individual races up to and including the 800 Meters, and relays up to and including the 4x400 Meters, the number of competitors on the track in a race, at the start, shall not exceed the number of lanes on the track for that event, excluding all lanes which would not qualify for record purposes. As an exception, in the first round of the outdoor 800 Meters, up to 12 runners may start using the procedure in Rule 162.18.

NOTE: *For Youth exception see Rule 303.1(c).*

- (b) Unless otherwise provided within this Rule, no fewer than three (3) athletes from any one heat shall advance to the next round of competition. Except where Rule 167 applies, other athletes may qualify by place or by time according to Rule 166.1(h), the particular competition regulations, or as determined by the Games Committee. When athletes are qualified according to times, only one system of timing shall be applied.

- (c) In events of 1500 meters or longer, the Games Committee shall determine the number of heats, the number of qualifiers and the basis for qualification, within the following guidelines.

- i. 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.
- ii. If more than 16 report for the 1500 Meters, more than 18 report for the 3000 Meters or Steeplechase, or more than 20 report for the 5000 Meters (except for the Open Women's 5000 meters), heats shall be run.
- iii. If heats are run as required in this section, then there shall be no more than 12 in the final of the 1500 Meters, no more than 14 in the final of the 3000 Meters or Steeplechase, and no more than 16 in the final of the 5000 Meters.
- iv. If more than 24 report for the 10,000 Meters or the Open Women's 5000 Meters, the event should be run in sections of no more than 24, but may be run as heats of no more than 24, with no more than 20 advancing to the final of the 10,000 Meters and no more than 16 advancing to the final of the 5000 Meters.
- v. The Games Committee of all meets other than the Open National Championships may elect to run these events as sections because of facility or scheduling conditions. The election of this format must be stated in the entry form.

- (d) Principles of forming heats:

- i. First round seeding, including sections, is derived from the ranked list of declared athletes, arranged in order of qualifying times. For qualifying periods that span more than 12 months, marks prior to the current year (or current season in the case of indoor meets) shall be ranked following the ranking of all other marks. Entrants who have no mark shall be listed randomly following all those who have a qualifying mark.
 - ii. In rounds other than the first:
 - a. For events of 100 meters to 400 meters, inclusive, and relays up to and including the 4x400 Meters, seeding is determined from a list of competitors who advance on place followed by those who advance on time. Those who advanced on place are ranked first by their place in the previous round and then by their time in that round, creating ranked groups of place winners. Those who advance solely on time, are ranked separately by only their time in the previous round. Only one system of timing may be applied to determine a qualifying position based on the time element. The disregarding of automatic timing for qualifying purposes does not negate those automatic times as official times for other purposes.
 - b. For all other events, seeding is from the list of competitors in the event, ranked by their original times used for seeding modified only by improvements achieved in previous rounds.
 - iii. Athletes are assigned to heats, from the ranked list for the appropriate round, working alternately from left to right and right to left, in a zigzag fashion. If this assignment to heats creates a heat that contains the fastest times from each place group (fastest first, fastest second, fastest third, etc.), the same ranked list and zigzag fashion are used, but the heat assignment for the fastest time in each place group is alternated. (See example for 4 heats, 4 qualifiers, in the table below.)
 - iv. In the process of assigning athletes to heats, no consideration shall be given to the team affiliation of any runner.
 - v. If all heats do not have the same number of contestants, the heats for the extra athletes will be drawn by lot.
 - vi. Heat order is drawn by lot.
- (e) Examples of forming heats:
Legend:
1a - Fastest First-Place Runner

- 1b - Second Fastest First-Place Runner, etc.
- 2a - Fastest Second-Place Runner
- 2b - Second Fastest Second-Place Runner, etc.
(concluding with)
- 5a - Fastest Time Qualifier
- 5b - Second Fastest Time Qualifier, etc.

3 Heats, 4 Qualifiers on Place, 4 on Time		4 Heats, 4 Qualifiers on Place		5 Heats, 3 Qualifiers on Place	
Heat 1	Heat 2	Heat 1	Heat 2	Heat 1	Heat 2
1a	1b	1a	1b	1a	1b
2a	1c	1d	1c	1d	1c
2b	2c	2b	2a	1e	2a
3b	3a	2c	2d	2c	2b
3c	4a	3a	3b	2d	2e
4c	4b	3d	3c	3b	3a
5a	5b	4b	4a	3c	3d
5d	5c	4c	4d	3e (draw heat by lot)	

(f) Principles of assigning lanes.

- i. For events of 100 meters to 800 meters, inclusive, and relays up to and including the 4x400 Meters:
 - a. In the first round, including a final if it is the first round, lanes will be drawn by lot, using the lanes designated by the Games Committee.
 - b. For all other rounds, competitors shall be ranked after each round in accordance with the procedures set forth in Rule 166.1(d)ii. Two draws will then be made.
 - (1) The first draw is for those preferred lanes as determined by the Games Committee, according to the following schedule.
 - On an 8 or 9 lane track, the four highest ranked competitors in the race based on the ranked list for forming heats for the round.
 - On a 6 or 7 lane track, the three highest ranked competitors in the race based on the ranked list for forming heats for the round.
 - On a 4 or 5 lane track, the two highest ranked competitors in the race based on the ranked list for forming heats for the round.

- (2) The second draw is for the remaining competitors in the race and the remaining lanes.
- ii. For track events with non-lane starts, the position of the athletes on the track will be drawn by lot in all rounds.
- (g) The principles set forth in forming heats and assigning lanes shall be applied to events when the number of entries requires more than one line of competitors at the starting mark.
- h) On a six (6), eight (8), or nine (9) lane track, in the absence of extraordinary circumstances, the following table shall be used in determining the number of heats and advancement procedure for events run entirely or partially in lanes. On other tracks, the table should be modified to reflect the other provisions of this Rule. For Championships and selection meets, alternate advancement procedures may be included in the published entry material.

**WHERE HAND TIMING IS USED
FOR EIGHT LANES**

No. of Entries	No. Trial		No. Semi-Finals		No. in Final
	Heats	No. Qualifying	Heats	No. Qualifying	
1 to 8	0	-	0	-	1 to 8
9	0	-	2	3 + next 2 best times	8
10 to 16	0	-	2	4	8
17	3	4 + next 4 best times	2	4	8
18 to 24	3	5	2	4	8
25 to 32	4	4	2	4	8
33 to 40	5	3	2	4	8

41 or more requires quarterfinals following above pattern.

FOR NINE LANES

No. of Entries	No. Trial		No. Semi-Finals		No. in Final
	Heats	No. Qualifying	Heats	No. Qualifying	
1 to 9	0	-	0	-	1 to 9
10 to 18	0	-	2	4	8
19 to 27	0	-	3	3	9
28 to 36	4	4	2	4	8
37 to 45	5	3	2	4	8
46 to 54	6	3	2	4	8

55 or more requires quarterfinals following above pattern.

**WHERE FULLY AUTOMATIC TIMING IS USED
FOR EIGHT LANES**

No. of Entries	No. Trial		No. Semi-Finals		No. in Final
	Heats	No. Qualifying	Heats	No. Qualifying	
1 to 8	0	-	0	-	1 to 8
9 to 16	0	-	2	3 + next 2 best times	8
17 to 24	3	4 + next 4 best times	2	4	8
25 to 32	4	3 + next 4 best times	2	4	8
33 to 40	5	2 + next 6 best times	2	4	8
41 to 48	6	2 + next 4 best times	2	4	8

FOR NINE LANES

1 to 9	0	-	0	-	1 to 9
10 to 18	0	-	2	4 + next best time	9
19 to 27	0	-	3	2 + next 3 best times	9
28 to 36	4	6 + next 3 best times	3	3	9
37 to 45	5	5 + next 2 best times	3	3	9
46 to 54	6	4 + next 3 best times	3	3	9
55 to 63	7	3 + next 6 best times	3	3	9
64 to 72	8	3 + next 3 best times	3	3	9
73 to 81	9	3	3	3	9

FOR SIX LANES

No. of Entries	No. Trial		No. Semi-Finals		No. in Final
	Heats	No. Qualifying	Heats	No. Qualifying	
1 to 6	0	-	0	-	1 to 6
7 to 12	0	-	2	2 + next 2 best times	6
13 to 18	3	3 + next 3 best times	2	3	6
19 to 24	4	2 + next 4 best times	2	3	6

No. of Entries	No. Trial		No. Semi-Finals		No. in Final
	Heats	No. Qualifying	Heats	No. Qualifying	
25 to 30	5	3 + next 3 best times	3	2	6
31 to 36	6	2 + next 6 best times	3	2	6
37 to 42	7	2 + next 4 best times	3	2	6
43 to 48	8	2 + next 2 best times	3	2	6

- Whenever the number of competitors reporting for an event makes heats, as required in this Rule, unnecessary, the event shall be run as a final at the time in the program so scheduled for the final, unless other provisions have been made by the Games Committee.
- Whenever the number of competitors reporting, in any heat or round, for an event eliminates the element of competition, the Referee, or one or more persons appointed by the Referee, may reform the heats, re-determine the number of rounds, or redetermine the qualifying procedures for the event, in accordance with this Rule, unless other provisions have been made by the Games Committee.

NOTE: For rules applicable to forming heats in Youth Athletics competition, see Rule 303.

- Whenever the Games Committee determines that there are too many competitors to run a single final, and the schedule precludes a qualifying round, the event shall be contested in sections as a time-based final. In timed final events, sections shall be derived from the ranked list of declared athletes, arranged in order of qualifying times. Each section, beginning with the fastest, shall be filled to its limit before placing anyone into the next section. If the last section has fewer than three competitors, the slowest ranked competitor(s) from the previous section, as needed, shall be moved to that section. Sections shall be contested in reverse order, slowest to fastest.

NOTE 1: See Rule 302.2(a) and (b) for Youth Athletics.

NOTE 2: See Rule 332.2(e) for Masters Track and Field.

- After the Clerk of Course has reported to the Referee the number of competitors ready to start in the first round of a running event and the Referee has designated the number to compete in each heat and the number of heats to be run as well as the number to qualify to the next round, additional competitors shall not be permitted to start.
- For seeding purposes only, the conversion factor of .24 seconds between fully automatic and manual timing must be used when conversions are made (*i.e.*, the

manual time plus the conversion factor equals the fully automatic time for seeding purposes under Rule 166).

- When an individual or relay team, having qualified for a subsequent round, withdraws for any reason, no additional individual or relay team shall be advanced to fill the vacated position. When an individual or relay team is disqualified prior to the subsequent round, the qualifiers and seeding shall be redetermined without the disqualified competitor(s) unless the disqualification results in an advancement under Rule 163.4, in which case no other advancement shall occur.

NOTE: *An athlete who is declared with exhibition status prior to an event shall not be considered to be a qualifier for the next round.*

NOTE: *For Masters exception, see Rule 332.2(b).*

RULE 167 RUNNING EVENT TIES

Ties shall be decided as follows:

- In determining whether there has been a tie for a qualifying position for the next round based on time, the Photo Finish Judge shall consider the actual time recorded by the competitors without regard to the rule that the time should be read to the next longer 1/100th of a second.

If it is thus determined that there has been a tie, the tying competitors shall be placed in the next round if it is practical to do so. If that is not practical, the tying competitors shall compete again. If that is not practical, lots shall be drawn to determine who shall be placed in the next round.

- In case of a tie for first place in any final, if the Referee decides that it is practicable for the tying competitors to compete again, they shall do so. If the Referee decides it is not practicable, the result shall stand. Ties other than for first place shall remain.

RULE 168 HURDLES

- For outdoor competition, the standard distance for hurdle races, which shall have 10 flights of hurdles in each lane and set out in accordance with the following table, shall be:

	Distance of Race	Height of Hurdle	Distance from Start to First Hurdle	Distance Between Hurdles	Last Hurdle to Finish
Junior Men	110m	0.995m (±0.005)	13.72m	9.14m	14.02m
Men	110m	1.067m (±0.003)	13.72m	9.14m	14.02m
Men	400m	0.914m (±0.003)	45m	35m	40m

Women's	100m*	0.840m* (± 0.003)	13m	8.5m	10.5m
Events	400m	0.762m (± 0.003)	45m	35m	40m

NOTE: For specifications for Masters races, see Rule 332.2(i). For specifications for Youth Athletics, See Rule 302.4.

2. For indoor competition, the standard distances and specifications for hurdle races shall be as set out in the following table, with the height of the men's hurdles at 1.067m (42 in.) and the women's at 0.840m (33 in.):*

	Distance of Race	Number of Hurdles	Distance from Start to First Hurdle	Distance Between Hurdles	Last Hurdle to Finish
Men's	50m	4	13.72m	9.14m	8.86m
Events	55m	5	13.72m	9.14m	4.72m
	60m	5	13.72m	9.14m	9.72m
Women's	50m	4	13m	8.5m	11.5m
Events*	55m	5	13m	8.5m	8m
	60m	5	13m	8.5m	13m

*For experimental purposes, these women's events may be conducted with a hurdle height of 0.914m (36 in.).

NOTE: For specifications for Masters races, see Rule 332.2(i).

3. A hurdle shall be of such strength and stability as not to be broken easily by a competitor hitting the same, and if of the reversible or adjustable type, shall be rigid when so adjusted.
4. All races shall be run in lanes. Each athlete shall jump each hurdle and shall keep to his or her own lane throughout. Except as provided in Rule 163.5, a competitor shall be disqualified if he/she:
- does not jump any hurdle;
 - trails the leg or foot below the horizontal plane of any hurdle at the instant of clearance;
 - jumps any hurdle not in his/her own lane; or
 - in the opinion of the Referee, deliberately knocks down any hurdle.
5. Except as provided in paragraph 5. above, the knocking down of one or more hurdles does not disqualify the athlete nor prevent a record provided standard 8-lb. hurdles have been used.

NOTE: Under IAAF Rule 168.9, in establishing a world record a complete set of hurdles of the international type must have been used. For specification of the hurdles, see USATF Rule 168.7 - 168.14.

6. **Construction** - The hurdles shall be made of metal or some other suitable material with the top bar of wood or some other suitable material and shall consist of two bases and two uprights supporting a rectangular frame reinforced by one or more crossbars, the uprights to be fixed at the extreme end of each base. The hurdles shall be of such design that a force of at least 3.6kg (8 lb.) applied horizontally to the center of the top edge of the crossbar is required to overturn it. The hurdles may be adjustable in height for each event. The counterweights must be adjustable so that at each height a horizontal force of at least 3.6kg (8 lb.) and not more than 4.0kg is required to overturn it.
 7. **Width** - The maximum width shall be 1.20m.
 8. **Length** - The maximum length of the base shall be 70cm.
 9. **Top Bar** - The top bar shall be 7cm wide and shall be striped in black and white or in some other contrasting colors in such a manner that the lighter stripes appear at each end of the bar. The thickness of this bar shall be between 10 and 25mm and the top edges should be rounded. The bar should be firmly fixed at the extremities. The top bar shall be of a length equal to the width of the lane in which it is placed.
 10. **Placement** - The hurdles shall be so placed on the track that the feet of the hurdles shall be on the side of the approach by the competitor. The hurdle shall be so placed that the edge of the bar nearest the approaching hurdler coincides with the track marking nearest the approaching hurdler.
 11. **Weight** - The total weight of the hurdle shall be not less than 10 kilograms.
 12. **Testing** - To check the resisting force of hurdles, a simple spring balance should be used to apply a pulling force horizontally to the center of the crossbar. Alternatively, use a cord with a hook applied horizontally to the center of the crossbar; take the cord along over a pulley fixed appropriately and load the other end of the cord with weights.
- NOTE:** *The so-called "rocker" hurdle does not comply with the above specifications.*

A diagram showing the design of approved hurdles appears in the illustrations section.

RULE 169 STEEPLECHASE

1. The standard distance shall be 3000 meters. Races of 1500 and 2000 meters may also be contested.
2. The 3000 Meter Steeplechase shall have 28 hurdle jumps and 7 water jumps. The 2000 Meter Steeplechase shall have 18 hurdle jumps and 5 water jumps.

The 1500 Meter Steeplechase shall have 13 hurdles and 3 water jumps. There shall be five jumps per lap after the finish line has been passed for the first time. The water jump shall be the fourth if that is feasible. The jumps shall be evenly distributed, *i.e.*, the distance between the jumps shall be approximately one-fifth of the nominal length of the lap. Because of differences in track design and water jump placement, all steeplechase courses must be individually measured. Generally, only the start line will need to be adjusted. A diagram showing a typical configuration of the barriers on a 400m track with an interior water jump is shown in Figure 2.

NOTE: *In the 2000m event, if the water jump is on the inside of the track, the finish line has to be passed twice before the first lap with five jumps.*

3. The men's hurdles shall be 91.4cm (\pm 3mm) high (3 ft.). The women's hurdles shall be 76.2cm (\pm 3mm) high (2 ft. 6 in.). The hurdles shall be at least 3.96m wide and shall be placed on the track so that 30cm of the top bar, measured from the inside edge of the track, will be inside the field. The section of the top bar of the hurdles and the hurdle at the water jump shall be 12.7cm (5 in.) square. The weight of each hurdle shall be between 80 and 100kg, and each hurdle shall have on either side a base between 1.2 and 1.4m. All hurdles are to be painted with white and black stripes, or in other distinctive contrasting colors, in such a manner that the lighter stripes, which will be at least 22.5cm wide, are on the outside. See Figure 3.

NOTE: *It is recommended that the first hurdle taken in the race should be at least 5m wide.*

4. Each competitor shall go over or through the water. An athlete shall be disqualified if he/she:
 - (a) does not jump any hurdle;
 - (b) steps to one side or the other of the jumps; or
 - (c) trails the leg or foot below the horizontal plane of the top of any hurdle at the instant of clearance.

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

5. Water Jump Construction:

- (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. From there, the bottom shall have a uniform slope 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.

- (b) The sloped portion of the bottom of the water pit shall be covered with a synthetic surface, or matting, of sufficient thickness to afford a safe landing, and allow for the spikes to grip satisfactorily. See Figure 4.

RULE 170 RELAY RACES

1. Lines 5cm wide shall be drawn across the track to mark the distances of the stages and to denote the scratch line.
2. Each take-over zone shall be 20m long of which the scratch line is the center. The zones shall start and finish at the edges of the zone lines nearest the start line in the running direction.
3. The zone center lines of the first take-over zones for the 4x400 (or the second zones for the 4x200) are the same as the start lines for the 800 Meters.
4. The take-over zones for the second and last take-overs (4x400) will be the 10m lines either side of the start/finish line.
5. The arc across the track at the entry to the back straight showing the positions at which the second stage runners (4x400) and third stage runners (4x200) are permitted to leave their respective lanes, shall be identical to the arc for the 800 Meters event, described in Rule 160.8.
6. The 4x100 and, where possible, 4x200 Meters Relay, shall be run entirely in lanes. In the 4x200 (if this event is not run entirely in lanes) and 4x400 Meters Relay, the first lap, as well as that part of the second lap up to the line after the first bend (breakline), will be run entirely in lanes.
NOTE: *In the 4x200 and 4x400 Meters Relay, where not more than 4 teams are competing, it is recommended that only the first bend of the first lap should be run in lanes.*
7. In races of 4x100m, 4x200m, and the “Swedish” relay described in paragraph 20, below, members of a team other than the first runner may commence running not more than 10m outside the take-over zone (see paragraph 2 above). A distinctive mark shall be made in each lane to denote this extended limit.
8. In the 4x400 Meters Relay, at the first take-over, which is carried out with the athletes remaining in their lanes, the 2nd runner is not permitted to begin running outside the take-over zone, and shall start within this zone. Similarly, the 3rd and 4th runners shall begin running from within their take-over zones. The

second runners in each team shall run in lanes as far as the nearer edge of the breakline after the first turn where the runner may leave their respective lanes. The breakline shall be an arced line 5cm wide across the track, marked at each end by a flag or cone, positioned outside the track, at least 30cm from the nearest lane line.

NOTE: *To assist competitors in identifying the breakline, small cones or prisms (5cm x 5cm no more than 15cm high), preferably of a different color from the breakline and the lane lines, may be placed on the lane lines immediately before the intersection of each lane line and the breakline.*

9. The runners in the third and fourth legs of the 4x400 Meters Relay shall, under the direction of a designated official, place themselves in their waiting position in the same order (inside to out) as the order of their respective team members as they complete 200m of their legs. Once the incoming runners have passed this point, the waiting runners shall maintain their order, and shall not exchange positions at the beginning of the take-over zone. Should any runner not comply with this paragraph, his/her team shall be disqualified.
10. In any relay race, when lanes are not used, for a given exchange, waiting runners may take an inner position on the track as incoming team members approach, provided they do not jostle or obstruct another runner so as to impede that runner's progress. In the 4x200m, 4x400m and sprint medley relays, waiting athletes shall maintain the order in accordance with Rule 170.9.
11. Check Marks. When all or the first portion of a relay race is being run in lanes, a runner may place one check mark on the track within his/her own lane, by using self-adhesive tape, maximum 5cm x 40cm, of a distinctive color which cannot be confused with other permanent markings. For a cinder or grass track, the runner may make a check mark within his/her own lane by scratching the track. In either case no other check mark may be used.
NOTE: *For Youth Athletics exceptions, see Rule 302.2(e).*
12. The baton shall be carried by hand throughout the race. If dropped, it shall be recovered by the athlete who dropped it. He/she may leave the assigned lane to retrieve the baton, provided no other runner is impeded and provided that by doing so, the distance to be covered is not lessened.
13. Competitors are not permitted to wear gloves or place substances on their hands in order to obtain a better grip of the baton.
14. In all relay races, the baton shall be passed within the take-over zone. The passing of the baton commences when it is first touched by the receiving runner and is completed the moment it is in the hand of only the receiving runner. In relation to the take-over zone, it is only the position of the baton that is decisive,

and not the position of the bodies or limbs of the runners. Passing the baton outside the take-over zone shall result in disqualification.

15. In road relay races, in lieu of a baton, runners shall exchange a sash or wristband provided by race officials.
16. Runners, before receiving and/or after handing over the baton, should remain in their respective lanes or zones, in this latter case, until the course is clear, to avoid obstruction to other competitors. Rule 163.5 shall not apply to these athletes in this situation. Should any runner willfully impede a member of another team by running out of position or lane at the finish of the leg, the team of the impeding runner shall be disqualified.
17. Assistance by pushing off or by any other method will result in disqualification.
18. Once a relay team has started in a competition, only two additional athletes may be used as substitutes in the composition of the team for subsequent rounds. Substitutions in a relay team may only be made from the list of athletes already entered for the meet, whether for that or any other event. The composition of the relay team and the order of running shall be officially declared no later than one half hour before the published starting time 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 for the particular heat in which the team is competing. Once the athlete, who has started in a previous round, has been replaced by a substitute, the athlete may not return to the team. Should a team not comply with this rule, it shall be disqualified.
NOTE: *For Youth Athletics exceptions, see Rule 302.3(a).*
19. In all relay races, not more than six (6) athletes may be entered for each team, and the team of four (4) to start must be selected from the six (6) entered.
20. In the case of a handicap relay race, the runner on the first leg is allowed the total handicap allowed each team. While the order of running may be changed as between the second, third, and fourth members of the team, there may be no change in the first runner who has been allowed the team's handicap. In all handicap medley races, the longest distance must be run first.
21. In the sprint medley known as the "Swedish" relay, the order of running in outdoor competition shall be: 100, 200, 300, and 400 meters, and for indoor competitions: 400, 200, 200, and 300 meters.
22. Unless otherwise herein permitted for international competition, or as stated upon the entry blank issued for an athletic meet other than for a National, Regional or Association Championship of USATF, all members of each relay

team must be duly accredited representatives of a single club, school, college, or athletic organization.

NOTE: *For Masters exception, see Rule 332.2(f).*

23. For Championships held on more than a single day, heats shall be held for relay races, if necessary. For Championships held on a single day, relays may be conducted in sections.

24. All members of the relay team must be identifiable as team members. Team identification shall be clearly visible and shall distinguish one team from another. Where this is not accomplished by the meet's issuing items such as letters or distinguishing numbers, team members shall wear an identifying article, such as an identical singlet or shirt.

NOTE: *For Youth Athletics exception, see Rule 302.3(b).*

25. The baton shall be a smooth hollow circular tube made of wood, metal or other rigid material in one piece. Its length shall be between 28 and 30cm. Its circumference shall be 12-13cm and it shall weigh not less than 50g.

SECTION III FIELD EVENTS

RULE 180 GENERAL RULES

1. The Referee shall have the power to change the location of the competition in any field event after it has started only if extreme conditions warrant it. Whenever it is feasible, such a change shall be made only after a round in progress has been completed.

NOTE: *The fact that the wind direction has changed is never a justification for reversing the direction of the runway or changing the direction of throwing after the event has started.*

2. In all scratch events in the Pole Vault and High Jump, the order of trials shall be determined by lot by the Games Committee. Each competitor shall have one attempt in the order drawn, and then those who have failed, if any, shall have a second trial in their regular order, and those who have failed a second time, if any, shall have a third trial in their regular order (for further details see Rule 181).
3. The order of competition shall be determined by lot by the Games Committee.
4. In all field events other than the High Jump and Pole Vault:
 - (a) When there are more than eight competitors, each competitor shall be allowed three trials. The eight competitors with the best performances (or nine if nine lanes are used around the track) shall be allowed three additional trials. Ties for the final qualifying position for three additional trials shall be broken by applying Rule 180.16.
 - (b) When there are eight or fewer competitors (or nine if nine lanes are used around the track), all shall be allowed six trials. Athletes failing to achieve a valid trial during the first three rounds shall compete in subsequent rounds before those with valid trials, and in the same relative order according to the original draw, excepting paragraph (e).
 - (c) In non-championship competition, in the discretion of the Games Committee, the number of trials allowed to each competitor may be reduced to four.
 - (d) In the competition proper, in a Championship competition, if there are resident and/or non-resident aliens among the leading competitors after the completion of the preliminaries, American citizens in order of placement

equal to the number of full lanes around the track, but not to exceed nine (9) shall advance to the finals for three (3) additional attempts.

- (e) In the USA Indoor, Outdoor and Junior Outdoor Track and Field Championships, the order of competition for the fourth and fifth round for the final three trials shall be in reverse order of the best performance in the first three trials, and the order of competition for the final round shall be in reverse order of the best performance in the first five rounds. In all other competitions, the order of competition for the final three trials shall be in reverse order of the best performance in the first three trials, or in the order used for the above mentioned Championships, as determined by the Games Committee prior to the competition.
- (f) All competitors shall take their first trials in order; then all shall take their second trials in like order, etc.

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

- 5. If the Games Committee deems it necessary, a separate qualifying competition may precede the competition proper to determine which of the athletes entered in the event shall compete in the competition proper.
 - (a) In Championship competition, when sixteen (16) or more competitors entered report prior to the qualifying competition, qualifying rounds shall be held.
 - (b) Twelve (12) competitors and ties that remain after applying Rules 180.16, 181.9(a), and 181.9(b) shall advance to the competition proper. In the High Jump and Pole Vault, the competitors who have not withdrawn or been eliminated after three consecutive failures shall continue to compete until the end of the last trial at the height set as the qualifying standard by the Games Committee, unless the number advancing to the final, as determined by this Rule, has been reached. If, after jumping concludes at any height at or below the qualifying standard, there remain fewer than 12 athletes in competition, then additional qualifiers shall be added by applying Rules 181.9(a) and (b). When competition is held in two simultaneous groups, it is recommended that the bar be raised to each height at the same time for each group.
 - (c) In all field events except the High Jump and Pole Vault, three (3) attempts shall be permitted each competitor to make the qualifying standard established by the Games Committee.
 - (d) A competitor who has achieved the qualifying standard shall not be allowed to continue in the qualifying competition.

- (e) Where there are enough competitors to warrant it, it is recommended that the qualifying competition be divided into two or more groups. Unless there are facilities for the groups to compete at the same time under similar conditions, each group shall commence its warm-up immediately after the previous group has finished.
 - (f) Performances made in the qualifying competition shall not be considered part of the competition proper nor count in deciding the final standing in the event.
 - (g) In a qualifying competition, the competitors shall compete in the order drawn by lot. At the end of the qualifying competition, the order for competing in the competition proper shall be determined by a fresh drawing by lot.
6. When qualifying competition in a field event is conducted in flights, the Games Committee may determine whether there should be a warm-up period between flights, and/or the length of the period or the number of warm-up attempts. See Rule 180.15.
7. When there are more than 15 competitors in a field event and the time available for the meet makes the holding of a qualifying competition impractical, the following procedure may be used:
- (a) In throwing and horizontal jumping events, the first three rounds may be conducted in flights.
 - (b) In the vertical jumping events, rotating flights may be used until there are 12 or fewer competitors remaining in competition after the conclusion of jumping at any height. In rotating flights, four or five competitors, as determined by the Games Committee, constitute a flight. As the competitor clears the bar, passes a turn or is eliminated, the next competitor in order is moved up so that the number of competitors in the active flight remains approximately constant.

Under all other circumstances, preliminary trials or finals shall not be conducted in flights in the competition proper.

NOTE 1: *For Youth Athletics exceptions, see Rule 302.5(b).*

NOTE 2: *For Masters exception, see Rule 332.3(a).*

8. (a) Except as provided in subparagraphs (b) and (c), if a competitor misses a turn in a field event for any reason, (*e.g.*, arriving late, unexcused absence, etc.) that competitor shall not be permitted to have warm-ups using the competition area (see Rule 180.15(c)) or take the trial or trials so missed,

but may be permitted to take his/her remaining trials if he/she was entered in the event before it began.

(b) In the High Jump and Pole Vault, the Chief Field Judge of the event shall permit a tardy declared contestant to start at the height of the bar at the time of his or her arrival. Where there is no formal declaration procedure, anyone entered shall be accepted. The bar shall not be lowered to permit an athlete to make up jumps at earlier heights.

(c) If a competitor is entered in both a track and a field event, or in more than one field event taking place simultaneously, the appropriate Referee or Chief Field Judge may, for one round at a time, or for each trial in High Jump and Pole Vault, allow the competitor to take a trial out of the regular order. If the athlete subsequently is not present for any trial, it shall be deemed that the athlete is passing once the period allowed for the trial has elapsed. In the case of the High Jump and Pole Vault, if a competitor is not present when all other competitors who are present have completed the competition, the Referee shall deem that such competitor has abandoned the competition once the period for one further trial has elapsed.

NOTE 1: *This subsection applies to one attempt at a time within any of the six rounds of competition. It does not permit an athlete to take a given attempt after the next round (or next trial in the vertical jumps) has begun.*

NOTE 2: *For comparable provisions applicable to Youth Athletics competition, see Rule 302.5(p).*

(d) i. A competitor in a field event who unreasonably delays making a trial is liable to have the trial disallowed, and recorded as a foul.

ii. It is a matter for the Referee to decide, having regard to all the circumstances, what is an unreasonable delay. In the High Jump and Pole Vault, any change in the time period allowed for a trial shall not be applied until the bar is raised to a new height, except when time specified for consecutive trials shall be applied whenever any athlete has two or more consecutive trials. The time allowed shall be the greater if more than one situation is applicable. The times in the following chart should not normally be exceeded:

Time in Minutes for Initiating Field Events

Number of athletes competing at start of the round	Individual Event			Combined Event		
	HJ	PV	Other	HJ	PV	Other
More than 3	1	1	1	1	1	1
2 or 3	1.5	2	1	1.5	2	1
1	3	5	-	2	3	
Consecutive Trials	2	3	2	2	3	2

- iii. A clock that shows the remaining time allowed should be visible to the competitor. In addition, an official shall raise overhead and keep raised a yellow flag, or another suitable indicator, for the final 15 seconds remaining of the time allowed. If the time expires before the attempt is initiated then the yellow flag shall be lowered and a verbal indication given. In addition to the use of flags and/or a clock, a verbal indication of time remaining is acceptable.
- iv. The official responsible for the event shall indicate by verbal and visual signal to the competitor that the trial is to begin, and the period allowed for that trial shall commence from that moment. If the competitor then passes, the official shall not require that the time for the next competitor commence until the time period for the passing competitor has elapsed. In the Pole Vault, the trial and the time allowed for it shall commence when the uprights have been adjusted to previous wishes of the competitor (see Rule 183.1(b)), at which time the official responsible for the event shall so indicate to the competitor. If the competitor wishes to make further adjustments of the uprights, that should be done during the applicable time limit.
- v. When the clock or the time set forth above is started, the time should not be restarted except in cases where the Chief Official of the event judges that there is good cause to do so. During that time, an athlete may not pass a height in the High Jump or Pole Vault or an attempt or trial in any other event without being charged with a trial unless otherwise provided by the Chief Official of that event.
- vi. If the time allowed lapses once the competitor has started a trial, that trial should be allowed.

NOTE: *Rule 180.8 applies to all field events, including those contested in combined events.*

9. Except for the High Jump and Pole Vault, no competitor is allowed to have more than one trial recorded in any one round of competition.
10. In all handicap events, the competitor having the greatest allowance shall make the first trials, and so on, in regular order, up to the competitor at scratch or with least allowance, who shall have the last trial.
11. The Games Committee should place a wind sock near the take-off in all jumping events and near the discus and javelin, to enable competitors to determine the approximate direction and strength of the wind.
12. In all throwing events, no flags or markers will be placed in the landing sector.

13. (a) Where possible, a practice area and period should be provided other than at the site of competition. Where no outside practice area is provided, the Games Committee shall establish the length of time permitted for practice throws. These should be made in order of the draw, and competitors should be called by name under the supervision of the judges.
- (b) A competitor may take no more than two warm-ups or throws for each turn in line at the competition area.
- (c) Once a competition has begun, competitors are not permitted to use implements for practice purposes or to use the throwing circles, runways, or area within the sectors for practice trials, with or without implements. See Rule 180.6, which authorizes practice or warm-up when an event is conducted in flights.

NOTE: *For Youth Athletics exceptions to subparagraph (c), see Rule 302.5(q).*

Ties

14. In field events where the result is determined by distance, the second-best performance of the tied competitors shall resolve the tie. If the tie still remains, the third-best performance of the tied competitors shall resolve the tie, and so on. If the tie still remains and concerns first place, the competitors having achieved the same result will compete again in the same order in a new attempt until the tie is resolved.
15. Each competitor shall be credited with the best of his/her attempts, including those achieved in deciding a tie for first place. See Rule 262.7 in regard to records.

Runways For Jumping And Throwing Events

16. In the jumping events, the length of the run is unlimited. The minimum length of runways is 40m for the Long Jump, Triple Jump and Pole Vault. For the High Jump, the apron is a 15m semicircle surrounding the standards. On athletic fields used for Championship competitions, the minimum length suggested for runways is 20m for the High Jump apron and 45m for the Long Jump, Triple Jump, and Pole Vault runways. The runway should have a width of 1.22m \pm 0.01m (4 ft.). The runway should be bordered by white lines 5cm in width (except in the High Jump). In addition, meet management may mark the entire runway outside its edge to indicate the distance from the take-off board or the top of the back of the stop board.

NOTE: *Suggested methods of marking are as follows:*

At the take off area: *mark lines 2.5cm wide and 30cm long from 1.5m to 4.5m in 15cm intervals from the top of the back of the stop board. Stenciled numbers may be added to show the distance from the take-off board or top of the back of the stop board.*

Along the runway: *mark lines 2.5cm wide and 15cm long from 6.0m from the*

back of the top of the stop board to the end of the runway in 1.5m intervals. Stenciled numbers may be added to show the distance from the take off board or top of the back of the stop board.

17. In the Javelin Throw, the length of the runway should be not more than 36.5m, but not less than 30m. For Championships, the minimum length should be 33.5m. The runway shall be marked by two parallel lines 5cm wide and 4m apart.
18. The maximum allowance for inclination of runways for jumping events and the Javelin Throw shall not exceed 1:100 laterally and 1:1000 in the running direction. In the High Jump, the maximum overall inclination of the runway shall not exceed 1:250 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 180.18.
19. On an experimental basis, in any horizontal jump or throwing event, non-championship competition may be conducted in a match-play system. The competition would be conducted in the following stages:
 - (a) Stage 1: All competitors will be allowed three attempts.
 - (b) Stage 2 Semifinals: After Stage 1, there shall be two match competitions of two attempts each, the first pairing the competitors placing second and third after Stage 1 and the next pairing those placing first and fourth after Stage 1. In each round of these matches, the higher ranked competitor after Stage 1 will have the final attempt.
 - (c) Stage 3 Finals: The two losers of Stage 2 will compete for the bronze medal in a match of two attempts. Then the two winners of Stage 2 will compete for the gold and silver medals in a match of two attempts. In each round of these matches, the competitor with the best performance in Stage 2 will have the final attempt.
 - (d) Performances will not carry-over from Stage to Stage. They will, however, count as legal performances for record and statistical purposes and for qualification for other competitions.

NOTE: *For method of measurement, see Rule 148. For rules relating to records in the field events, see Rule 264. For specifications of implements, circle, runways, throwing cage, sectors, and landing areas, see Rules 180-195; for specifications of Long Jump/Triple Jump take-off boards, see Rule 185.7 and 185.8; for specifications of High Jump/Pole Vault apparatus, see Rule 181.11-21.*

RULE 181
HIGH JUMP AND POLE VAULT

The following subdivisions shall apply to both the High Jump and the Pole Vault:

1. The initial height of the crossbar and the subsequent heights to which the crossbar shall be raised shall be determined by the Games Committee, and shall be announced to the competitors before the commencement of the competition. In jump-offs to decide ties for first place, the bar will be raised and lowered in accordance with Rule 181.10(c).

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

2. All measurements must be made with a steel or fiberglass tape or bar graduated in centimeters, and shall be made perpendicularly from the ground to the lowest part of the upper side of the bar. Any measurement of a new height shall be made before competitors attempt such height. A new measurement shall also be made when a new crossbar is substituted for a broken one. In all cases of attempts at record heights, the judges should check the measurement of the bar when the bar has been placed at the record height and they must re-check the height before each subsequent record attempt if the bar has been displaced for any reason or touched since last measured.

NOTE: *Judges should ensure, before commencing competition, that the underside and front of the crossbar are distinguishable, and that the bar is always replaced with the same surface uppermost and the same surface to the front.*

3. (a) In the High Jump, a competitor may place one or two markers (supplied or approved by the Games Committee) to assist in the run-up and take-off. If such markers are not supplied, a competitor may use adhesive tape, but not chalk or similar substances or anything that leaves indelible marks.

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

- (b) In the Pole Vault, no marks shall be placed on the runway, but a competitor may place one or two markers (supplied or approved by the Games Committee) alongside the runway. If such markers are not supplied, a competitor may use adhesive tape, but not chalk or similar substances or anything that leaves indelible marks.

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

- (c) No marks shall be placed in any pit or landing area.

4. In scratch competitions, the competitors shall compete in the order drawn by lot, except as permitted under Rule 180.8 (a), (b) and (c). In handicap competitions, the competitor with the greatest allowance shall make the first trial, and so on. Each competitor shall have the opportunity to make an attempt, or to

forego such opportunity in the order drawn; those who have failed shall have a second opportunity in the same order; and those who have failed a second time shall have a third opportunity in the same order.

5. A competitor shall have the discretion to commence jumping or vaulting at the starting height or at any subsequent height. A competitor who forgoes a trial at a height thereby forfeits the right to jump again at that height. Such competitor may, however, jump at that height in a jump-off to break a tie for first place. Three consecutive failures, regardless of the height at which such failures occur, disqualifies the competitor from further jumping except in the case of a jump-off to break a tie for first place.

NOTE: *The effect of this Rule is that a competitor may forego second or third attempts at a particular height (after failing the first or second time) and still jump or vault at a higher height.*

6. Unless there is only one competitor remaining who has won the competition:
 - (a) the bar should never be raised by less than 2cm in the High Jump and 5cm in the Pole Vault after each round; and
 - (b) the increment of the raising of the bar should never increase.

A competitor who has won the competition is entitled to continue jumping or vaulting until he/she has forfeited the right to compete further. Notwithstanding the provisions of this Rule, the heights to which the bar is to be raised shall be decided after consulting the competitor, except in combined events competition.

7. When it is clear that the bar has been displaced by a force not associated with the competitor (*e.g.*, a gust of wind)
 - (a) if such displacement occurs after the competitor has cleared the bar without touching it, the attempt shall be considered successful, and
 - (b) if such displacement occurs under any other circumstances, a new attempt will be awarded.
8. Ties - High Jump and Pole Vault:
 - (a) The competitor with the lowest number of jumps at the height at which the tie occurs shall be awarded the higher place.
 - (b) If the tie still remains, the competitor with the lowest total of failures throughout the competition up to and including the height last cleared shall be awarded the higher place.

- (c) If the tie still remains:
- i. If it concerns first place, the competitors tying shall have one more jump at the lowest height attempted above the tying height at which any of those involved in the tie has lost the right to continue jumping, and if no decision is reached, the bar shall be lowered (if all have failed) or raised by 2cm (if two or more have cleared) in the High Jump and 5cm in the pole vault. The tying competitors shall then attempt one jump at each height until the tie is decided. The tying competitors must jump on each occasion when deciding the tie. See the example below.
 - ii. If it concerns any other place, the competitors shall be awarded the same place in the competition.

NOTE: *The following illustrates the application of subparagraph 10(c)i resolving ties for first place in the High Jump and Pole Vault.*

Heights announced by the Chief Judge at the beginning of the competition:
1.75m, 1.80m, 1.83m, 1.86m, 1.88m, 1.90m,.....

Com- petitor	Height and Performance						Total Fails	Jump off			Pos.
	1.75m	1.80m	1.83m	1.86m	1.88m	1.90m		1.88m	1.86m	1.88m	
A	0	X0	0	X0	XXX		2	X	0	X	2
B	X0	0	--	X0	--	XXX	2	X	0	0	1
C	--	X0	X0	X0	XXX		3				3

0 = cleared x = failed -- = did not jump

All jumpers, A, B, and C, cleared 1.86m, and all three failed the next height that they attempted (A and C going out at 1.88m and B at 1.90m). Since C had more total failures than A and B up to and including the height last cleared, C is awarded third place (see subparagraph 10(b)). Since A and B have the same number of failures, they must jump off to determine first place. The lowest height missed by either A or B above 1.86m, the tying height, was 1.88m, which was failed by A. 1.88m, therefore, is the height at which the jump-off must start.

The tie for first was broken in the jump-off when B cleared 1.88m, and A failed that height. B, therefore, was awarded first place and A second place.

High Jump And Pole Vault Apparatus

9. **Uprights** - Any style or kind of uprights or posts may be used provided they are rigid. In the High Jump, the uprights should be sufficiently tall to exceed each

height to which the bar is raised by at least 10cm. For the Pole Vault, cantilevered uprights shall be used. For the Pole Vault, it is required that the metallic structure of the base of the uprights be covered with padding of appropriate material in order to provide protection to an athlete who may land on it.

10. **Crossbar** - The crossbar shall be of fiberglass or other suitable material, circular in cross-section. The diameter of the circular bar shall be at 3cm (\pm 1mm).
11. The crossbar shall consist of three parts: the circular bar and two end pieces, each 30-35mm wide and 15-20cm long, for the purpose of resting on the supports of the uprights. These end pieces shall be hard and smooth. They shall be circular or semicircular with one clearly defined flat surface on which the bar rests on the crossbar supports (see Figure 7). These flat surfaces may not be higher than the center of the vertical cross-section of the crossbar. The crossbar shall have no bias and, when in place, shall sag a maximum of 2cm for the high jump and 3cm for the pole vault.
NOTE: *SUGGESTED CONTROL: Hang a 3kg weight in the middle of the crossbar when in position. It may sag a maximum of 7cm (High Jump) or 11cm (Pole Vault) with the end pieces and supports remaining in complete contact.*
12. **Crossbar in the High Jump** - The crossbar shall be not less than 3.98m nor more than 4.02m in length. The distance between the uprights shall not be less than 4.00m or more than 4.04m. The maximum weight of the crossbar shall be 2.0kg.
13. **Crossbar in the Pole Vault** - The crossbar shall not be less than 4.48m nor more than 4.52m in length. The maximum weight of the crossbar shall be 2.25kg.
14. **Indicator Lines** –
 - (a) High Jump: A white line 50mm wide shall be drawn on the ground (usually with adhesive tape or similar material). The edge of the line nearest to the take-off area is drawn along the vertical plane through the edge of the crossbar nearest to the take-off area, and extends for 3 meters on either side of the uprights.
 - (b) Pole Vault: A white line 1cm wide shall be drawn on the ground at right angles to the axis of the runway, such that the edge of the line nearer to the competitor shall coincide with the back end of the box. This line shall be prolonged as far as the outside edge of the uprights, and may also go on the surface of the landing bed. This will facilitate the determination of the zero point and the checking of the uprights.
15. **Supports for Crossbar in the High Jump** - The supports for the crossbar shall be flat and rectangular, 4cm wide and 6cm long. They shall be firmly fixed to

the uprights and immovable during the jump, and shall each face the opposite upright. The ends of the crossbar shall rest on them in such a manner that if the crossbar is touched by a competitor, it will easily fall to the ground, either forwards or backwards. The supports shall be the same height above the take-off area immediately below each end of the crossbar.

16. **End Space** - There shall be a space of at least 1cm between the ends of the crossbar and the uprights for the high jump.

17. **Support for Crossbar in Pole Vault** - The crossbar shall rest on pegs so that if it is touched by the competitor or the pole, it will fall easily to the ground in the direction of the landing area. The pegs shall be without notches or indentations of any kind, of uniform thickness throughout and not more than 13mm in diameter. They must not extend more than 55mm from the uprights, which should extend 35-40mm above the pegs. The distance between the pegs shall not be less than 4.30m or more than 4.37m. The pegs may not be covered with rubber or with any other material that has the effect of increasing friction.
NOTE: To facilitate the use of a landing area 6m wide (see paragraph 21, below), the pegs supporting the crossbar may be placed upon extension arms attached to the uprights, thus allowing the uprights to be placed wider apart, without increasing the length of the crossbar.

18. **Take-Off Box for Pole Vault** - The box shall be constructed of a suitable material sunk level with the surface of the runway, preferably with rounded upper edges. It shall measure 1m in length measured along the inside of the bottom of the box, 60cm in width at the front end and tapering to 15cm in width at the bottom of the stop board. The length of the box at runway level and the depth of the stop board are determined by the angle of 105 degrees formed between the base and the stop board. The base of the box shall slope from runway level at the front end to a vertical distance below ground level of 20cm at the point where it meets the stop board. The box should be constructed in such a manner that the sides slope outward and end next to the stop board at an angle of approximately 120 degrees to the base. The box should be painted white. If the box is constructed of wood, the bottom shall be lined with 2.5mm sheet metal for a distance of 80cm from the front of the box. Diagrams showing the construction of the pole vault box appear in Figure 5.

19. **Landing Areas** - Where it is feasible, the landing area for the High Jump should measure not less than 6m long (parallel to the crossbar) by 4m wide; for the Pole Vault it should measure not less than 6.15m long (perpendicular to the crossbar) by 6m wide. There shall be a minimum of 5 m of landing surface behind the box. The landing area for the High Jump and Pole Vault should be composed of soft material other than sawdust or shavings of such composition and construction to provide a soft landing. A front pad, similar in material and dimensions to the landing area, may be used to cover the area surrounding the take-off box of the Pole Vault and extending between the standards. In the High

Jump, the landing area should be a minimum height of .712m (28 in.); in the Pole Vault, it should be a minimum height of .813m (32 in.) above the take-off. The side of the landing area nearest to the box shall be placed 10-15cm from the box and shall slope away from the box at an angle of approximately 30 degrees. The exposed area to the sides and back of the vault box shall have suitable padding.

RULE 182 HIGH JUMP

1. The uprights or posts shall not be moved during the competition unless the Referee considers the take-off or landing pit has become unsuitable. In such a case the change shall be made only after a round has been completed.
2. The competitor must take off from one foot.
3. A competitor fails if:
 - (a) after the jump, the bar does not remain on the supports because of the action of the competitor while jumping, or
 - (b) the competitor touches the ground, including the landing area beyond the vertical plane through the edge of the crossbar nearest to the take-off area, either between or outside the uprights, with any part of the body, without first clearing the bar. If the jumper's foot touches beyond the plane of the uprights while completing a jump, the jump should not be ruled a failure for this reason if no advantage was thereby gained (*e.g.*, the jumper did not use the landing area as a spring device).
 - (c) during or after the jump, the competitor deliberately steadies or replaces the bar.
4. Unless there is only one competitor remaining, the bar should never be raised by less than 2cm after each round, and the increment of the raising of the bar should never increase.

NOTE: *For specifications of High Jump shoes, see Rule 143.3(e).*

RULE 183 POLE VAULT

1. (a) Where the standards permit, a competitor may have the uprights or supports moved back, but they may not be moved in the direction of the running or runway, and they may not be moved more than 80cm toward the landing area, from the prolongation of the inside edge of the top of the stopboard.

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

- (b) Before the competition starts, each vaulter shall inform the official responsible for the event what position of the uprights or supports he or she wants to use, and this information should be recorded on the score sheet. Any competitor who wants to make any changes should immediately inform the official responsible before the uprights have been set in accordance with the initial wishes. Failure to do this must lead to the start of the time limit. See Rule 180.8(d)vi.
2. The take-off shall be from a box made of wood, metal, or other suitable rigid material. The box shall be sunk level with the runway.
 3. In order to obtain a better grip, competitors are permitted to use an adhesive substance such as resin or a similar substance on their hands or on the pole during the competition. The use of tape on the hands or fingers shall not be allowed except in case of need to cover an open cut. Gloves may not be used. The use of a forearm cover to prevent injuries shall be allowed. See Rule 183.9 in regard to the use of tape on pole.
 4. Competitors may use their own poles. No competitor may use any of the private poles except with the consent of the owner.
 5. It shall be a failure if:
 - (a) after the vault, the bar does not remain on the pegs because of the action of the competitor while vaulting; or
 - (b) the vaulter touches the ground, including the landing area beyond the vertical plane of the upper part of the stopboard, with any part of the body or with the pole without first clearing the bar; or
 - (c) the vaulter, after leaving the ground, places the lower hand above the upper or moves the upper hand higher on the pole.
 - (d) during the vault, the vaulter steadies or replaces the bar with his/her hand(s).

NOTE: *It is not a foul if the vaulter runs outside the white lines marking the runway at any point.*

6. After the release of the pole, no one including the athlete shall be allowed to touch the pole unless it is falling away from the bar or uprights. If it is touched, however, and the official in charge of the Pole Vault is of the opinion that, but for the intervention, the bar would have been knocked off, the vault shall be regarded as a failure.

NOTE: *It is not a failure if the pole passes underneath the cross bar in the event the competitor clears the bar. It is not a failure if a competitor leaves the ground for the purpose of making a vault and fails to clear the bar, provided he/she does not otherwise commit a foul.*

7. If, in making an attempt, the competitor's pole is broken, it shall not be counted as an attempt or a failure and the vaulter shall be awarded a new trial.
8. Unless there is only one competitor remaining, the bar should never be raised by less than 5cm after each round, and the increment of the raising of the bar should never increase.
NOTE: *For specifications of Vaulting Pole, Landing Pits, Runways, and Apparatus for High Jump and Pole Vault, see Rules 181.11-21.*
9. **Pole Construction** - The pole may be of any material or combination of materials and of any length or diameter, but the basic surface must be smooth. At the grip and at the bottom end, the pole may have protective layers of tape.

RULE 185 LONG JUMP

1. The length of the run is unlimited. Each competitor shall be credited with the best of all his/her jumps.
2. The jump or take-off should be from a board.
NOTE: *For Youth Athletics specifications, see Rule 302.5(d).*
3. 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 (including shoes and uniform).
NOTE: *In order to insure correct measurement of any jump, it is essential that the surface of the sand in the landing area should be accurately controlled so as to be level with the top of the take-off board. For measurements, see Rule 148.2(b)i.*
4. It shall be counted as a failure or foul if any competitor:
 - (a) with any part of the body, whether running up without jumping or in the act of jumping:
 - i. touches the ground on the runway immediately beyond the take-off line, as evidenced by a mark in the plasticine or other marker material, or
 - ii. touches the ground between the marker material or the take-off line extended and the landing area; or

- (b) If no plasticine or other marker material is being used, breaks the plane of the take-off line with the foot; or
- (c) takes off to either side of the take-off board, whether beyond or behind the take-off line extended; or
- (d) in the course of landing, touches the ground outside the landing area nearer to the take-off line extended than the nearest break in the landing area made by the jumper; or
- (e) when leaving the landing area, makes first contact with the ground outside the pit closer to the take-off line than the nearest break made in the sand.

(f) employs any form of somersaulting prior to contact in the landing area.

NOTE 1: *If the competitor takes off before reaching the take-off line, it shall not for that reason be counted a failure or foul.*

NOTE 2: *It is not a foul if the competitor runs outside the white lines marking the runway at any point.*

NOTE 3: *It is not a foul if, in the course of landing, the competitor touches the ground outside the landing area, with any part of their body, unless such contact is the first contact or contravenes Rule 185.4(d).*

5. Aids:

(a) No marks shall be placed on the runway, but a competitor may place one or two markers, supplied or approved by the Games Committee, alongside the runway to assist in the run-up and take-off. If such markers are not supplied, a competitor may use adhesive tape but not chalk or similar substance or anything that leaves indelible marks.

(b) No marks shall be placed in any pit or landing area.

(c) The employment of weights or grips of any kind is forbidden.

6. It is recommended that the distance between the take-off board and the end of the landing area shall be at least 10m. The landing area shall have a minimum width of 2.75m, a maximum width of 3m, and a minimum depth of 30cm and should be filled with soft damp sand to the same level as the take-off board. When possible, the landing area shall be so placed so that the middle of the runway, extended, coincides with the middle of the landing area.

7. **Construction** - The take-off board shall be rectangular, made of wood or other suitable rigid material, and sunk level with the runway and the surface of the landing area, the edge of which near the landing area shall be called the take-off line. The take-off board shall measure 1.22m (± 0.01 m) long, 20cm (± 2 mm)

wide and maximum 10cm deep, and should be not less than 1.0m nor more than 3.0m from the landing area. It shall be painted white. Immediately beyond the take-off board on the side nearer to the landing area there shall be placed a board of plasticine or other suitable material for recording the athlete's footprints.

8. **Plasticine Indicator Board** - The indicator should consist of a rigid board, 10cm (\pm 2mm) wide and 1.22m (\pm 0.01m) long, made of wood or other suitable rigid material and painted in 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 (\pm 1mm). The edges shall either slant at an angle of 45 degrees with the edge nearer to the runway covered with a plasticine layer, with a third contrasting color when possible, 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. The upper part of the indicator board shall also be covered by a plasticine layer for approximately the first 10mm and along its entire length. See Figures 6a and 6b. When mounted in the recess, the board must 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 be smoothed off by means of a roller or suitably shaped scraper for the purpose of removing the footprints of the competitors.

NOTE: When weather conditions dictate, particularly in very hot or wet weather, the plasticine boards should be protected from the elements before they are installed.

9. **Wind Measurement** - See Rules 163.10 through 163.14 for wind gauge placement, operation and reading requirements.

RULE 186 **TRIPLE JUMP**

1. The competitor shall first land upon the same foot as that from which he/she has taken off. The other foot shall be used for the second landing, and either or both feet shall be used for the third landing. It shall not be considered a failure or foul if the competitor, while jumping, touches the ground with the "sleeping" leg.
2. The placement of the take-off board should depend upon the caliber of the competition. In major competition for men, the take-off board for the Triple Jump should be placed at least 13m from the landing area. In major competition for women, it is recommended that the take-off board for the Triple Jump be placed at least 10m from the landing area.

3. It is recommended that the distance between the take-off board and the end of the landing area be at least 21m.
4. In all other respects, the rules for the Long Jump shall govern.
NOTE: *For specifications of apparatus, see Rule 185.7-8. For measurements see Rule 148.2(b)i.*

RULE 187

THROWING EVENTS - GENERAL RULES

1. In all throwing events from a circle, the throw must commence from a stationary position within the circle. A competitor is allowed to touch the inside of the iron band or stopboard. However, it shall be a foul throw if, after commencing the throw and prior to its completion, the competitor:
 - (a) does not start from a stationary position within the circle,
 - (b) touches the top of the iron band or stopboard or painted circle,
 - (c) touches with any part of the body the surface outside the circle,
 - (d) improperly releases the implement, or
 - (e) leaves the circle improperly or before the implement has landed.
2. In all throwing events, a competitor who has not otherwise committed a foul may interrupt a trial once started, may lay the implement down, inside or outside the runway or circle, may leave the runway or circle before returning to the runway or to a stationary position in the circle, and begin a fresh trial. When leaving a circle, the competitor must do so from the rear half as provided in Rule 187.7.
NOTE: *All moves permitted in this paragraph shall be included in the maximum time for a trial given in Rule 180.8(d).*
3. No device of any kind, which in any way assists a competitor when making a throw, shall be allowed.
 - (a) The taping of individual fingers or multiple fingers together is not allowed. However, taping of individual fingers is permissible in the Hammer and Weight Throws. The use of tape on the hand shall not be allowed except in the case of need to cover an open cut. The use of tape on the wrist is allowed. The tape should be shown to the Chief Judge of the event before the event starts.
 - (b) The use of gloves is not allowed, except for protection of the hands in the

Hammer and Weight Throw. The gloves must be smooth on the back and the front and the glove fingertips, other than the thumb, shall be cut to expose the fingers. Taping the glove to or at the wrist is permitted.

- (c) In order to obtain a better grip, competitors may use a suitable substance on their hands only. Additionally, in the Hammer Throw, such substance may be applied to the gloves, and in the shot put, such substance may be applied to the shot and the neck area.
- (d) A belt of leather or other suitable material may be worn at the waist by a competitor to protect the spine or back from injury.
- (e) In the Javelin Throw, a competitor may wear elbow protection.
- (f) A competitor may wear other protection, such as a knee support, provided it is approved by the Games Committee prior to the start of competition or Referee during the competition.
- (g) The use of weights attached to the body is not permitted.

NOTE: *For Youth Athletics, see Rule 302.5(f).*

- 6. Competitors may not spray or spread any substance within the circle or on their shoes or roughen or smooth the surface of the circle.
- 7. The competitor must not leave the circle until the implement has touched the landing surface. When leaving the circle, the competitor's first point of contact with the top of the iron band and/or the surface outside the circle must be completely behind the white line that is drawn outside the circle running theoretically through the center of the circle.
- 8. For a throw to be valid in the Shot Put, Hammer Throw, Weight Throw, and Discus Throw, the implement, excluding the handle and wire, and connection, as appropriate, must make first contact with the ground completely within the inner edges of the lines of the sector (see Rule 187.24). For the javelin see Rule 187.26 and 193.1c.
NOTE: *A throw may be valid even if any part of the implement has touched the cage provided no other rule is infringed.*
- 9. The measurement of each throw shall be made immediately after the throw.
 - (a) In the Discus, Shot Put, Weight Throw and Hammer Throw, the measurement of each throw shall be made from the nearest mark made by the fall of the discus, shot, weight, or head of the hammer to the inside of the circumference of the circle along a line from the mark to the center of the circle.

- (b) In the Javelin Throw, the measurement of each throw shall be made from where the tip of the metal head first struck the ground to the inside edge of the arc along a line from the point of the fall to the center of the circle of which the arc is a part.

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

10. Implements must be carried back to the runway or circle and never thrown back.

11. All Hammer and Discus Throws shall be from an enclosure or cage to insure the safety of spectators, officials, and competitors. (See Rule 190).

NOTE: *For specifications of official implements, see Rules 188-195. For specifications of circle, see Rule 187.20-187.23.*

12. 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. No additional implements may be taken to the area for competition or practice.

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

13. If an implement does not comply with required specifications, or if it has not been properly certified for use when such certification is required, it should be impounded by the certifying official or the Chief Judge of the event until the end of the competition of the field event in which it was intended to be used.

14. If, as a result of material damage, an implement becomes a safety hazard or if it ceases to comply with specifications (*e.g.*, a loose point or a cut hammer wire), it should be impounded. If it is practicable to do so, it should be repaired and re-certified so that it may be used in the competition. If the implement cannot readily be repaired, it shall remain impounded until the conclusion of the competition, except that it may be returned to a competitor who has concluded throwing.

15. A competitor in a field event shall be disqualified if he/she uses an implement or equipment that has been illegally altered after having been officially inspected or if he/she uses an unapproved or illegal implement or equipment. All records, performances, or points scored with the use of such implement or equipment shall be null and void.

NOTE: *The Games Committee shall establish a reasonable schedule for checking implements to ensure a fair and timely competition. When personal implements are*

being accepted, it is recommended that an athlete not submit more than three implements per event for certification.

16. In the case of an American or World Record, the implement should be impounded and not used until it has been re-certified for the record.
17. **Landing Area** - The landing area for outdoor throwing events shall consist of cinder, grass, or a similar suitable material on which the implement makes an imprint. These areas shall be on natural surfaces, which shall not be laid down on concrete, asphalt, wood or other hard surfaces that would have the tendency to decrease the landing surface's absorption of the kinetic energy of the implement.
18. **Inclination of the Sector** - The area within the sector on which the implement lands shall be on approximately the same plane as that of the circle or runway with a maximum allowance of 1:1000 in the throwing direction.
19. **Sector Flags**
 - (a) **Construction** - Sector flags should be entirely of metal.
 - (b) **Measurements** - The flags should be rectangular in shape, measuring about 20x40cm with the standard 8mm in diameter and not less than 60cm in height above the ground.

For Throws From a Circle

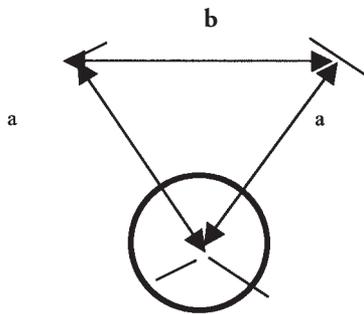
20. **Construction** - The circle shall be made of a band of iron, steel, or other suitable material, painted white, the top of which shall be sunk flush with the ground outside. The surface within the circle shall be packed hard, firm, and level, and 2cm (\pm 6mm) lower than the upper edge of the rim of the circle. The surface within the circle may be constructed of concrete or similar material. In indoor competitions on a wood floor surface, the circle may be marked on the floor.
21. A line 5cm wide shall be drawn theoretically through the center of the circle, extended no less than 75cm on each side, to designate the front and rear halves of the circle. The extensions outside the circle should be marked on the ground, but the line should not be marked in the circle. See diagrams, Figure 8.
22. **Dimensions** - The metal circle shall be 6mm thick and 76mm high sunk flush with the ground outside. The inside diameter of the circle shall measure 2.135m (7 ft.) for the Shot Put, Weight Throws, and Hammer Throw, and 2.50m for the Discus Throw.

23. **Shot Put Stop Board** - The stop board shall be made of wood or other suitable material in the shape of an arc so that the inner edge coincides with the inner edge of the rim of the circle. The stop board shall be centered midway between the sector lines, and be so made that it can be firmly fixed to the ground. The board shall measure not less than 11.2cm wide, and have a chord between the ends of the board of 1.15m to 1.21m (± 0.01 m) in length. The board shall be 10cm (± 2 mm) high in relation to the level of the inside of the circle. The board shall be painted white. A diagram showing the layout of the Shot circle appears in Figure 9.

24. **Sector** - The sector within which all throws from a circle must fall shall be clearly marked on the ground with 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).

NOTE 1: *Flags or continuous barriers should be erected parallel to and at least 3m outside of the sector lines for their full length.*

As an aid in marking and checking the 34.92-degree sector lines, the table below may be used (for greater accuracy, use the longest distance the field will allow). In this table, A indicates the distance from the center of the circle to a point on each of the two sector lines and B indicates the distance between those two points.



GENERAL SECTOR

a = DISTANCE OUT SECTOR LINES FROM CENTER OF CIRCLE

b= DISTANCE BETWEEN SECTOR LINES

A (meters)	B (meters)
5.00	3.00
10.00	6.00
15.00	9.00
20.00	12.00
25.00	15.00
50.00	30.00
75.00	45.00
100.00	60.00

For the Javelin Throw

25. **Arc** - All javelin throws shall be made from an arc of a circle drawn with a radius of 8m at the end of a runway 4m wide. This arc shall consist of a painted stripe or made of wood or other similar material similar material 7cm in width. It shall be white and sunk flush with the ground. Lines shall be drawn from the extremities of the arc at right angles to the parallel lines marking the runway. These lines should be 75cm in length, from the inner edge of the runway line, and 7cm in width.

26. **Sector** - The landing sector shall be marked with white lines 5cm wide such that the inner edges of the lines, if extended, would pass through the two intersections of the inner edges of the arc and the parallel lines (B and C) marking the runway and intersect at the center of the circle of which the arc is part (A). (See Figure 11). The end of the sectors may be marked by flags.

NOTE: *Flags or continuous barriers should be erected parallel to and at least 3m outside of the sector lines for their full length.*

The sector for the javelin can be laid out by making the distance between the sector lines one-half the distance from the center of the circle from which all measurements are made by using the table below:

DISTANCE FROM POINT A ALONG SECTOR LINE (METERS)	DISTANCE BETWEEN INSIDE OF SECTOR LINES (METERS)
8.00	4.00
20.00	10.00
40.00	20.00
50.00	25.00
60.00	30.00
75.00	37.50
100.00	50.00

RULE 188 PUTTING THE SHOT

1. The put shall be made from a circle of which the inside diameter shall measure 2.135m (7 ft.).
2. The shot shall be put from the shoulder with one hand only. At the time the competitor takes a stance in the ring to commence a put, the shot shall touch or be in close proximity to the neck or chin, and the hand shall not be dropped below this position during the act of putting. The shot must not at any time be brought behind the line of the shoulders.

NOTE: *For measurement, see Rule 148.2(b)i, 187.9(a), and 187.10. For details of competition, see Rules 180 and 187. For specifications of circle, stopboard, and sectors, see Rules 187.19-187.26.*

3. **Construction** - The shot shall be a solid sphere of iron, brass, or any metal not softer than brass, or a shell of such metal filled with lead or other material. It must be spherical in shape and its surface shall have no roughness and the finish shall be smooth. To be smooth, the surface average height must be less than 1.6µm, *i.e.* a roughness number N7 or less.
4. For indoor competition, the optional use of the prescribed solid shot metal shell, latex covered, or one made of leather container filled with shot may be allowed, provided that the shot used conforms to the specifications for weight. The diameter for a synthetic covered indoor shot can be a maximum of 15mm larger than the corresponding outdoor men's shot and 20mm larger than the corresponding outdoor women's shot. Only one type of shot (indoor or outdoor) may be used in a competition.
5. The shot shall conform to the following specifications:

Name	16 lb	6 kg	12 lb	5 kg	4 kg	3 kg	6 lb
Nominal Wt. kg	7.26	6.00	5.45	5.00	4.00	3.00	2.72
Record Wt. Min. kg	7.260	6.000	5.450	5.000	4.000	3.000	2.720
Diameter min. mm	110	105	98.4	100	95	85	-
Diameter max. mm	130	125*	117.5	115*	110*	100*	-

**The maximum diameter for all outdoor shots used in Masters competition shall be 130mm for men and 110mm for women.*

RULE 189 THROWING THE DISCUS

1. The discus shall be thrown from a circle of which the inside diameter shall measure 2.50m.

NOTE: *For details of competition, see Rules 180 and 187. For specifications of circle, throwing cage, and sectors, see Rules 187.19-187.28. For measurement, see Rules 148.2(b)i, 187.9(a), and 187.10.*

2. **Construction**

- (a) The body of the discus may be solid or hollow and shall be made of wood or other suitable material, with a metal rim, the edge of which shall be rounded into a true circle. There may be metal plates set flush into the center of the sides. In the alternative, the discus may be made without metal plates, provided that the measurements and total weight of the implement correspond to the specifications.
- (b) Each side of the discus shall be identical and shall be made without indentations, projecting, or sharp edges. The sides shall taper in a straight line from the beginning of the curve of the rim to a circle a distance of 25mm, minimum, and 28.5mm, maximum, from the center of the discus.
- (c) The discus, including the surface of the rim, shall have no roughness and the finish shall be smooth and uniform throughout.

3. The discus shall conform to the following specifications:

Name	2kg	1.75kg	1.6kg	1.5kg	1 kg
Nominal Wt kg	2.0	1.75	1.6	1.5	1.0
Minimum Record Wt. kg	2.0000	1.750	1.600	1.500	1.000
Outside Diameter min. mm	219	210	209	200	180
Outside Diameter max. mm	221	212	211	202	182
Diameter of Flat Area min. mm	50	50	50	50	50
Diameter of Flat Area max. mm	57	57	57	57	57
Thickness at center min. mm	44	41	40	37	37
Thickness at center max. mm	46	43	42	39	39
Thickness of Rim at 6 mm from edge, min. mm	12	12	12	12	12
Thickness of Rim at 6mm from edge, max. mm	13	13	13	13	13

A diagram illustrating these specifications appears in Figure 10.

RULE 190 HAMMER AND DISCUS THROWING CAGE

It is required that all Hammer, Weight, Superweight, Ultraweight, and Discus Throws be from an enclosure or cage to ensure the safety of spectators, officials, and competitors. The cage specified in this rule is intended for use in a major stadium when the event takes place outside the arena with spectators present or when the event takes place in the arena with other events taking place at the same time. Where this does not apply, a simpler construction may be satisfactory, provided it ensures safety. See Figures 12-13, and IAAF Rules 190 and 192, for suggested specifications of cages for the Hammer and Discus.

NOTE 1: *An effective Hammer cage should have movable panels at the front. These should be constructed so that the inside edge of either panel can be moved to a point 1.5m inside the sector line. If the panels are too short to reach 1.5m in, then set it for the maximum distance in the sector. There are two options at this point.*

A. The support to which these movable panels are attached should be no closer than 2.85m outside the sector line or 6.1m from the center of the circle (see Figure 1). Each of the movable panels should be 4.55m in width. The height of the movable panels and at least the first stationary panels should be 6.15m. The netting for the cage panels should be suspended and not tied tightly in order to absorb the impact of the Hammer and reduce the risk of the Hammer rebounding. The opening should be 6m wide, measured from the inner edge of the cage or pivoted netting as appropriate, and positioned 7m in front of the center of the throwing circle. However, the width of opening at the front of the cage is less critical than where the opening is placed. Thus the distance of the panels from the center of the circle is important. The panels are alternated for left- and right-hand throwers. The panel opposite to the direction of spin, i.e., the left-hand panel, for a right-hand thrower, is placed inside the sector line 1.5m. If shorter than this distance, then the gate should be perpendicular to the sector line. The other gate should touch the sector line away from the circle.

B. An alternate cage is the IAAF cage and is recommended for new construction.

NOTE 2: *The cage side, particularly alongside the track, may be lengthened and/or increased in height to provide greater protection to athletes competing on the adjoining track during a discus competition.*

RULE 191
THROWING THE HAMMER

1. The competitor in the starting position, prior to the preliminary swings or turns, is permitted to rest the head of the hammer on the ground inside or outside the circle. In making a throw, the competitor may choose to assume any starting position and shall use both hands, holding the hammer exclusively by the handle.
2. It shall not be considered a foul throw if the head of the hammer touches the ground or the top of the iron band. The competitor may stop and begin the throw again, provided no other rule has been breached.
3. If the hammer breaks during the throw or while in the air, it shall not count as a throw provided it was made in accordance with the rules. In the event that the competitor thereby loses balance and commits a foul, it shall not be charged and the athlete shall be awarded a new trial.
4. **Construction** - The hammer shall consist of three parts: a metal head, a wire and a handle.
5. **Head** - The head shall be solid iron or other metal not softer than brass, or a shell of such metal filled with lead or other solid material so that no internal movement is detected by feel, sight or sound. It must be spherical in shape and smooth. If a filling is used, it must be inserted in such a manner that it is immovable and that the center of gravity shall not be more than 6mm from the center of the sphere.
6. **Wire** - The wire shall be a single unbroken and straight length of spring wire not less than 3mm, and shall be such that it cannot stretch appreciably while being thrown. The wire may be looped at one or both ends as a means of attachment.
7. **Handle** - The handle may have a curved or straight grip with a maximum width inside of 130mm and a maximum length inside of 110mm. The sides of the handle may be straight or slightly curved where the sides meet the grip. The maximum handle breaking strength shall be 8kN (800kgf).
8. **Connection** - The wire shall be connected to the head by means of a swivel which may be either plain or ball bearing. The handle shall be connected to the wire by means of a loop. A swivel may not be used.

9. The hammer shall conform to the following specifications:

Name	16 lb	6 kg	12 lb	5 kg	4 kg	3 kg
Nominal Wt. kg	7.26	6.00	5.45	5.00	4.00	3.00
Min. Record Wt. kg	7.260	6.000	5.450	5.000	4.000	3.000
Diameter min. mm	110	105	98.4	100	95	85
Diameter max. mm	130	125	117.5	115	110	100
Length* min. mm	1175	1175	1175	1165	1160	1160
Length* max. mm	1215	1215	1215	1200	1195	1195
Loop Size max. mm	19.5	19.5	19.5	19.5	19.5	19.5

** Length of Hammer is measured from the inside of the handle to the bottom of the ball. Pressure should be applied to make sure the wire is straight.*

Center of Gravity of Head: Not more than 6mm from the center of the sphere, *i.e.*, it must be possible to balance the head, less wire and grip, on a horizontal sharp-edged orifice 12mm in diameter.

RULE 193

THROWING THE JAVELIN

1. Requirements for a valid throw:

- (a) The javelin must be held by the grip with one hand only, so that the little finger is nearest to the point and the thrower's last contact with the javelin shall be with the grip.
- (b) At no time after preparing to throw until the Javelin is in the air may the competitor turn completely around so that his/her back is towards the throwing area. The javelin shall be thrown over the shoulder or upper part of the throwing arm and may not be slung or hurled.
- (c) No throw shall be valid or counted in which the tip or the point of the metal head does not ((strike)) make first contact with the ground completely within the inner edges of the lines of the sector before any other part of the javelin, or where the competitor touches with any part of the body, the arc as marked or the lines drawn from the extremities thereof at right angles to the parallel lines, or the ground beyond the arc or such lines.

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

- (d) Competitors may not cross either of the parallel lines.
- (e) Competitors shall not leave the runway until the Javelin has touched the landing surface. When leaving the runway, the competitor's first point of

contact with the parallel lines or the surface outside the runway must be completely behind the arc and the lines drawn from its extremities.

2. If the javelin breaks at any time during the course of the throw, it shall not count as a trial provided the throw was made in accordance with the rules. If the competitor thereby loses his/her balance and contravenes any part of this Rule, it shall not be counted as a foul throw and the competitor shall be awarded a new trial.
3. If a thrower improperly releases the javelin in making an attempt, it shall be recorded as a foul throw.
4. No marks shall be placed on the runway, but a competitor may place one or two markers, supplied or approved by the Games Committee, alongside the runway. If such markers are not supplied, a competitor may use adhesive tape, but not chalk or similar substance or anything that leaves indelible marks.

NOTE: *For details of competition, see Rules 180 and 187.*

For measurements, see Rules 148.2(b)i, 187.9(b), and 187.10.

For specifications of runway and sector, See Rules 187.27-187.33.

5. **Construction** - The javelin shall consist of three main parts: a head, a shaft, and a cord grip. The shaft may be solid or hollow and shall be constructed of metal or other suitable material so as to constitute a fixed and integrated whole. The shaft shall have fixed to it a metal head terminating in a sharp point.
6. The javelin shall conform to the specifications set forth in the table that begins on the following page.
7. The grip, which shall cover the center of gravity, shall not exceed the diameter of the shaft by more than 8mm. It may have a regular non-slip pattern surface but without thongs, notches, or indentations of any kind. The grip shall be of uniform thickness.
8. The cross-section shall be regularly circular throughout (see Note 1). The maximum diameter of the shaft shall be immediately in front of the grip. The central portion of the shaft, including the part under the grip, may be cylindrical or slightly tapered toward the rear, but in no case may the reduction in diameter, from immediately in front of the grip to immediately behind, exceed 0.25mm. From the grip, the javelin shall taper regularly to the tip at the front and the tail at the rear. The longitudinal profile from the grip to the front tip and the tail shall be straight or slightly convex (see Note 2), and there must be no abrupt alteration in the overall diameter, except immediately behind the head and at the front and rear of the grip, throughout the length of the javelin. At the rear of the head, the reduction in the diameter may not exceed 2.5mm

and this departure from the longitudinal profile requirement may not extend more than 30cm behind the head.

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

NOTE 2: *The shape of the longitudinal profile may be quickly and easily checked using a metal straightedge at least 50cm long and two feeler gauges 0.20mm and 1.25mm thick. For slightly convex sections of the profile, the straightedge will rock while being in firm contact with a short section of the javelin. For straight sections of the profile, with the straightedge held firmly against it, it must be impossible to insert the 0.20mm gauge between the Javelin and the straightedge anywhere over the length of contact. This shall not apply immediately behind the joint between the head and the shaft. At this point it must be impossible to insert the 1.25mm gauge.*

Name	800 g	700g	600 g	500g	400 g
Nominal Wt. G	800	700	600	500	400
Minimum Record Wt. G	800	700	600	500	400
Overall Length min. mm	2600	2300	2200	2000	1850
Overall Length max. mm	2700	2400	2300	2200	1950
Length – Metal Head min. mm	250	250	250	220	200
Length – Metal Head max. mm	330	330	330	270	250
Dist. From tip to CG min. mm	900	860	800	780	750
Dist. From tip to CG max. mm	1060	1000	920	880	800
Diameter of Shaft at thickest point min. mm	25	23	20	20	20
Diameter of Shaft at thickest point max. mm	30	28	25	24	23
Width of cord grip, min. mm	150	150	140	135	130
Width of cord grip max. mm	160	160	150	145	140
Taper Meas. from Tip mm	150	150	150	150	125
Taper Meas. from Tail mm	150	150	150	150	125
Diameter at Tip Taper Measurement Point	<0.80dia*	<0.80dia*	< 0.80dia	<0.80dia*	<.80dia*
Diameter at Tail Taper Measurement Point	>0.40dia*	>0.40dia*	> 0.40dia	>0.40dia*	>0.40dia
Diam. at Mid Point Tip to CG	<0.90dia*	<0.90dia*	< 0.90dia	<0.90dia*	<0.90dia
Diam. at Mid Point Tail to CG	>0.90dia*	>0.90dia*	> 0.90dia	>0.90dia*	>0.80dia
Tail Diameter min mm	3.5	3.5	3.5	3.5	3.5

* *diam is the maximum diameter for the implement.*

9. The javelin shall have no mobile parts or other apparatus that, during the throw, could change its center of gravity or throwing characteristics.
10. The surface of the shaft shall have no dimples or pimples, grooves or ridges, holes or roughness, and the finish shall be smooth and uniform throughout. To be smooth, the surface average height must be less than 1.6µm (a roughness

number of N7 or less). Tape or any other substances shall not be placed on the javelin. The head shall be constructed completely of metal. It may contain a reinforced tip of other metal alloy welded on to the front end of the head provided that the completed head is smooth and uniform along the whole of its surface.

11. Mini Javelin: The shaft, grip and fins shall be made out of plastic. The tip shall be made of soft rubber with a blunt, rounded end. The fins shall be flat (without protrusions or roughness) and shall be perpendicular to the surface of the javelin. The nominal weights shall be 300g, 400g and 500g. All shall conform to the following specifications:

Overall Length min. mm	685
Overall Length max. mm	705
Length of Head min. mm	84
Length of Head max. mm	94
Tip Diameter at largest point, min. mm	37
Tip Diameter at largest point, max. mm	43
Distance from tip to CG min. mm	365
Distance from tip to CG max. mm	380
Diameter of Shaft forward of grip min. mm	30
Diameter of Shaft forward of grip max. mm	38
Diameter of Shaft behind grip min. mm	24
Diameter of Shaft behind grip max. mm	30
Diameter of Shaft at grip min. mm	34
Diameter of Shaft at grip max. mm	40
Width of grip min. mm	99
Width of grip max. mm	109
Location of front of grip from tip of tail min. mm	322
Location of front of grip from tip of tail max. mm	332
Number of Fins	4
Fin Length min. mm	162
Fin Length max. mm	168
Fin diameter (peak to peak opposing fins) min. mm	95
Fin diameter (peak to peak opposing fins) max. mm	105

RULE 195
THROWING THE WEIGHT

1. In making a throw, the competitor may choose to assume any starting position and shall use both hands, holding the weight exclusively by the handle.
2. In all other respects, the rules for the Hammer Throw shall govern.
NOTE: *All notes to Rule 191 apply.*
3. **Construction** - The weight shall consist of three parts: a head, a handle and a connection assembly which may contain a harness.
4. **Head** - The head shall be a solid sphere or a spherical bladder.
 - (a) The solid sphere shall be made of a metal not softer than brass, or of a shell of such metal or plastic filled with lead or other material, which will not deform of impact. If a filling is used, it must be inserted in such a manner that it is immovable and that the center of gravity shall be not more than 9mm from the center of the sphere. The maximum diameter of a sphere with a shell of plastic shall be no more than 15mm larger in diameter than the corresponding all metal implement and may only be used for indoor competitions. See table in 195.8 for specifications.
 - (b) Where indoor facilities dictate and for weights lighter than 56 lbs., a spherical bladder head may be used. The spherical bladder shall be made of a synthetic material which will return to its shape after impact. The bladder shall be filled with lead shot or other suitable material. The bladder shall surrounded by a harness and have no maximum diameter requirement.
5. **Handle** - The handle shall be made of round steel rod not to exceed 12.7mm in diameter, bent in a triangular shape so that no side exceeds 190mm nor is smaller than 100mm, inside measurement. A handle with no permanent connection point shall have two sides of equal length and the third side of less than or equal length. When the overall length of the implement is measured, the equal and longest sides must form the vertical sides of a triangle. The handle must be rigid and not show evidence of elasticity or malformation after being thrown.
6. **Connection** - The handle shall be connected either directly to the head or to a harness.
 - (a) The direction connection shall be by means of no more than two steel links (loops), whose diameters shall not exceed 9.5mm. The handle shall be connected to the steel links by a loop; a swivel may not be used. The head may be connected to the links by means of a swivel that may be either plain or

with ball bearings for the solid sphere implement. For the plastic filled implement, a swivel is allowed between the ball and the handle.

(b) The connection to a harness for the bladder type implement shall be by means of no more than two steel links (loops), whose diameter shall not exceed 9.5mm and a swivel may be placed between the two links. The harness shall have a minimum of four straps, sewn together to form a sling. Netting of any kind shall not be used to form the harness. The harness must not show evidence of elasticity or malformation after the implement has been thrown.

7. **Length** - The overall length of the complete implement as thrown, from the bottom surface of the head to the inside surface of the handle (grip) shall not exceed 40.64cm at any time.

8. The weight shall conform to the following specifications:

Name	56 lb	35 lb	25 lb	20 lb	16 lb	12 lb
Nominal Weight kg	25.40	15.88	11.34	9.08	7.26	5.45
Min. Record Wt kg	25.400	15.880	11.340	9.080	7.260	5.450
Diameter min. mm	-	145	130	120	110	100
Diameter max. mm	-	165	150	140	130	120

9. **Ultraweight:** The implement consists of a weight with a handle. The overall length of the handle, from the inside surface of the grip to the body of the weight, shall not exceed 15.24cm.

The minimum weights for the implements are:

98# - 44.50kg; 200# - 90.80kg; 300# - 136.10kg.

**SECTION IV
COMBINED EVENTS**

**RULE 200
EVENTS - GENERAL RULES**

1. Competition for men:

- (a) The Outdoor Pentathlon, which shall be conducted on one day in the following order:

Long Jump
Javelin Throw
200 Meters
Discus Throw
1500 Meters

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

First Day:	100 Meters Long Jump Shot Put High Jump 400 Meters
Second Day:	110 Meter Hurdles Discus Throw Pole Vault Javelin Throw 1500 Meters

- (c) The Indoor Pentathlon, which shall be conducted on one day in the following order:

60 Meter Hurdles (or 55 or 50 Meter Hurdles)*
Long Jump
Shot Put
High Jump
1000 Meters

***NOTE:** *The international distance is 60m.*

- (d) The Indoor Heptathlon, which shall be conducted on two consecutive days in the following order:

First Day:	60 Meters Long Jump Shot Put High Jump
Second Day:	60 Meter Hurdles Pole Vault 1000 Meters

- (e) The Weight Pentathlon, which shall be conducted on one day (see Rule 201).

2. Competition for women:

- (a) The Outdoor Pentathlon, which shall be conducted on one day in the following order:

100 Meter Hurdles
High Jump
Shot Put
Long Jump
800 Meters

- (b) The Indoor Pentathlon, which shall be conducted on one day in the following order:

60 Meter Hurdles (or 55 or 50 Meter Hurdles)
High Jump
Shot Put
Long Jump
800 Meters

***NOTE:** *The international distance is 60m.*

- (c) The Heptathlon, which may be conducted on the same day or on two consecutive days, in the following order:

First Day:	100 Meter Hurdles High Jump Shot Put 200 Metes
Second Day:	Long Jump Javelin Throw 800 Meters

- (d) The Decathlon, which shall be conducted on two consecutive days in the following order:

First Day:	100 Meters Discus Throw Pole Vault Javelin Throw 400 Meters
Second Day:	100m Hurdles Long Jump Shot Put High Jump 1500 Meters

3. The Rules of Competition of USATF for each event shall apply, with the following exceptions:
 - (a) In the Long Jump, Shot Put, Discus Throw, and Javelin Throw, each competitor shall be allowed three trials only.
 - (b) If hand timing is used, each competitor's time shall be timed by three Timers independently, using Rule 165.6 to determine the official time.
 - (c) No penalty shall be imposed for the first false start, but the Starter shall disqualify the offender or offenders on the second false start. False starts are called on individuals, not on the field.

NOTE: *In practice, when one or more competitors makes a false start, others are inclined to follow and, strictly speaking, any competitor who does so has also made a false start. The Starter should charge only the competitor or competitors who, in the Starter's opinion, were responsible for the false start. This may result in more than one competitor being charged with a false start. If the unfair start is not due to any competitor, no competitor shall be charged.*

4. (a) The events, except as otherwise provided in these rules, shall be contested at such intervals as determined by the Track and Field Committee. Whenever possible, there shall be an interval of at least 30 minutes between the time one event ends and the next event begins for any individual athlete. If possible, the time between the last event on the first day and the first event on the second day should be at least 10 hours.
- (b) In field events of combined competition for women, when more than one flight is required, a minimum of 30 minutes shall be allowed between the last attempt of the previous flight and the beginning of competition in the next flight. In the hurdles of such competition for women, where feasible, a minimum of 10 minutes shall be allowed between flights. Competition in a subsequent flight may begin prior to 30 minutes (10 minutes in the hurdles) after the previous flight with the approval of all competitors.

NOTE: *This rule is to insure rather than limit adequate warm-up time.*

- (c) When more than one flight is required in events, the composition of flights and, where feasible, the approximate scheduled time of each flight shall be posted prior to the competition, except that the composition of flights for the last event shall be determined just prior to the start of that event. Where field event flights are conducted sequentially, a minimum of 30 minutes between field event flights shall be allowed between the last attempt or finisher of one and the beginning of competition in the next unless approval for an earlier start is obtained by all competitors in the flight.
5. (a) If the number of competitors warrants it, they may be divided into permanent groups of not less than six as determined by the Games Committee or Combined Events Referee. These groupings shall continue throughout the first seven events of the decathlon and all but the last event of the other combined events.
- (b) When permanent groups are not used and individual event performance data during a predetermined period are available for most of the combined event competitors, the Games Committee, or Combined Events Referee, shall make heat and flight assignments using these data. When no performance data are available, the competitors for each heat and flight shall be drawn by lot. When this cannot be achieved due to the time schedule of events, the heats or flights for the next event should be arranged as and when competitors become available from the previous event.
 - (c) In the last event of a Combined Events Competition, the heats should be arranged so that one contains the leading athletes after the penultimate event. The heat containing the leading athletes should be run last. In the 800 Meters the top placers shall be assigned, one per lane in the last heat, the next best placers in another heat, etc., according to Rule 166.4.
 - (d) The order of competition within a field event, and the assignment of lanes in a track event, shall be drawn by lot for each event independently. Preferably five or more, and never less than three competitors shall be placed in a heat or flight. If there are 16 or more competitors, it is recommended that more than one facility be used for field events.

NOTE: *For Youth Athletics exception, see Rule 302.6*

6. The incremental increase in the High Jump and Pole Vault in Open Men's and Women's Track and Field Championships shall be uniform throughout the competition at 3cm and 10cm, respectively.
7. An athlete disqualified for fouling a competitor in any event shall be permitted to compete in the remaining events, unless the Referee shall rule that mere loss of points is not sufficient penalty.

8. A competitor failing to attempt to start or take a trial in any event of the competition shall be considered to have abandoned the competition and shall not be allowed to participate in any following events. Such competitor shall therefore not be included in the final placing or scoring, but shall have his/her performances before withdrawing recorded in the results of the competition. Any competitor deciding to withdraw from the competition shall immediately inform the Referee of his/her decision to do so.
9. The scores of each competitor, separately and combined, should be announced to the competitors after the completion of each event.
10. Except as otherwise provided in these rules, scoring shall be based on the current IAAF Scoring Tables for Combined Events.
NOTE: *For Masters scoring, see Rule 332.2(h).*
11. Scoring based on only one system of timing shall be used throughout each separate event. However, for record purposes, fully automatic times shall be applied where they are available, regardless of whether such times are available for other competitors in the event. Where fully automatic timing is used, the times shall be given to 1/100th of a second and the 1/100th second scoring table shall be used.
12. The winner shall be the competitor who has scored the highest number of points in all events. In case of a tie, the winner shall be the competitor scoring the greatest number of points in a majority of events. If the tie still continues, the winner shall be the competitor scoring the greatest number of points in any one of the events. If the tie remains, the winner is the competitor with the highest number of points in a second event, etc. This procedure shall apply to ties for any place in the competition.
13. For record purposes, if the automatic timing device should fail in a heat not involving the competitor who set the record, then the record may be scored using the automatic timing tables, although the competition would be scored and decided using the manual timing tables.
NOTE: *For Rules applicable to Youth Athletics competition, see Rule 302.6.*

RULE 201 WEIGHT PENTATHLON

1. The competition consists of the following five (5) events: Hammer Throw, Shot Put, Discus Throw, Javelin Throw, and Weight Throw. The events shall be contested in the above-mentioned order, and at such intervals as shall be determined by the Games Committee.
2. Three trials shall be allowed in each event.

- The winner shall be the one who has scored the highest total of points (counting the best performance in each event) for all five (5) events, scored on the basis of the Official International Scoring Tables for the Hammer, Shot Put, Discus, and Javelin Throws, and on the basis of similarly prepared scoring tables for the Weight Throw.

NOTE: *For Masters exception, see Rule 332.2(h).*

RULE 202 ULTRAWEIGHT PENTATHLON

- The competition consists of throwing the five weights listed for each age group in the following table, in the order from lightest to heaviest. The events shall be contested at such intervals as determined by the Games Committee.
- Three trials shall be allowed with each weight.
- The winner shall be the one who has scored the highest total of points (counting the best performance in each weight) for all five weights, scored on the basis of the Ultraweight Pentathlon Table.

NOTE: *For Masters exception, see Rule 332.2(h).*

Age Group	Weight	Super-Weight	35#	56#	98#	200#	300#
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MEN

Open-49	35	56			x	x	x
50-59	25	56			x	x	x
60-69	20	56			x	x	x
70-79	16	35		x	x	x	
80 +	12	25	x	x	x		

Age Group	Weight	Super-Weight	35#	56#	98#	200#	300#
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WOMEN

Open-49	20	35		x	x	x	
50-59	16	25	x	x	x		
60-79	12	25	x	x	x		
80 +	12	20	x	x	x		

- For specifications for the implements, see Rules 195.8 and 195.9.

**SECTION V
RACE WALKING**

**RULE 230
JUDGES OF RACE WALKING**

1. JUDGING

- (a) The Judges of Race Walking shall have the sole authority to determine the fairness or unfairness of walking, and their rulings thereon shall be final and without appeal. Judging decisions are made as seen by the human eye.
- (b) The appointed Judges of Race Walking shall elect a Chief Judge.
- (c) The Chief Judge shall assign the Judges to their respective judging areas and explain the judging procedure to be used during the race. At International Selection Competitions, the Chief Judge shall act as the supervising official for the competition and act as a Judge only in the special circumstance described in 230.3(f).
- (d) A Chief Judge's Assistant may be appointed to assist with the notification of disqualifications. At International Selections competitions, the position is required. The Chief Judge's Assistant shall not act as a Race Walking Judge.
- (e) All Judges shall be currently certified as Race Walk Judges by USATF or by another IAAF member federation.
- (f) All Judges shall act in an individual capacity.
- (g) The Chief Judge will serve as the Referee and Chief Umpire if none is assigned. The Judges will serve as Umpires if none are assigned.
- (h) In road races, depending on the size layout of the course there should be a minimum of six to a maximum of nine Judges including the Chief Judge. In track races, indoors and outdoors, there should be five Judges including the Chief Judge. At International Selection Competitions there shall be six judges (including the Chief Judge) when the trial is conducted on a track, and there shall be no more than 9 judges (including the Chief Judge) when the trial is conducted on a road course.
- (i) All Judges' Tally Sheets shall be turned in to the Recorder at the end of the race. A copy of the completed Judges' Summary Sheet shall be posted as soon after the event as possible. The original of this sheet shall be delivered to the Competition Secretary and made part of the official event records.

2. CAUTION

- (a) Competitors must be cautioned by any Judge when, by their mode of progression, they are in danger of failing to comply with the definition of race walking (see Rule 232); but they shall not be given a second caution by one and the same Judge for the same offense. Having cautioned a competitor, the Judge shall record all such cautions on the Judge's Tally Sheet.
- (b) Each Judge shall use a yellow paddle for signaling cautions. Each paddle should have the symbol ^^^ indicating "Loss of Contact" or the symbol > indicating "Bent Knee" on each side to show the reason for the caution.

3. DISQUALIFICATION

- (a) When a Judge observes a competitor who fails to comply with Rule 232.2, the Judge shall issue a red card. A red card is that Judge's proposal for disqualification of a competitor.
- (b) Red cards shall be given to the Recorder as soon as possible. If there is no Recorder, the red card shall be given to the Chief Judge. A Judge shall record all proposals for disqualification on the Judge's Tally Sheet.
- (c) When red cards from three different Judges have been sent to the Recorder or Chief Judge on the same competitor, that competitor is disqualified and shall be notified of this disqualification by the Chief Judge or the Chief Judge's Assistant.
- (d) Notification of disqualification shall be given as soon as practicable after the competitor has finished, if it is impractical to notify the competitor of the disqualification during the race. The failure to give prompt notification shall not result in the reinstatement of a disqualified competitor.
- (e) The Chief Judge, and, when applicable, the Chief Judge's Assistant, shall use a red paddle for signaling disqualification.
- (f) At International Selection Competitions, the Chief Judge has the power to disqualify a competitor inside the stadium when the race finishes in the stadium, or in the last 100m when the race takes place solely on the track or on a road course, when his/her mode of progression obviously fails to comply with Rule 232.2 regardless of the number of previous red cards the Chief Judge has received for that competitor. A competitor who is disqualified under these circumstances shall be allowed to finish the race.
- (g) For Championships and international trials races, one or more posting boards shall be placed on the course and/or near the finish to keep com-

petitors informed about the number of red cards that have been received by the Recorder or Chief Judge for each competitor. The symbol for each offense shall also be indicated on the posting board.

- (h) Where appropriate equipment is available, computer devices with transmission capability may be used by the judges in communicating proposals for disqualification to the Recorder and the disqualification proposal Posting Board(s).
- (i) If the Referee is satisfied, on the report of a Judge or Umpire or otherwise, that a competitor has left the marked course thereby shortening the distance to be covered, the competitor shall be disqualified.

RULE 231 RACE WALKING OFFICIALS

Race Walking Officials may be appointed to assist in the administration of the race walking event(s) by administering the disqualification proposal posting board, recording information for the Chief Judge, assisting the Chief Judge and/or other Judges, overseeing and coordinating the functions of the Lap Counters, and performing such other relevant duties as may be required by the Chief Judge or the Meet or Event Director.

RULE 232 GENERAL RULES

1. Article II and Article III, Sections I and VI, of the Rules of Competition shall be followed unless otherwise provided in this Section V. In the rules of those articles and sections, all forms of the word "run" shall be construed to apply to the corresponding form of "walk."
2. Definition of Race Walking. Race Walking is a progression of steps so taken that the walker makes contact with the ground so that no visible (to the human eye) loss of contact occurs. The advancing leg must be straightened (*i.e.*, not bent at the knee) from the moment of first contact with the ground until the leg is in the vertical upright position.

Disqualification for failure to adhere to the above definition is governed by Rule 230.3.

3. Race Conduct. For all Race Walking events, the following code of conduct must be adhered to:
 - (a) In track races a competitor who is disqualified must immediately leave the track. In road races the disqualified competitor must, immediately after

being disqualified, remove the distinguishing numbers that he or she is wearing and leave the course. A competitor, who fails to leave the track or course, as required by this Rule, shall be subject to Rule 145. No finishing time shall be listed in results for any competitor who receives notice of disqualification after the competitor has completed the race.

- (b) In walks where multiple distances are contested simultaneously, each competitor must declare on the entry form which distance is being entered. Times for other distances (but not placings) are valid only if the competitor finishes the distance entered.
 - (c) A race must have a minimum of three Judges as prescribed in Rule 230.1(e). For record requirements, see Rule 266.
 - (d) Athletes shall not use video or cassette recorders or players, TV's, CD or CD-ROM players, radio transmitters or receivers, mobile phones, computers, or any similar devices during the competition.
4. In addition to the water and/or refreshment stations provided at the beginning and end of the race, for all events of 10km or longer, refreshment stations shall be provided every lap. In addition to refreshments provided by the Organizing Committee, athletes shall be permitted to provide their own refreshments at refreshment stations. A competitor who collects refreshment from a place other than a refreshment station is liable to disqualification by the Referee. In addition, drinking/sponging stations for water only shall be placed approximately midway between the refreshment stations or more frequently if weather conditions warrant such provision.
5. Courses and Conditions for Walking Events.
- (a) In Championships, the circuit for events of 10km and longer shall be a maximum of 2500m. The circuit for events of less than 10km shall be a maximum of 1250m.
 - (b) Race walking events shall be so arranged as to ensure that the entire event is held in daylight or with suitable artificial light.
6. All walking events that qualify or advance a competitor to subsequent events must be competitive, race walk only, events that comply fully with race walk Competition Rules.

SECTION VI
LONG DISTANCE AND ROAD EVENTS
(Running and Walking)

RULE 240
COURSE CERTIFICATION

The course used for a competition shall be certified prior to the running of the event in accordance with USATF Operating Regulation 6, unless the course is deemed uncertifiable by the Road Running Technical Council. A course may be designated as "USATF Certified" only if it has been certified in accordance with USATF Operating Regulation 6.

NOTE: *Information concerning acceptable methods of measuring courses should be obtained from the Road Running Technical Council prior to the measurement of a long distance course.*

RULE 241
MEDICAL AND SAFETY CONCERNS FOR ROAD EVENTS

1. The organizers of road races must ensure the safety of all competitors.
 - (a) Medical examinations:
 - i. A hands-on medical examination during the progress of an event by designated medical personnel clearly identified by the organizers shall not be considered assistance.
 - ii. A competitor must retire at once from the race if ordered to do so by a member of the official medical staff who is clearly identified by the organizers (armband, vest, or similar distinctive apparel).
 - (b) Drinking/Sparging and Refreshment Stations:
 - i. Water and other suitable refreshments shall be available at the start and finish of all races.
 - ii. Drinking/Sparging or refreshment stations shall be provided at suitable intervals of approximately 2-3km based upon weather conditions.
 - iii. In all events 10km or longer, water shall be provided at intervals of no more than 5km. In addition, race management may provide refreshments (other than water) and/or sparging stations at positions approximately midway between water stations.

- (c) During hot weather, races should be scheduled in the early morning or evening hours and additional aid stations should be made available.
 - (d) A competitor who collects refreshment from a place other than a refreshment station is liable to disqualification by the Referee.
2. Adequate first aid facilities should be provided, preferably by use of a mobile unit or units on the running course.
 3. If a race is longer than 5 miles and the athlete is under 18 years of age, a statement signed by the athlete's parent or legal guardian permitting the athlete to compete is required.
 4. A competitor must retire from a race immediately if directed to do so by a duly authorized official of the race or by a member of the race medical staff. (See Rule 144.8).

RULE 242
STARTING A RUNNING EVENT

1. All competitors are responsible for knowing the starting time of the event(s), for knowing the registration or check-in method utilized at the start (for some or all of the competitors), and for being at the starting line at the appointed time for instructions and the start of the race.
2. Ten to fifteen minutes (or as otherwise specified) before the start of the race, all entries should be closed and the athletes directed to the starting line for final instructions and the start of the race.
3. One or more starting lines may be used in any road race. In the event that more than one starting line is used, it is recommended that the point where the runners converge be at least 800m (1/2 mile) from the starting line.
4. Runners should be seeded according to ability in any race when all of the runners cannot be placed on the starting line.
5. The commands and procedures for races longer than 400m should be used. See Rule 162.3. 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. False starts in road races should not be recalled.
6. The Starter shall report to the Referee any misconduct by any competitor(s) at the start. The Referee shall have the authority to disqualify such competitors.

7. In events using transponder timing, all mats at the start shall be placed before the measured starting line.

RULE 243
COURSE MARKING AND MONITORING

1. Running courses shall be adequately marked at strategic points to keep the competitors on course.
 - (a) Each turn and intersection shall be clearly marked in such a way that there will be no doubt as to the direction the runner should go to stay on course.
 - (b) Distance markers should be located throughout the course. It is recommended that markers be placed at maximum intervals of 3 to 5km or 2 to 3 miles. The spacing of their intervals shall be determined by the Games Committee.
 - (c) The measurement line should be marked along the course in a distinctive color that cannot be mistaken for other markings (See USATF Operating Regulation 6.)
 - (d) The finish line in off-track long distance running events should be a line of width 15cm in a color contrasting the running surface and of a material which will adhere to a fixed position on the running surface. The exact finish line shall be clearly marked and stated in competitor instructions in order to eliminate confusion with designs on or adjacent to the running surface near the finish line. The use of a tape, held by individuals not serving as judges, may be used to help identify the location of the finish line.
2. Turns and major intersections on the course shall be monitored.
 - (a) Monitors shall always be standing and shall be located at or before the change of direction, not after it occurs on the course.
 - (b) Scorers shall keep a record of the runners and their running times at specific points on the course.
 - (c) Whenever possible, the route of the competition should be free of vehicular traffic or nearly so. All dangerous intersections should be staffed to provide for traffic and spectator control.
 - (d) A lead vehicle should be provided with additional vehicles to assist in monitoring the competition, timing, or other required functions.
 - (e) Whenever possible, elapsed times should be displayed or read at various

points along the running course for the benefit of the runners and to record such time intervals.

3. Runner's identification shall consist of running numbers pinned securely on the front of each runner's uniform and displayed throughout the race. The registration list will contain each runner's name and running number.
4. Any competitor who has been found by the Referee and/or Jury of Appeal to have gained an unfair advantage by intentionally shortening the route of the race ("cutting the course") shall be immediately disqualified from the competition. See also Rule 163.6.

RULE 244 THE FINISH LINE

1. The finish of the course is the edge of the line closest to the approaching runners.
2. Should there be an extensive painted design adjacent and prior to the finish line, the exact location of the finish line shall be clearly stated in instructions to all competitors
3. A tape may be held above and parallel to the finish line and at right angles to the course by individuals who are not serving as judges. The individuals holding the tape shall be positioned so they do not interfere with the view of the judges. This tape is not itself the finish line, but is there only to indicate the approximate location of the actual finish line to approaching runners.
4. In events using transponder timing mats, the first mat shall be placed so that the edge of the mat closest to the approaching runners is the finish line. At least the first 15cm of the mat shall be of a color in contrast to the running surface to indicate the finish line. Any additional or backup mats shall be placed beyond the finish line.

NOTE: *See Rule 165.*

5. Races may use separate points along the finish line as the crossing location of the first men's and first women's finishers.
6. In addition to an authorized finish line imaging system, an officially designated video or photograph may be used to review the order of finish.

RULE 245 FINISH LINE RECORDING AND TIMING

1. Officials at the finish should record each number as the athlete completes the

race, along with the athlete's finish time. The order in which the athletes cross the finish line will be the official finish position.

2. The timers shall start their watches or timing devices at the flash/smoke of the pistol or approved apparatus or at the first moment a competitor crosses the start line, whichever happens first. False starts in road races should not be recalled.
3. The official time shall be the time elapsed between the start of the watches or timing devices resulting from an appropriate start signal and the athlete reaching the finish line. However, the actual time elapsed between an athlete reaching the starting line and finish line can be made known to the athlete, but will not be considered as official time.

RULE 246
SCORING RUNNING EVENTS

1. The method of team scoring shall be set forth in the entry blank and printed program for the race.
2. Individuals will be scored according to the designated divisions.
3. See Rules 7, 16.4 and 20.7 for scoring of Championship races.

SECTION VII CROSS COUNTRY

RULE 250 GENERAL

1. **Variability:** The varying circumstances in which cross country running is practiced preclude rigid legislation standardizing this sport. The Rules in this Section VI are intended as a guide for cross country.
2. **Season:** The cross country season will normally extend throughout the fall and winter months after the close of the outdoor track and field season until the next World Cross Country Championships.
3. **Participation:** Cross country is basically a team sport, but participation is not limited to teams, and individual entries may be accepted.

RULE 251 COURSE

1. 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.
2. The course must be clearly 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. A white chalk line should be marked on the ground the entire route for the athletes to follow. 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.
3. 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.
4. 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.

5. The race distance must be declared and the course briefly described at the time invitations are extended.
6. The responsibility for providing an acceptable, well marked course, details of which should appear in the program, rests with the organizing body, which should station umpires or monitors on the course to direct competitors where necessary.
7. If the Referee is satisfied, on the report of a Judge or Umpire or otherwise, that a competitor has left the marked course thereby shortening the distance to be covered, the competitor shall be disqualified.

RULE 252

START

1. Cross country races shall be started by the firing of a pistol or other suitable device. The commands for races longer than 400m should be used. See Rule 162.3. However, where a race will be started using a different procedure, such procedure should be clearly conveyed to all competitors either in writing or by public address announcement. A race may be recalled upon a false start or a fall which impacts the field within the first 100m.
2. In races that include a large number of competitors, five minute, three-minute, and one-minute warnings shall be given.
3. Starting positions shall be randomly assigned by the Games Committee or the Meet Director for each team and the members of each team shall be lined up in an order of their own choosing within their assigned position.
4. The starting area of a cross country course should avoid any turns for at least the first 400m, and preferably the first 1200m. The width of the starting area should be such as to handle comfortably the competitive field.

RULE 253

APPAREL

1. 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.
2. Individuals not complying with paragraph 1 may be disqualified from scoring for a team.

RULE 254

FINISH

1. 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.
2. The finish line should be marked both with a solid line of contrasting color to the ground placed across the width of the finish area and an overhead banner or other indicator of finish. Judges shall be stationed at the finish line to determine the order of finish. Transponder timing shall not be used to determine order of finish.
3. A finish chute similar to a road event finish 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.*, cards in order of finish and recording of competitor numbers) be used to score. At the Open and Junior National Cross Country Championships, three independent systems shall be used, at least one of which shall produce a high-quality visual image of the finishers.
4. Finishers should be recorded and timed according to Rule 245.
5. See Rule 7 for team scoring.

SECTION VIII
TRAIL AND MOUNTAIN RUNNING

RULE 255
GENERAL

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