ARTICLE III
RULES OF COMPETITION

SECTION I
GENERAL

RULE 60
METHOD OF STARTING

1. The start of a race shall be indicated by a line marked on the track or ground not more than 5cm wide. 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 hand or foot.

2. Except for time handicap races, all running and walking events shall be started by the report of a pistol or any similar device fired upward after all competitors are steady.
3. Except as otherwise indicated herein, the commands of the Starter shall be "on your marks" and "set," and after all competitors are "set," the pistol shall be fired. The Starter shall not fire the pistol while any competitor is in motion after the command "set." In races longer than 400 meters, the command shall be "on your marks" and when all competitors are steady, the pistol shall be fired. 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 shall give instructions to competitors concerning the commands to be used. Before the start signal is given, the Starter shall ascertain that the Timers, Judges and, when applicable, the Chief Photo Finish Judge and the Wind Gauge Operator, are ready.

5. 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. It should be so held as to provide a background against which the flash is clearly discernible.

6. All questions concerning the start shall be decided by the Starter.

7. 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 60.1.) 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 61.2.

**NOTE 1:** For Youth Athletics exception, see Rule 242.2(c).

**NOTE 2:** For Masters exception, see Rule 262.1(c).

8. No later than the command "on your marks," the Starter shall raise the hand with the pistol. That hand shall remain extended above the head until the pistol has been fired. During that time, the hand without the starting pistol 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.
9. 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.

10. If a competitor commences the starting motion after assuming a full and final set position, and before the report of the pistol, it shall be considered a false start.

11. 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.

12. 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.

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.

13. No penalty shall be imposed for the first false start, but the Starter shall, except in the combined events, disqualify the offender or offenders on the second false start. False starts are called on individuals, not on the field.

NOTE: See note following Rule 160.3(c) for amendment applicable to the combined events, effective January 1, 2003.

14. 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.

15. 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."

16. The Starter shall report to the Referee any misconduct by any competitor at the start. The Referee shall have authority to disqualify such contestants.

17. 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 62.8 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 61 regarding the use of starting blocks.

18. When they are available, starting blocks linked to false start detection apparatus shall be used to assist the Starters. The apparatus shall emit an acoustic signal, audible to the Starter, whenever the reaction time of the athlete detected by the apparatus is less than 100/1000th of a second. When such apparatus is used, the Starter and/or an assigned Recall Starter 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 hears the acoustic signal, and if the pistol was fired, there shall be a recall. The Starter shall immediately examine the reaction times on the false start apparatus. 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.

19. 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 61
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 242.2(c).
NOTE 2: For Masters exception, see Rule 262.1(c).

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 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.

**RULE 62**

**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 minimum width of 1.22m (4 ft.) and in no event more than a maximum width of 1.25m (4 ft. 1-1/2 in.) measured as provided in paragraphs 2 and 4 hereof and properly marked by lines of chalk or similar substance 5cm in width. On tracks whose width does not permit 8 lanes of minimum width as above, the minimum width of the lanes may be as little as 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.

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 62.3(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 62.2 and 62.3(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 in-side 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. Where no metric tape measure is available, the measuring or check-ing of courses or distances may be done by use of the conversion table appearing after the appendices to this book.

5. 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 per-mitted 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.

6. The maximum allowance for lateral inclination of the track shall not exceed 1:100, with the inclination to the inside lane. The down-ward inclination in the running direction shall not exceed 1:1000.

7. In all straightaway 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 that side of the starting line which is farther away from the finish to that side of the finish line which is nearer to the start.

8. 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.
9. (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) Whenever possible, the 800 Meters shall be run in lanes as far as the marked cut-in points. The starts shall be so staggered that the distance from the start to finish shall be the same for each competitor. Small markers (e.g., cones or flags) may be placed at the intersection of the lane lines and the cut-in points.

10. 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.

11. The separate arced starting line referred to in Rule 60.19 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 63
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 implements 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 184.2). 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. If such a device is used, an Electronic Measurement Judge shall be named. Before the meet, this Judge will meet with the technical staff involved with operating the equipment and become familiar with it. Before each event where the device is used, the Judge will supervise the positioning of the measuring instruments, taking account of the technical requirements given by the technical staff. To ensure that the equipment is operating correctly, the Judge shall, before and after each event, supervise a set of measurements to confirm agreement with results achieved using a certified steel or fiberglass tape. In the event of a record, this Judge will report to the Field Event Referee or Head Field Judge that the measurements made before and after the event were made with a steel tape and confirmed the accuracy of the device.

NOTE: For measurement of tracks, see Rule 62. For measurement and certification of road courses, see USATF Operating Regulation 6.

RULE 64

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 135 for finish line requirements at road events.

RULE 65
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 80.11.

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 bonafide 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. No performance accomplished by an athlete shall be valid unless it has been made during an official competition.
6. 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.

7. 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.

8. 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, and 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.

9. To be considered a finisher, a competitor must complete the race.
10. 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.

11. 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.

RULE 66
ASSISTANCE TO ATHLETES

1. Except as provided in road races (Rule 132) and in long distance walking events (Rule 150), 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.

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

2. (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 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.

3. 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.

4. 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.

5. Any athlete receiving assistance during a field event other than as specified in 66.2(a) must be cautioned by the Referee and warned that for any repetition, he or she will be barred from further participation in that event. Any performance accomplished up to that time shall stand.  
   NOTE 1: For Youth Athletics exception, see Rule 242.5(i).  
   NOTE 2: Information conveyed to an athlete by an official is not considered assistance provided such information is made available to all athletes.

6. 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.

7. 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 66.8, 66.9, 66.10, or 132.

8. 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.

9. Physiotherapy and/or medical treatment necessary to enable an athlete to participate, or continue participation once in the competition area, by personnel designated or approved by the Meet Doctor specifically for this purpose, is permitted and shall not be considered assistant, provided that it does not delay the conduct of the competition or a competitor's trial in the designated order.
10. 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 132.

RULE 67
DOPING

1. Under the Rules of the International Association of Athletics Federations (IAAF) and the Operating Regulations of USATF, doping is strictly forbidden. The governing provisions are those of IAAF Rules 55-61 and USATF Regulation 10. This Rule 67 is intended only as a helpful summary of those provisions and not as an official source.

2. The following are guilty of a doping offense:

(a) An athlete whose body tissues or fluids are found to contain a prohibited substance,

(b) An athlete who uses or takes advantage of a prohibited technique,

(c) An athlete who admits having used or taken advantage of a prohibited substance or a prohibited technique,

(d) An athlete who fails or refuses to submit to doping control after having been properly requested to do so,

(e) A person who assists or incites an athlete to use a prohibited substance or a prohibited technique,

(f) A person who in any way improperly interferes with the collection, shipment, storing or testing of a sample, or with the administration of USATF's or the IAAF's doping control regulations, and

(g) An athlete who competes while ineligible to compete because of a doping offense.

3. The list of prohibited substances is included in the IAAF’s Procedural Guidelines for Doping Control. That list may be amended from time to time. Metabolites of prohibited substances are also prohibited. As of January 1, 2002, the list includes the following substances:
(a) Stimulants/amphetamines: e.g., amineptine, amiphenazole, amphetamine, amphetamine, benzphetamine, bromantan, bupro-prion, caffeine (positive urine testing threshold: 12 mcg/ml), cathine, carphedon, chlorphentermine, cloben zorex, clorpren-aline, cocaine, cropropamide, crotethamide, dimethyl-amphetamine, ephedrine, etafedrine, ethamivan, ethylam-phetamine, etilefrine, fencamfamin, fenethylline, fenproporex, furfenorex, hetaminol, mefenorex, mesocarb, methoxyphenvamine, methylamphetamine, methylephedrine, methylphenidate, morazone, nikethamide, pemoline, pentetrazol, phenidimetrazine, phenmetrazine, phentermine, phenylpropanolamine, pipradol, prolintane, propylhexedrine, pyrovalerone, selegeline, strychnine, and chemically and pharmacologically related compounds.

(b) Narcotic Analgesics: e.g., alphaprodine, anileridine, buprenorphine, dextromoramide, diamorphine, dipipanone, ethoepazine, ethylmorphine, levorphanol, methadone, morphine, nalbuphine, pentazocine, pethidine, phenazocine, trimeperidine, and chemically or pharmacologically related compounds.

(c) Steroids and anabolic agents: e.g., androstenedione, bambuterol, bolasterone, boldenone, chlordehydrodemethyltestosterone, clenbuterol, closebol, dehydroepiandrosterone, dihydroteostoste-ron**, formoterol*, fluoxymesterone, gestrinone, mesterolone, methandienone, methenolone, methyltestosterone, nandrolone, 19-norandrostendiol, 19-norandrostendione, norethandrolone, oxandrolone, oxymesterone, oxymetholone, reproterol, stan-ozolol, testosterone**, and chemically or pharmacologically related compounds.***

(d) Peptide Hormones, Mimetics, and analogs: e.g., Chorionic Gonadotrophin (HCG)**, Corticotrophin (ACTH), Glucocorticoids*, Growth Hormone (hGH, somatotrophin), Erythro-poietin (EPO), Pituitary and Synthetic Gonadotrophins (LH), Insulin-like Growth Factor (IGF-1), Insulin****, and all respective releasing factors of these substances.

(e) Masking agents: e.g., probenecid and chemically or pharmacologically related compounds. Also many diuretics.

* USATF and the IAAF may, on notification and medical recommendation prior to use, approve inhalation therapy and local or intra-articular injections of cortiosteroids and inhalation of certain beta-2 agonists.
circumstances under which samples will be deemed to be positive for dihydrotestosterone, testosterone and HCG are described in Schedule 1 of the IAAF’s Procedural Guidelines, which appears in the USATF Governance Manual.

The administration of certain beta agonists is permitted with the prior written authorization of USATF and/or the IAAF.

Permitted only to treat insulin-dependent diabetes, with written notification by an endocrinologist. (For exemption procedure, see Chapter 5 of the IAAF’s Procedural Guidelines.)

This list is not exhaustive. Other substances may be banned by the International Olympic Committee (IOC) and the United States Olympic Committee (USOC). Some other substances not listed here may be considered to be banned because they are related to specifically banned substances. Athletes are urged to call the U.S. Anti-Doping Agency (USADA) Drug Reference Line at 1-800-233-0393 before taking any medication and/or food supplement.

4. Prohibited techniques include the exogenous use of epitestosterone to alter the ratio of testosterone to epitestosterone, blood doping, and the use of substances (e.g., diuretics, probenecid, and related compounds) and methods (e.g., catheterization, urine substitution and/or tampering) that alter the integrity and validity of urine samples collected during doping control.

5. In USATF disciplinary proceedings for doping offenses, USATF Regulations do not allow the defense that a prohibited substance or technique did not or could not have enhanced training or performance, or that the athlete did not intend to engage in doping.

6. Individuals who have committed doping offenses may be declared ineligible and may lose medals won and records set subsequent to the offense. If the offense is based on in-competition testing, prizes or appearance money earned at that competition and subsequent competitions are subject to forfeiture.

7. USATF Regulation 10 authorizes USATF to participate in both the IAAF and USADA in-competition and out-of-competition doping control programs. The relevant protocols are set forth in the 2002 USATF Governance Handbook.
RULE 68
CHANGE OF PROGRAM

The order of events stated in the official program shall not be changed, nor shall the announced arrangement of heats in any event be added to or altered, except by the Referee.

RULE 69
POSTPONEMENTS

1. The Referee shall have the power to cancel or postpone to a future date any event, even though the same has actually commenced, if in the Referee’s judgment the competition cannot be conducted or completed in a satisfactory manner and in fairness to the competitors and officials.

2. Should any event have actually commenced, it shall be conducted (by the competitors who reported on the first date) at a future date in the same manner as through the competition had never been started. In events where any competitors have been eliminated, the Referee shall determine whether any such athletes may compete on the postponed date and at which point or round the competition should commence.

RULE 70
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.
RULE 71
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. 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 additional assistance, and no spring or device of any kind may be incorporated in the shoes. A shoe strap over the instep is permissible.

(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 242.5(f).

(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.

(b) 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.

(c) 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.
RULE 72
NUMBERS

1. Every competitor must be provided with numbers, which must be conspicuously worn when competing. The numbers 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 or numbers.

2. If one number is provided, it must be worn visibly on the front. When two numbers are provided, they must be worn on the singlet, front and back. If, pursuant to Rule 71.2, a singlet is not worn, the numbers should be worn on the shorts, front and back. The competitors may also be required to wear hip numbers.

3. In the Pole Vault and High Jump, the competitors may wear the number on the back or front only.

4. In cross country, long distance runs, and race walks, the competitors must wear a number on the front and should also wear a number on the back. The front number must be visible at all check points and at the finish line.

5. Where athletes compete in warm-up suits, the numbers must be worn on that suit as set forth herein.

6. Once a number has been assigned to a competitor, no other competitor may use it.

7. The overall size of the number 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 and height of the numeral.

RULE 73
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. 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.

5. 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 74**

**TIES**

Ties shall be decided as follows:

1. **Track Events:**
   
   (a) 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.
(b) 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.

2. Field Events—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 on the following page.

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 2(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,......

<table>
<thead>
<tr>
<th>Competitor</th>
<th>Height and Performance</th>
<th>Total Fails</th>
<th>Jump off</th>
<th>Pos.</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>1.75m 1.80m 1.83m 1.86m 1.88m 1.90m</td>
<td></td>
<td>1.88m 1.86m 1.88m</td>
<td></td>
</tr>
<tr>
<td>A</td>
<td>0 0 0 X0 XXX</td>
<td>2</td>
<td>X 0 X 2 2</td>
<td></td>
</tr>
<tr>
<td>B</td>
<td>X0 0 -- X0 -- XXX</td>
<td>2</td>
<td>X 0 0 1 1</td>
<td></td>
</tr>
<tr>
<td>C</td>
<td>-- X0 X0 X0 XXX</td>
<td>3</td>
<td>3 3 3 3</td>
<td></td>
</tr>
</tbody>
</table>

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 2(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.

3. Other Field Events:

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.

4. Each competitor shall be credited with the best of his/her attempts, including those achieved in deciding a tie for first place. See Rule 182.7 in regard to records.
SECTION II
TRACK EVENTS

RULE 75
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.

(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.

(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.
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 zig-zag 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 zig-zag 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 on the following page.)

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.

<table>
<thead>
<tr>
<th>Heat 1</th>
<th>Heat 2</th>
<th>Heat 1</th>
<th>Heat 2</th>
<th>Heat 1</th>
<th>Heat 2</th>
</tr>
</thead>
<tbody>
<tr>
<td>1a</td>
<td>1b</td>
<td>1a</td>
<td>1b</td>
<td>1a</td>
<td>1b</td>
</tr>
<tr>
<td>2a</td>
<td>1c</td>
<td>1d</td>
<td>1c</td>
<td>1d</td>
<td>1c</td>
</tr>
<tr>
<td>2b</td>
<td>2c</td>
<td>2b</td>
<td>2a</td>
<td>1e</td>
<td>2a</td>
</tr>
<tr>
<td>3b</td>
<td>3a</td>
<td>2c</td>
<td>2d</td>
<td>2c</td>
<td>2b</td>
</tr>
<tr>
<td>3c</td>
<td>4a</td>
<td>3a</td>
<td>3b</td>
<td>2d</td>
<td>2e</td>
</tr>
<tr>
<td>4c</td>
<td>4b</td>
<td>3d</td>
<td>3c</td>
<td>3b</td>
<td>3a</td>
</tr>
<tr>
<td>5a</td>
<td>5b</td>
<td>4b</td>
<td>4a</td>
<td>3c</td>
<td>3d</td>
</tr>
<tr>
<td>5d</td>
<td>5c</td>
<td>4c</td>
<td>4d</td>
<td>3e (draw heat by lot)</td>
<td></td>
</tr>
</tbody>
</table>
(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 Referee.

   b. For all other rounds, competitors shall be ranked after each round in accordance with the procedures set forth in Rule 75.1(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, 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.
## WHERE HAND TIMING IS USED

### FOR EIGHT LANES

<table>
<thead>
<tr>
<th>No. of Entries</th>
<th>No. Trial Heats</th>
<th>No. Qualifying Heats</th>
<th>No. Semi-Finals Heats</th>
<th>No. Qualifying Finals Heats</th>
<th>No. in Final</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 to 8</td>
<td>0</td>
<td>-</td>
<td>0</td>
<td>-</td>
<td>1 to 8</td>
</tr>
<tr>
<td>9</td>
<td>0</td>
<td>-</td>
<td>2</td>
<td>3 + next 2 best times</td>
<td>8</td>
</tr>
<tr>
<td>10 to 16</td>
<td>0</td>
<td>-</td>
<td>2</td>
<td>4</td>
<td>8</td>
</tr>
<tr>
<td>17</td>
<td>3</td>
<td>4 + next 4 best times</td>
<td>2</td>
<td>4</td>
<td>8</td>
</tr>
<tr>
<td>18 to 24</td>
<td>3</td>
<td>5</td>
<td>2</td>
<td>4</td>
<td>8</td>
</tr>
<tr>
<td>25 to 32</td>
<td>4</td>
<td>4</td>
<td>2</td>
<td>4</td>
<td>8</td>
</tr>
<tr>
<td>33 to 40</td>
<td>5</td>
<td>3</td>
<td>2</td>
<td>4</td>
<td>8</td>
</tr>
</tbody>
</table>

41 or more requires quarterfinals following above pattern.

### FOR NINE LANES

<table>
<thead>
<tr>
<th>No. of Entries</th>
<th>No. Trial Heats</th>
<th>No. Qualifying Heats</th>
<th>No. Semi-Finals Heats</th>
<th>No. Qualifying Finals Heats</th>
<th>No. in Final</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 to 9</td>
<td>0</td>
<td>-</td>
<td>0</td>
<td>-</td>
<td>1 to 9</td>
</tr>
<tr>
<td>10 to 18</td>
<td>0</td>
<td>-</td>
<td>2</td>
<td>4</td>
<td>8</td>
</tr>
<tr>
<td>19 to 27</td>
<td>0</td>
<td>-</td>
<td>3</td>
<td>3</td>
<td>9</td>
</tr>
<tr>
<td>28 to 36</td>
<td>4</td>
<td>4</td>
<td>2</td>
<td>4</td>
<td>8</td>
</tr>
<tr>
<td>37 to 45</td>
<td>5</td>
<td>3</td>
<td>2</td>
<td>4</td>
<td>8</td>
</tr>
<tr>
<td>46 to 54</td>
<td>6</td>
<td>3</td>
<td>2</td>
<td>4</td>
<td>8</td>
</tr>
</tbody>
</table>

55 or more requires quarterfinals following above pattern.

## WHERE FULLY AUTOMATIC TIMING IS USED

### FOR EIGHT LANES

<table>
<thead>
<tr>
<th>No. of Entries</th>
<th>No. Trial Heats</th>
<th>No. Qualifying Heats</th>
<th>No. Semi-Finals Heats</th>
<th>No. Qualifying Finals Heats</th>
<th>No. in Final</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 to 8</td>
<td>0</td>
<td>-</td>
<td>0</td>
<td>-</td>
<td>1 to 8</td>
</tr>
<tr>
<td>9</td>
<td>0</td>
<td>-</td>
<td>2</td>
<td>3 + next 2 best times</td>
<td>8</td>
</tr>
<tr>
<td>17 to 24</td>
<td>3</td>
<td>4 + next 4 best times</td>
<td>2</td>
<td>4</td>
<td>8</td>
</tr>
<tr>
<td>25 to 32</td>
<td>4</td>
<td>3 + next 4 best times</td>
<td>2</td>
<td>4</td>
<td>8</td>
</tr>
<tr>
<td>33 to 40</td>
<td>5</td>
<td>2 + next 6 best times</td>
<td>2</td>
<td>4</td>
<td>8</td>
</tr>
<tr>
<td>41 to 48</td>
<td>6</td>
<td>2 + next 4 best times</td>
<td>2</td>
<td>4</td>
<td>8</td>
</tr>
</tbody>
</table>
### FOR NINE LANES

<table>
<thead>
<tr>
<th>No. of Entries</th>
<th>No. Trial Heats</th>
<th>No. Qualifying Heats</th>
<th>No. Qualifying Finals Heats</th>
<th>No. in Final</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 to 9</td>
<td>0</td>
<td>-</td>
<td>0</td>
<td>1 to 9</td>
</tr>
<tr>
<td>10 to 18</td>
<td>0</td>
<td>-</td>
<td>2</td>
<td>4 + next 9</td>
</tr>
<tr>
<td>19 to 27</td>
<td>0</td>
<td>-</td>
<td>3</td>
<td>9 + next 9</td>
</tr>
<tr>
<td>28 to 36</td>
<td>4</td>
<td>6 + next 3 best times</td>
<td>3</td>
<td>9 + next 9</td>
</tr>
<tr>
<td>37 to 45</td>
<td>5</td>
<td>5 + next 2 best times</td>
<td>3</td>
<td>9 + next 9</td>
</tr>
<tr>
<td>46 to 54</td>
<td>6</td>
<td>4 + next 3 best times</td>
<td>3</td>
<td>9 + next 9</td>
</tr>
<tr>
<td>55 to 63</td>
<td>7</td>
<td>3 + next 6 best times</td>
<td>3</td>
<td>9 + next 9</td>
</tr>
<tr>
<td>64 to 72</td>
<td>8</td>
<td>3 + next 3 best times</td>
<td>3</td>
<td>9 + next 9</td>
</tr>
<tr>
<td>73 to 81</td>
<td>9</td>
<td></td>
<td>3</td>
<td>9 + next 9</td>
</tr>
</tbody>
</table>

### FOR SIX LANES

<table>
<thead>
<tr>
<th>No. of Entries</th>
<th>No. Trial Heats</th>
<th>No. Qualifying Heats</th>
<th>No. Qualifying Finals Heats</th>
<th>No. in Final</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 to 6</td>
<td>0</td>
<td>-</td>
<td>0</td>
<td>1 to 6</td>
</tr>
<tr>
<td>7 to 12</td>
<td>0</td>
<td>-</td>
<td>2</td>
<td>2 + next 6</td>
</tr>
<tr>
<td>13 to 18</td>
<td>3</td>
<td>3 + next 3 best times</td>
<td>2</td>
<td>3 + next 6</td>
</tr>
<tr>
<td>19 to 24</td>
<td>4</td>
<td>2 + next 4 best times</td>
<td>2</td>
<td>3 + next 6</td>
</tr>
<tr>
<td>25 to 30</td>
<td>5</td>
<td>3 + next 3 best times</td>
<td>3</td>
<td>2 + next 6</td>
</tr>
<tr>
<td>31 to 36</td>
<td>6</td>
<td>2 + next 6 best times</td>
<td>3</td>
<td>2 + next 6</td>
</tr>
<tr>
<td>37 to 42</td>
<td>7</td>
<td>2 + next 4 best times</td>
<td>3</td>
<td>2 + next 6</td>
</tr>
<tr>
<td>43 to 48</td>
<td>8</td>
<td>2 + next 2 best times</td>
<td>3</td>
<td>2 + next 6</td>
</tr>
</tbody>
</table>
2. 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.

3. 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 re-determine 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 243.

4. Whenever the Games Committee determines that there are too many competitors to run a single final, 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 any one 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 242.2(a) and (b) for Youth Athletics.
   NOTE 2: See Rule 262.1(j) for Masters Track and Field.

5. 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.

   RULE 76
   FULLY AUTOMATIC CONVERSIONS IN SEEDING

For seeding purposes only, the conversion factor of .24 seconds in events up to and including the 200 Meter Dash and .14 seconds for events longer than the 200 and up to and including the 400 Meter Dash 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 75).
RULE 77
HONEST EFFORT

1. In Championships and programs 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 242.2(d).

2. 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.

RULE 78
ADDITIONAL QUALIFIERS

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 re-determined without the disqualified competitor(s) unless the disqualification results in an advancement under Rule 65.4, in which case no other advancement shall occur.

   NOTE: For Masters exception, see Rule 262.1(d).
RULE 79
HURDLES

1. 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:

<table>
<thead>
<tr>
<th>Distance of Race</th>
<th>Height of Hurdle</th>
<th>Distance from Start to First Hurdle</th>
<th>Distance Between Hurdles</th>
<th>Distance Last Hurdle to Finish</th>
</tr>
</thead>
<tbody>
<tr>
<td>Men's 110m</td>
<td>1.067m</td>
<td>13.72m</td>
<td>9.14m</td>
<td>14.02m</td>
</tr>
<tr>
<td>Events 400m</td>
<td>0.914m</td>
<td>45m</td>
<td>35m</td>
<td>40m</td>
</tr>
<tr>
<td>Women's 100m*</td>
<td>0.840m*</td>
<td>13m</td>
<td>8.5m</td>
<td>10.5m</td>
</tr>
<tr>
<td>Events 400m</td>
<td>0.762m</td>
<td>45m</td>
<td>35m</td>
<td>40m</td>
</tr>
</tbody>
</table>

**NOTE:** For specifications for Masters races, see Rule 262.2(a). For specifications for Youth Athletics, See Rule 242.4.

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.)*:

<table>
<thead>
<tr>
<th>Distance of Race</th>
<th>Number of Hurdles</th>
<th>Distance from Start to First Hurdle</th>
<th>Distance Between Hurdles</th>
<th>Distance Last Hurdle to Finish</th>
</tr>
</thead>
<tbody>
<tr>
<td>Men's 50m</td>
<td>4</td>
<td>13.72m</td>
<td>9.14m</td>
<td>8.86m</td>
</tr>
<tr>
<td>Events 55m</td>
<td>5</td>
<td>13.72m</td>
<td>9.14m</td>
<td>4.72m</td>
</tr>
<tr>
<td>60m</td>
<td>5</td>
<td>13.72m</td>
<td>9.14m</td>
<td>9.72m</td>
</tr>
<tr>
<td>Women's 50m*</td>
<td>4</td>
<td>13m</td>
<td>8.5m</td>
<td>11.5m</td>
</tr>
<tr>
<td>Events* 55m</td>
<td>5</td>
<td>13m</td>
<td>8.5m</td>
<td>8m</td>
</tr>
<tr>
<td>60m</td>
<td>5</td>
<td>13m</td>
<td>8.5m</td>
<td>13m</td>
</tr>
</tbody>
</table>

*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 262.2(a).

3. Each hurdle shall be so placed on the track that the feet shall be on the side of the approach by the competitor. The hurdle shall be so placed so that the edge of the bar nearest the approaching hurdler coincides with the start of track marking nearest the athlete.

4. 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.
5. A competitor who runs around or trails the leg or foot below the horizontal plane of any hurdle at the instant of clearance, or jumps any hurdle not in his/her own lane or who, in the opinion of the Referee, deliberately knocks down any hurdle by hand or foot shall be disqualified.

6. 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 Rule 219.

### RULE 80

#### 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 62.8.

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 may break from their lanes immediately they have passed the line after the first bend (breakline), which will be marked with a arced line 5cm wide across the track and by a flag at least 1.50m high positioned on each side of the track.

NOTE: To assist competitors identify the breakline small cones or prisms (5cm x 5cm) and no more than 15cm high of the same color as the breakline may be placed on the intersection of each lane 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 other relay races, when lanes are not used, waiting runners can take an inner position on the track as incoming team members arrive, provided they do not jostle or obstruct another runner so as to impede that runner's progress.

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.

12. Competitors are not permitted to wear gloves or place substances on their hands in order to obtain a better grip of the baton.

13. 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. Within the take-over zone, it is only the position of the baton that is decisive, and not the position of the body or limbs of the runners. Passing the baton outside the take-over zone shall result in disqualification.

14. In road relay races, in lieu of a baton, runners shall exchange a sash or wrist band provided by race officials.
15. 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 65.6 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.

16. Assistance by pushing off or by any other method will result in disqualification.

17. 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.

**NOTE:** For Youth Athletics exceptions, see Rule 242.3(a).

18. 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.

19. 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.

20. 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.

21. 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 262.1(a).

22. 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.
23. 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 242.3(b).

24. For specifications of baton, see Rule 220.

**RULE 81**

**STEEPLECHASE**

1. The standard distance shall be 3000 meters. Races of 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. There shall be five jumps per lap. 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 steeple chase 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 on page 182.

3. The men's hurdles shall be 91.4cm (± 3mm) high (3 ft.). The women's hurdles shall be 76.2cm (± 3mm) high (2 ft. 6 in.). The hurdles shall be at least 3.96m (13 ft.) 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 diagram, page 183.

**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, and anyone who steps to one side or the other of the water or of any hurdle or trails the foot or leg below the horizontal plane of the top of any hurdle at the instant of clearance shall be disqualified. The competitor must clear each jump, but may jump or vault each hurdle, or place a foot on each hurdle, including the hurdle at the water jump.

5. Water Jump Construction:
(a) The water jump, including the hurdle, shall be 3.66m (± 2cm) in length and 3.66m (± 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 (±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.
SECTION III
FIELD EVENTS

RULE 90
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 93).

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 74.3.

   (b) When there are eight or fewer competitors (or nine if nine lanes are used around the track), all shall be allowed six trials, even if none of the first three are fair. If there are more competitors than there are lanes on the track, each competitor must have a valid qualifying mark to advance to the finals.

   (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) The order of competition for the final three trials shall be in reverse order of the best performance in the first three trials.

(f) Each competitor shall be credited with the best of all his/her attempts in the competition proper, including jumps or throws taken to break first-place ties.

(g) 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 242.5(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 74.2(a), 74.2(b) and 74.3 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. If, after jumping at any height at or below the qualifying standard, there remain fewer than 12 athletes in competition, then additional qualifiers may be added by applying Rule 74.2(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 at the same time under similar conditions, the second group shall commence the competition immediately after the first 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 90.15.

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 242.5(b).

**NOTE 2:** For Masters exception, see Rule 262.1(h).
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 warmups using the competition area (see Rule 90.15(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 an athlete subsequently is not present for that trial, it shall be deemed that the athlete is passing once the period allowed for the 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 242.5(l).

(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; for a second delay at any time during the competition the competitor shall be debarred from taking any further trials, but any performance accomplished up to that time shall stand.

ii. It is a matter for the Referee to decide, having regard to all the circumstances, what is an unreasonable delay. The following times should not normally be exceeded: 1 minute in all events.
iii. In the final stages of the competition in the High Jump and Pole Vault (including the combined events), when only two or three competitors remain following the completion of the round, the above time should be increased to 1.5 minutes for the High Jump and 2 minutes for the Pole Vault in subsequent rounds. When there is only one competitor remaining following the completion of a round in such a competition, these times should be increased to 3 minutes for the High Jump and 5 minutes for the Pole Vault for the remainder of the competition.

iv. A clock that shows the remaining time allowed should be visible to the competitor. In addition, an official shall raise and keep raised a yellow flag, or another suitable indicator, for the final 15 seconds remaining of the time allowed.

v. In the case of consecutive trials by the same athlete, when more than three athletes are still competing in the Pole Vault and High Jump or when any number of athletes are still competing in other field events, the time referred to in ii and iii, above, shall be increased to 3 minutes for the Pole Vault and 2 minutes for the other events. This should also apply to a Combined Events competition.

vi. The official responsible for the event shall indicate 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 93.14(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.

vii. 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.
viii. If the time allowed lapses once the competitor has started a trial, that trial should be allowed.

NOTE: Rule 90.8 applies to all field events, including those con-tested 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. Except for Hammer and Weight Throwing, the use of gloves is not allowed. In the Hammer and Weight Throwing, gloves for the protection of the hands are permitted. The gloves must be smooth on the back and the front and the fingertips (other than the thumb) must be exposed (i.e., the tops of the fingers of the gloves must not be closed). Taping the glove to or at the wrist is acceptable.

13. In all throwing events, no flags or markers will be placed in the landing sector.

14. Whenever immediate appeal is taken 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 if the appeal should be upheld. The measurement should be announced only if the appeal is upheld.

15. (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 90.6, which authorizes practice or warm-up when an event is conducted in flights. 

NOTE: For Youth Athletics exceptions to subparagraph (c), see Rule 242.5(m).

16. 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 63. For rules relating to records in the field events, see Rule 184. For specifications of implements, circle, runways, throwing cage, sectors, and landing areas, see Rules 200-216; for specifications of Long Jump/Triple Jump take-off boards, see Rule 217; for specifications of High Jump/Pole Vault apparatus, see Rule 218.
RULE 91
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 stop-board. 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 91.7.

NOTE: All moves permitted in this paragraph shall be included in the maximum time for a trial given in Rule 90.8(d).

3. No device of any kind (e.g., the taping of individual fingers or two or more fingers together) which in any way assists a competitor when making a throw shall be allowed. In the Hammer and Weight Throws, taping of individual fingers is permissible. The tape should be shown to the Chief Judge of the event before the event starts. 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. In the Javelin Throw, a competitor may wear elbow protection.

NOTE: For Youth Athletics, see Rule 242.5(e).

4. In order to obtain a better grip, competitors may use a suitable substance on their hands only. In the shot put, a suitable substance may also be applied to the shot and the neck area. In the Hammer Throw, a suitable substance may also be applied to the gloves.

5. A belt of leather or some other suitable material may be worn at the waist by a competitor to protect the spine or back from injury.
6. Competitors may not spray or spread any substance within the circle or on their shoes.

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, the implement must fall within the sector, as provided in Rule 96 and Rule 99.1. **NOTE:** A throw may be valid even if the implement has touched the cage.

9. (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 242.5(h).

10. The measurement of each throw shall be made immediately after the throw.

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

12. All Hammer and Discus Throws shall be from an enclosure or cage to insure the safety of spectators, officials, and competitors. (See Rule 211). **NOTE:** For specifications of official implements, see Rules 200-205. For specifications of circle, see Rule 210. For specifications of apparatus, see Rules 210 and 211.
RULE 92
IMPLEMENTS

1. 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 242.5(g). For Masters exception, see Rule 262.1(k).

2. 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.

3. 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.

4. 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.

5. 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.
RULE 93
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 74.2(c).

   NOTE: For Youth Athletics exception, see Rule 242.5(k).

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. Each competitor shall be credited with the best of all his/her jumps in the competition proper, including jumps taken in a jump-off of a first-place tie.

4. (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 242.5(f).

(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 242.5(f).

(c) No marks shall be placed in any pit or landing area.
5. In scratch competitions, the competitors shall compete in the order drawn by lot, except as permitted under Rule 90.8 (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.

6. 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.

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

8. 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.

9. On an experimental basis through 2004, in the high jump or pole vault, non-championship competition may be conducted using a "fixed number of attempts" format. Each competitor will be entitled to a fixed number of total attempts during the competition, but a competitor shall in any event be eliminated after three consecutive misses. Such experimental competition shall be held only upon the determination of the Games Committee and the publication of this determination prior to the meet.
The following subdivisions shall apply to the High Jump:

10. 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.

11. The competitor must take off from one foot.

12. 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 plane of the uprights 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.

13. 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.

The following subdivisions shall apply to the Pole Vault:

14. (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 stop-board.

NOTE: For Youth Athletics exception, see Rule 242.5(j).

(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 90.8(d)vi.
15. 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.

16. 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 204 in regard to the use of tape on pole.

17. Competitors may use their own poles. No competitor may use any of the private poles except with the consent of the owner.

18. 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 stop-board, 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.

19. No one 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.

20. 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.
21. 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 204, 215, and 218. For specifications of High Jump shoes, see Rule 71.3(e).

**RULE 94**  
**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, 19.8 to 20.2cm) wide and 1.21 to 1.22m long, 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 should be not less than 1.0m nor more than 4.50m from the landing area. In front of the take-off line or attached thereto there shall be placed a board of plasticine or other suitable material for recording the footprint when the athlete has foot fouled. The plasticine indicator should be as specified in Rule 217.2. In the event it is not possible to use a plasticine foul marker, the ground in front of the take-off line should be sprinkled with or consist of soft earth or similar material immediately in front of the take-off line and across all the length of it over a width of 10cm at an angle of 45 degrees to the horizontal.  

**NOTE:** For Youth Athletics specifications, see Rule 242.5(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 63.2(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.*

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 and that the landing area should have a minimum width of 2.75m and a maximum width of 3m.**

   **NOTE:** *For specifications for the take-off board and the plasticine foul indicator, see Rule 217.*
RULE 95
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 217. For measurements see Rule 63.2(b).

RULE 96
VALID THROWS IN WEIGHT EVENTS FROM CIRCLE

In the Shot Put, Hammer Throw, Weight Throw, and Discus Throw, for a valid throw, the implement, excluding the handle and wire, must fall completely within the inner edges of the lines of the sector (see Rule 212).

RULE 97
THROWING THE DISCUS

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

NOTE: For details of competition, see Rules 90 and 91. For specifications of implement, see Rule 203. For specifications of circle, throwing cage, and sectors, see Rules 210-213. For measurement, see Rules 63.2(b), 91.9(a), and 91.10.
RULE 98
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 63.2(b), 91.9(a), and 91.10. For details of competition, see Rules 90 and 91. For specifications of implement, see Rule 202. For specifications of circle, stop-board, and sectors, see Rules 210 and 212.

RULE 99
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) The point of the javelin must fall completely within the inner edges of the lines marking the sector.

   (d) No throw shall be valid or counted in which the tip or the point of the metal head does not strike the ground 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 242.5(h).

   (e) Competitors may not cross either of the parallel lines.
(f) 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.

5. Javelins must be carried back to the start, and never thrown back.

NOTE: For details of competition, see Rules 90 and 91. For specifications of implement, see Rule 205. For measurements, see Rules 63.2(b)i, 91.9(b), and 91.10. For specifications of runway and sector, See Rules 213-215.

RULE 100
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 when a competitor makes the preliminary swings or turns. However, if the head of the hammer so touches the ground or the top of the iron band, and the competitor stops throwing so as to begin the trial again, the throw shall be considered a foul throw.

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. Gloves for the protection of the hands are permitted. See Rule 90.12 for specifications of gloves permitted.
NOTE: For specifications of implement, see Rule 201. For further details of competition, see Rules 90 and 91. For measurement, see Rule 63.2(b), 91.9(a), and 91.10. For specifications of a circle, throwing cage, and sectors, see Rules 210-212.

RULE 101
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: For specification of implement, see Rule 200. All other notes to Rule 100 apply.

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

RULE 131
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 132
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/Sponging and Refreshment Stations:

i. Water and other suitable refreshments shall be available at the start and finish of all races.

ii. Drinking/Sponging 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 sponging 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.

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 66.7).

RULE 133
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 of the Starter will be decided by the Referee. 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.

RULE 134
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 (six inches) 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. Runners' 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 65.7.

RULE 135
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 mat shall be placed so that the edge of the mat closest to the approaching runners is the finish line and that at least 15 cm of the mat be of a color in contrast to the running surface to indicate the finish line.

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 136**

**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 will be the time elapsed between the start of the watches or timing devices and the athlete crossing the finish line. If an athlete crosses the start line after the start of the watches or timing devices, the athlete’s time elapsed between the start and finish line can be made known to the athlete, but will not be considered as official time.

**RULE 137**

**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 V
TRAIL AND MOUNTAIN RUNNING

RULE 138
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.

SECTION VI
CROSS COUNTRY

RULE 141
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. Individuals: Although cross country is basically a team sport, individual entries may be accepted.

RULE 142
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 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 course must be measured and the distance declared at the time invitations are extended, together with a brief description of the course.

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.

**RULE 143**

**START**

1. Cross country races shall be started by the firing of a pistol or other suitable device. The standard commands for distance events should be used. However, where a race will be started using a different procedure, such procedure should be clearly spelled out for all competitors either in writing or by public address announcement.

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 provided 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 144
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 tee-shirts 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 145
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.

4. See Rule 7 for team scoring.
SECTION VII
RACE WALKING

RULE 150
GENERAL RULES

1. Article II and Article III, Sections I and IV, of the Rules of Competition shall be followed unless otherwise provided in this Section VII. 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. (See diagram, page 193.)

Disqualification for failure to adhere to the above definition is governed by Rule 39.3.

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 65.8. No finishing time shall be listed in results for any athlete who receives notice of disqualification after the competitor has completed the race distance.

(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 39.1(d). For record requirements, see Rule 186.3.

(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. 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 10 kilometers and longer shall be a maximum of 2500m. The circuit for events of less than 10 kilometers 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 VIII
COMBINED EVENTS

RULE 160
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 161).
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

(a) 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: 100m Hurdles
               Discus Throw
               Pole Vault
               Javelin Throw
               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.

(a) If hand timing is used, each competitor's time shall be timed by three Timers independently, using Rule 37.7 to determine the official time.

(b) In the running events, a competitor shall be disqualified in any event in which he or she has made three false starts.

**NOTE:** Effective January 1, 2003, a competitor will be disqualified for two false starts in the combined events. This amendment may be implemented in any meet during 2002, in the discretion of the Games Committee.

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 women’s hurdles, where feasible, a minimum of 10 minutes shall be allowed between flights. (This rule is to insure rather than limit adequate warm-up time.) 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.

(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 prior to the start of that event.

5. (a) The order of competition in a field event, and the assignment of lanes in a track event, shall be drawn by lot for each event independently.

(b) If the number of competitors shall warrant it, they may be divided into groups of not less than six as determined by the 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.

**NOTE:** For Youth Athletics exception, see Rule 242.6
6. If heats are necessary in any of the track events, except the 800 Meters for women and the 1500 Meters for men, the competitors for each heat shall be drawn by lot with never less than four competitors in each heat. The composition of heats in the 800 Meters shall be determined by place after the prior events; the top placers, one per lane in the last heat, the next best placers in another heat, etc., according to Rule 75.4. Lane assignment shall be by lot. In the 1500 Meters, heats may be made as competitors become available from the previous event. Where possible, one heat should consist of the leading competitors as of that point. Starting position assignment shall be by lot.

7. Groups in the High Jump and Pole Vault, if needed, shall be determined by the Combined Events Referee using marks for those events submitted on entry blanks, if bona fide, as a guide; the best in one group, next best in another, etc. The order of competition of groups and within each group shall be drawn by lot. If there are 16 or more competitors, it is recommended that more than one High Jump or Pole Vault facility be used. 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.

8. 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.

9. 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. Any competitor deciding to withdraw from the competition shall immediately inform the Referee of his/her decision to do so.

10. The scores of each competitor, separately and combined, should be announced to the competitors after the completion of each event.

11. Except as otherwise provided in these rules, scoring shall be based on the IAAF Scoring Tables.
   NOTE: For Masters scoring, see Rule 262.1(e).

12. 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.
13. 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.

14. 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 242.6.

**RULE 161**
**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.

3. The winner shall be the one who has scored the highest total of points (counting the best performance in each event) for all five 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 262.1(e).