

***USATF***<sup>TM</sup>

***CERTIFIED OFFICIAL***

Officials Quick Reference Guide - QRG



# OWNER'S INFORMATION

- **Owner's Name:**
- **Owner's Association:**
- **Contact Number:**



## PURPOSE

- The QRG is designed to assist officials as a handy reference on major rules and officiating mechanics for use when working track meets. This guide is designed to address events conducted under USATF rules.
- The QRG is not meant to replace the USATF Rule Book or Best Practices.

## ACKNOWLEDGEMENTS

- Thanks to the USATF QRG Committee members who contributed to the design of this booklet.



# CLERK OF COURSE

## **Clerk of Course (If Clerks are not used, responsibility to Chief Starter):**

- Supervise and assign responsibilities to the clerking team.

## **Clerking Team:**

- Verify athletes' names, bib numbers, and events.
- Notify athletes of report time and location for each event entered.
- Confirm athletes are wearing correct bib/hip numbers in the correct location and corresponding to start list.
- Ensure athletes wear clothing, shoes and spikes according to USATF rules.
- Supervise transport between clerking area and competition area.
- Place each athlete in the correct race/heat/lane or position.
- Assemble athletes behind start blocks (400m or less) or 1-3 meters behind the start line for races exceeding 400m.
- Signal to the Starter that the athletes are ready.
- Align outgoing relay runners in the proper order in the exchange zone.



# START INFORMATION (1)

## **Chief Starter:**

- Allocate and supervise duties of the start team.
- Inform Starter to initiate the start once everything is in order.
- Act as a liaison between the timing company staff and judges.
- Keep all paperwork produced during the start procedure.
- Oversee the “zero gun test” if using electronic timing.

## **Starter:**

- Shall have entire control of athletes on their marks (with Start Referee/Chief Starter) and judge whether any athlete has committed a false start.



# START INFORMATION (2)

## **Recall Starter: if one or two are assigned.**

- Recall a race if a false start or an unfair start is observed.
- Report the infraction to the Starter.

## **Start Team: work with Line Clerks**

- Ensure athletes start entirely within their lane.
- If a crouch start, ensure hands, knees and feet are correct.
- Ensure hands, feet, wheelchair wheels (if used) are behind the start line.
- Distribute relay batons before the race and collect after the race.
- Ensure start blocks on the correct start line and lane markers and electronic equipment ready & working.
- Ensure start blocks and other equipment are removed from the track so they do not hinder finishers.



# START INFORMATION (3)

## The Start:

- Ensure Chief Timer/Photo Timer is ready.
- Start all races with a pistol or electronic start device.
- Races 400m or less, including 4x400 Relay: On Your Marks, Set, Gun.
- Races greater than 400m: On Your Marks, Gun.
- Races 400m or less (including 4x400 relay), a crouch start and start blocks must be used, except Masters and Youth 7-14 year-old groups.
- If the Starter is not satisfied that all competitors are ready to proceed once they are on their mark, cancel the start and order the competitors to Stand-up.
- Once the Starter has commanded “Set”, any movement resulting in loss of contact with the track and/or foot plate before receiving the report of the start device will be deemed a false start. Recall the race.



# START INFORMATION (4)

## **False Starts:**

- Senior, Junior (Under 20), Youth 15-18 : No false starts allowed.
- Masters, Youth 7-14, Combined Event (CE): False start charged to individual, individuals are disqualified for a second false start.
- More than one athlete can be responsible for a false start and be warned or disqualified.

## **Starter Cards:**

- Aborted Start/Unfair Start, No violation: Show GREEN card.
- Warning (first false start - Masters, CE, Youth 7-14): Show a YELLOW/BLACK card.
- Disqualification for a false start: Show a RED/BLACK card.
- Run under protest: Show a RED/WHITE card.





# REFEREE

## **Referee:**

- Allocates duties and supervises judges, umpires, lap scorers and wind gauge operators.
- Has authority to warn or disqualify an athlete for misconduct. (Yellow or Red Card)
- Certifies record performances.
- Has authority to declare a race void and to be held again later in the day or on a later date.
- Decides on matters not covered in the rules.
- Rules on protests.



# UMPIRE (1)

## **Chief Umpire:**

- Brief and supervise umpire crew.
- Position umpires in optimal positions.
- Secure detailed information of “incidents of concern” from umpires.
- Check number, condition, height and placement of hurdles. Place hurdles so edge of the top bar closest to approaching athlete is directly above edge of mark on track closest to approaching athlete.

## **Umpires:**

- Eyes and ears of the Referee (and Chief Umpire).
- Oversee conduct of all track races, hurdle races and relay exchanges.
- Write a report “incidents of concern” with details of the incident: document what happened, where it happened, who did it, team/school, uniform color.
- Raise yellow flag for observed violations; keep raised until contacted by Chief Umpire or Referee.



# UMPIRE (2)

## What to report:

- Running on or over the inside lane lines.
- Cutting in early at the 800m break line or 4x400m break line.
- Leg or foot is, at the instant of clearance, beside the hurdle (on either side), below the horizontal plane of the top of any hurdle or steeplechase barriers.
- Deliberately knocking down hurdles.
- Impeding other athletes.
- Baton exchanges or touches (disability events) outside of exchange zone in relays.



# LAP SCORERS

## **Chief Lap Scorer (Finish Line):**

- Change lap board when leading athlete enters the straight and calls laps to go to other athletes.
- Ring the Bell as each athlete enters the final lap.
- Provide last minute scratches to the Lap Scorers.

## **Lap Scorers:**

- Keep a record of laps for each athlete in races longer than 1500m.
- Races over 3000m, record every lap time for each athlete on the scoring cards.
- Should not be responsible for more than 3 athletes.
- Deliver the lap scoring cards to the Referee after each race.



# HAND TIMEKEEPING

**Hand timing, digital readout only:** Rounded up to the nearest 1/10<sup>th</sup> second, e.g. 10.01 = 10.1, 10.13 = 10.2, 11.60 = 11.6, 11.97 = 12.0

- Races held partly or entirely outside the stadium will be rounded up to the next nearest full second; e.g., 2 hours 12 minutes 25.35 seconds = 2:12.26
- The watch should be started with the flash of the gun and stopped when the torso crosses the finish line.

## **Multiple timers:**

- Three timekeepers and two agree, use the two that agree.
- Three timekeepers and all disagree, use the middle time.
- Two timekeepers and both disagree, use the slower time.



# FAT TIMEKEEPING (1)

## Timing Device Operator:

- Have a plan to communicate with the start team and finish judge, confirm they are ready for every race.
- If FAT fails at the start of a race, contact start team immediately to recall the race (have a backup plan in place).
- Make sure the system is ready before each race.
- Make sure the Starter knows that the crew is ready for each race—get a signal.
- Monitor the start of every race and during the race for absentees, fallers, drop outs and lapping.
- Splits if needed, and make sure to capture all finishers.
- Check each other as you work.



# FAT TIMEKEEPING (2)

## Reading Photo-finish Pictures:

- FAT has priority over manual timers and judges.
- Confirm you have the correct race and athletes and every athlete has a recorded time.
- Read athletes first to last. Ensure the final result is in the correct order. Work as a team.
- Verify with other cameras and use Judges and Timekeepers to crosscheck decisions to help with problems.
- Record performances must be certified by the Referee and Chief Photo Finish Judge.
- Readout to the nearest .01, in case of a tie, nearest .001, If possible, use two similar FAT systems.
- **Wheelchair athletes:** Finish place and time are determined when the front wheel axle crosses the finish line.



# FAT TIMEKEEPING (3)

## Photo-finish Issues:

- Report every problem to the Chief Starter/Referee.
- If FAT fails, notify Referee and Chief Starter.
- FAT does not start – take a picture, it may be useful for placings.
- Disqualifications – only timekeepers should be told potential time.
- Breaking ties: report accurate times in thousandths of a second.
- No picture/no file: may be hidden, saved in the wrong place or wrongly named.
- In case of a power outage, check temporary files for files.





# RACE WALK (1)

**Race walking (RW):** 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 in the vertical upright position.

**Race walks** must have a minimum of 3 certified Judges to be contested as a Racewalk. **Road course** 6-9 Judges. **Track races** 5 Judges.

Judge is not completely satisfied a walker is following the rules, but not certain that the rules are broken, issue a yellow warning paddle with the appropriate symbol.

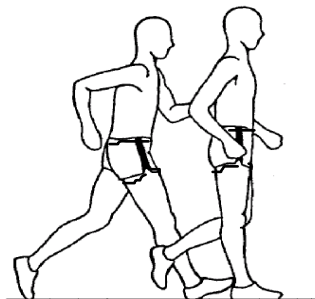
Judge is certain that an athlete violated the definition of RW (loss of contact or bent knee), the Judge must issue a Red Card. Disqualification occurs following 3 Red Cards from 3 different officials judged independently.

Each Judge may issue only one Red Card per athlete, and one yellow paddle of each type per athlete. Do not make duplicate calls on any athlete.

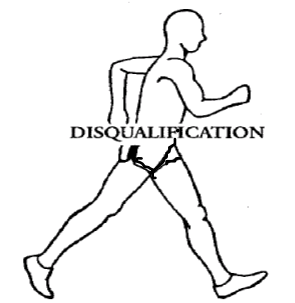
Athletes should ensure their knees can be observed by the Judges, bare is best. Tights may be worn as long as they are skin tight and solid color.

# RACE WALK (2)

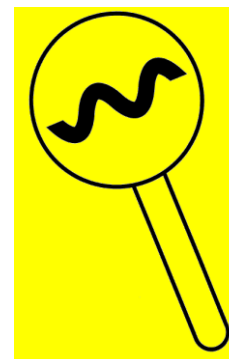
**Correct technique**



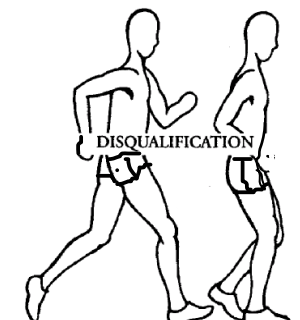
**Loss of contact**



**Paddle**



**Bent knee**



**Paddle**





# FIELD EVENTS

## Field Referee:

- Authorizes substitute trial if an athlete is hampered.
- Decides on matters not addressed in the rule book.
- Checks and verifies all results and signs the event sheets.
- Rules on oral protests.
- Has authority to change time and/or location if extreme conditions warrant, but only after the completion of a round.
- Has authority to warn or disqualify a competitor for misconduct. (Yellow or Red Card)



# HEAD FIELD EVENT OFFICIALS

- Talk to Meet Referee, Head Field Judge or Games Committee about meet particulars for your event.
- Pick up event sheets and get specifics about the event (start height & increments, flights & finals, open pit or # trials, meet records).
- Check the venue, make sure it is safe, set up properly/compliant and the required equipment is available (clocks, flags, measuring devices, performance boards). Reposition equipment if necessary.
- Brief the crew and assign officiating duties for each competition.
- Supervise warm-ups, competition and record attempts.
- Brief athletes on how the competition will be conducted.
- Verify all event sheets are accurate (including electronic recording devices), sign and return to Meet Referee, Head Field Judge or Games Committee.



# FIELD EVENTS GENERAL

## General Information:

- Athletes will compete in order listed on event sheets; exceptions: Referee may award new trial (within a round only); Youth, excused athletes.
- Once the competition has begun, athletes cannot use the runway/circles for practice or warm-up, with or without implements.
- If an implement breaks during a trial, a substitute trial will be awarded.
- Markers: Athletes may place 2 markers on the HJ runway or 2 markers alongside the PV, LJ, TJ and javelin runways. Youth, 3 markers. Runway markers can not be placed beyond the takeoff line or in throwing sector.
- All measurements will be taken to the nearest full centimeter below the actual mark,  $7.265\text{m} = 7.26\text{m}$



# TIME CHART FOR FIELD EVENTS

Time in minutes	Individual Event			Combined Event		
	HJ	PV	Other	HJ	PV	Other
<b>Total # of athletes remaining in the competition at the start of a round</b>						
<b>More than 3 Athletes or the very first trial for a competitor</b>	0.5*	1	0.5*	0.5*	1	0.5*
<b>2 or 3 Athletes</b>	1.5	2	1	1.5	2	1
<b>1 Athlete</b>	3	5	NA	2	3	NA
<b>Consecutive trials by the same Athlete. Within a height or at a height change. (Seniors, Juniors, Masters, Youth)</b>	2	3	2	2	3	2

\* For Youth Athletics, this time shall be one minute.

Winner attempting a World Record or other Record directly relevant to the competition, add 1 minute.

The above time limits normally should not be exceeded.

Seated Throws: See section regarding Disabled Athletes.



# VERTICAL JUMPS

## General Information:

- Crossbar will be measured at every new height, for a broken crossbar or when standards slip, and measured at the lowest point on the upper side of the bar, perpendicular to the takeoff surface.
- If the bar is displaced by a force not associated with the athlete after the athlete has cleared the bar, the trial will be successful; under any other circumstances a new trial will be awarded.
- The crossbar shall be marked so that it is replaced with the same surface upward and forward for every trial.
- In windy conditions, judges may hold the bar until the athlete is about to clear it.



# HIGH JUMP

## **A competitor fails if:**

- The take off is from two feet.
- The bar does not remain on the supports because of the action of the competitor.
- They touch the ground (including the landing area) beyond the vertical plane of the near side of the crossbar, either between or outside of the uprights. Touching the area beyond the plane of the crossbar while completing a jump should not be ruled a failure if no advantage was gained.
- They touch the crossbar or vertical section of the uprights without jumping or deliberately steadies/replaces the crossbar.





# POLE VAULT

## **A competitor fails if:**

- The bar does not remain on the pegs on which it originally rested because of the action of the athlete.
- After leaving the ground, raises the lower hand above the upper hand or raises the upper hand higher on the pole.
- Touches the ground or landing area beyond the vertical plane of the back of the box with the body or pole, without first clearing the bar.
- Steadies or replaces the bar with hands.

## **Notes:**

- After releasing the pole, no one is allowed to touch the pole unless it is falling away from the uprights.
- The standards may be placed from 0cm to 80cm. Youth: 45cm to 80cm.
- If a pole is broken during an attempt, a new trial will be awarded.
- Youth: ASTM F2949-12 box collar shall be in place and properly positioned.
- Youth: A competitor shall not use a training pole, a pole which is improperly marked or a pole rated below his/her weight during warm-up or competition.



# RECORDING HEIGHTS IN VERTICAL JUMPS

NAME	5.50			5.60			5.65			5.70			Best	Place
A	X	X	0	X	-	-	X	X					5.50	5 =
B	X	-	-	X	-	-	X						NM	NM
C	-	-	-	0			X	0		X	X	X	5.65	2
D	0			X	X	-	X						5.50	4
E	0			X	0		0			X	X	X	5.65	1
F	X	X	0	X	X	X							5.50	5 =
G	0			0			X	-	-	X	X		5.60	3
H													DNC	DNC

“0” = MAKE, “X” = MISS, “-” = PASS, “=” = TIE, “NM” = NO MARK, “DNC” = DID NOT COMPETE



# RESOLVING TIES IN FIELD EVENTS

## Vertical Jumps:

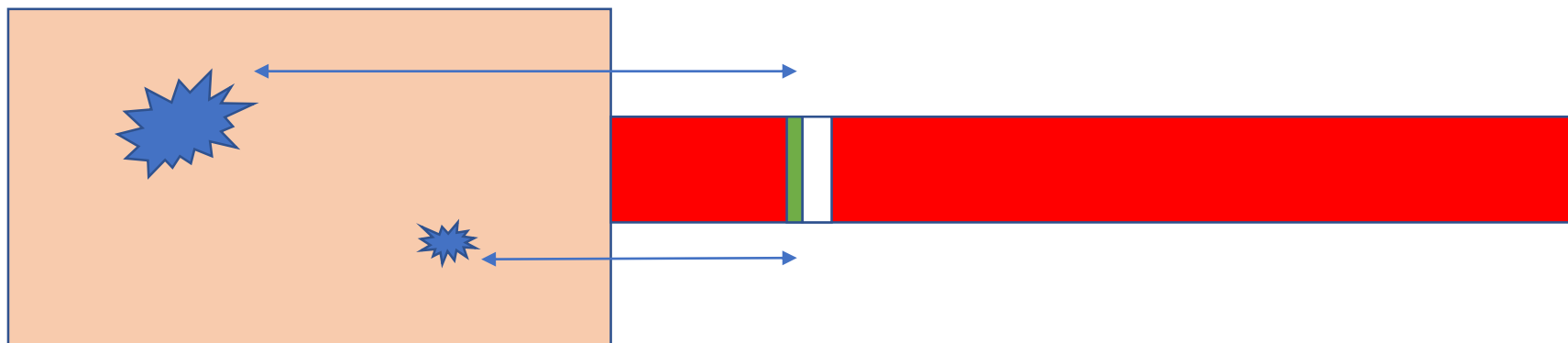
- Athlete with the fewest trials at the tied height, awarded higher place.
- If tie remains, athlete with the lowest number of failures throughout the competition including the tied height, awarded the higher place.
- If a tie other than first place remains, all that are tied will be awarded the same place.
- If a tie concerns first place, a jump off will take place unless meet directives preclude the jump off or athletes decide not to jump.
  - Athletes must take a trial at every height until a decision is reached. Only one trial will be allowed at each height.
  - The jump off will start at the next scheduled height after the tying height. If no decision is reached, the bar will be raised or lowered (2cm HJ or 5cm PV) until a decision is reached.
  - Athletes who do not jump forfeit a claim to a higher place.

**Horizontal Jumps and Throws:** In the event of a tie, the second best performance of the tied athletes shall determine the result. If the tie remains, the third best performance will be decisive, and so on. If a tie still remains, including first place, the tie shall remain.

# HORIZONTAL JUMPS (1)

**General Information:** review wind gauge procedures

- Takeoff board should be level with the runway and landing surface.
- Zero end of the tape always goes into the pit, attached to the spike.
- Make sure where zero is located on your measuring tape.
- Measurement is taken from the nearest break in the landing area made by any part of the body, or anything attached to the body at the time it makes the mark.
- Measurement is taken at right angle from the takeoff line.





# HORIZONTAL JUMPS (2)

## Horizontal jumps failures:

- Touches the ground beyond the take-off line.
- Takes off outside the board, whether beyond or before takeoff line.
- Employs any form of somersaulting while running up or jumping.
- After taking off, but before first contact with landing area, touches the runway or the ground outside the runway or outside landing area.
- Touches the border of or the ground outside the landing area closer to the take-off line than the nearest break made in the sand.
- Leaving the landing area, the athlete's first contact by foot with its border or ground is closer than the nearest break in the sand.
- The Triple Jump shall consist of a hop, step and jump in that order. The hop shall be made from the same foot (takeoff foot), the step shall land on the other foot. It is not a foul if the sleeping leg touches the ground.



# IMPLEMENT INSPECTOR

## **Head Implement Inspector:**

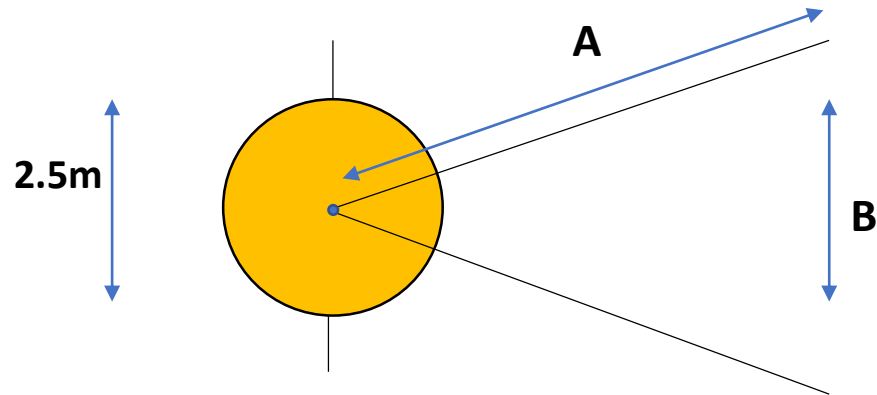
- Answer to the Referee in all matters relating to Weights & Measurements.
- Briefs and supervises implement inspection crew.
- Assigns inspection team tasks.
- Ensures W&M venue is properly equipped.

## **Implement Inspection Crew:**

- Check in, inspect and mark all athlete-owned implements.
- Inspect and mark all provided implements.
- Impound, re-inspect and recertify implements when a record is broken.

# SHOT, DISCUS, HAMMER, AND WEIGHT THROW SECTORS

- Throwing sectors:
- Always use a cage for discus, weight and hammer.



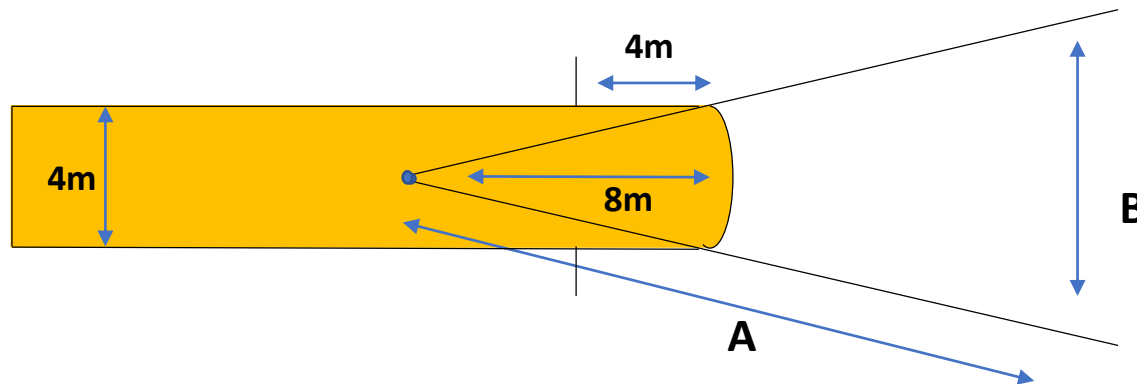
- The shot, discus, hammer and weight throw sector is 34.92°
- Multiply A times .6 to get B (B is 60% of A).
- Create two sector lines using a tape measure or string the length of “A” that start at the center of the circle. Connect the sector lines with distance “B” straight across, not curved.

A	B
50'	30'
100'	60'
150'	90'
200'	120'
20M	12M
40M	24M
60M	36M
80M	48M

# JAVELIN SECTOR

**Javelin sector: Foul Arc Center Point is 8M behind the inside of the foul arc.**

- The Javelin sector is  $28.96^\circ$
- Multiply A times .5 to get B (B is 50% of A).
- Create two sector lines using a tape measure or string the length of “A” that start at the center of the circle 8 meters behind the arc. Connect the sector lines with distance “B” straight across, not curved.

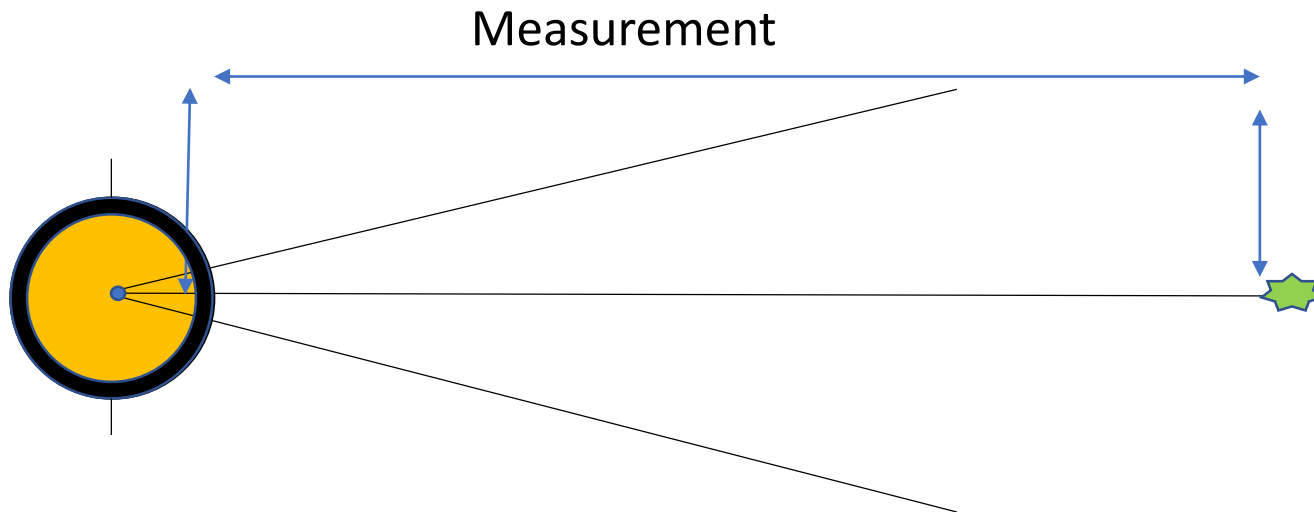


A	B
100'	50'
150'	75'
200'	100'
250'	125
30M	15M
60M	30M
90M	45M



# THROWS MEASUREMENTS

- Zero end of tape always goes out into the field attached to a measuring stick.
- Measurement is made from the nearest point of the implement impact of the shot, discus and head of the hammer to the inside edge of the rim/circle/stop board through the center of the circle and the tip of the javelin where it first strikes the ground to the inside edge of the arc along a line to the center of the circle.
- Measurements are made to the nearest lesser centimeter, e.g., 76.987m =76.98m





# THROWS FAILURES

## Throws failures:

- Does not start from a stationary position within the circle.
- Athlete touches the top of the iron band or stop-board, including the top inside edge of each. Touching the rim/edge of the circle in the back half of the circle during initial rotation is not a foul as long as no propulsive force was gained.
- During the attempt athlete touches, with any part of the body, the surface outside the circle. (It is not a foul if the Hammer touches the ground inside or outside the circle or rim.
- Javelin: Not thrown with one hand; not held with the little finger nearest the point; not in contact with the grip at release; not thrown over the shoulder; not have back completely facing the throwing area until the javelin is released; must not touch any line defining the runway. A throw shall be valid only if the metal head strikes the ground before any other part of the javelin.
- Shot: The shot is not put from shoulder with one hand near the neck or chin; cartwheel illegal.
- Leaves the circle or runway improperly or before the implement has landed. Proper leaving for circle throws: back half of circle; for javelin: first contact by foot outside the runway behind the arc or is behind hash marks at 4 meters.
- Implements not landing totally inside the sector lines (not including the wire or handle of the hammer or the tail of the javelin falling outside sector line after the head strikes the ground).

Note: An athlete may stop and begin again provided no rules are broken and time permits.



# JUNIOR/SENIOR IMPLEMENTS

	<b>Jr Men (U 20)</b>	<b>Sr Men</b>	<b>Jr Women (U 20)</b>	<b>Sr Women</b>
<b>Shot</b>	<b>6kg</b>	<b>7.26kg</b>	<b>4kg</b>	<b>4kg</b>
<b>Discus</b>	<b>1.75kg</b>	<b>2kg</b>	<b>1kg</b>	<b>1kg</b>
<b>Javelin</b>	<b>800</b>	<b>800g</b>	<b>600g</b>	<b>600g</b>
<b>Hammer</b>	<b>6kg</b>	<b>7.26kg</b>	<b>4kg</b>	<b>4kg</b>
<b>Weight</b>	<b>35lb</b>	<b>35lb</b>	<b>20lb</b>	<b>20lb</b>



# MASTERS IMPLEMENTS

Men	Shot	Discus	Hammer	Javelin	Weight	Super Weight	Ultra Weight
30-49	7.26kg	2kg	7.26kg	800g	15.88kg/35lb	56lb	98lb, 200lb, 300lb
50-59	6kg	1.5kg	6kg	700g	11.34kg/25lb	56lb	98lb, 200lb, 300lb
60-69	5kg	1kg	5kg	600g	9.08kg/20lb	20kg	56lb, 98lb, 200lb
70-79	4kg	1kg	4kg	500g	7.26kg/16lb	35lb	20kg, 56lb, 98lb
80+	3kg	1kg	3kg	400g	5.45kg/12lb	25lb	35lb, 20kg, 56lb

Women	Shot	Discus	Hammer	Javelin	Weight	Super Weight	Ultra Weight
30-49	4kg	1kg	4kg	600g	9.08kg/20lb	35lb	20kg, 56lb, 98lb
50-59	3kg	1kg	3kg	500g	7.26kg/16lb	25lb	35lb, 20kg, 56lb
60-74	3kg	1kg	3kg	500g	5.45kg/12lb	20lb	25lb, 35lb, 20kg
75+	2kg	.75kg	2kg	400g	4kg/8.8lb	16lb	20lb, 25lb, 35lb



# YOUTH IMPLEMENTS

<b>Boys</b>	<b>8 &amp; Under</b>	<b>9-10</b>	<b>11-12</b>	<b>13-14</b>	<b>15-16</b>	<b>17-18</b>
<b>Shot</b>	<b>2kg</b>	<b>6lb</b>	<b>6lb</b>	<b>4kg</b>	<b>12lb</b>	<b>12lb</b>
<b>Discus</b>	<b>NA</b>	<b>NA</b>	<b>1kg</b>	<b>1kg</b>	<b>1.6kg</b>	<b>1.6kg</b>
<b>Javelin</b>	<b>300g Mini</b>	<b>300g Mini</b>	<b>Aero 450g</b>	<b>600g</b>	<b>800g</b>	<b>800g</b>
<b>Hammer</b>	<b>NA</b>	<b>NA</b>	<b>NA</b>	<b>NA</b>	<b>12lb</b>	<b>12lb</b>

<b>Girls</b>	<b>8 &amp; Under</b>	<b>9-10</b>	<b>11-12</b>	<b>13-14</b>	<b>15-16</b>	<b>17-18</b>
<b>Shot</b>	<b>2kg</b>	<b>6lb</b>	<b>6lb</b>	<b>6lb</b>	<b>4kg</b>	<b>4kg</b>
<b>Discus</b>	<b>NA</b>	<b>NA</b>	<b>1kg</b>	<b>1kg</b>	<b>1kg</b>	<b>1kg</b>
<b>Javelin</b>	<b>300g Mini</b>	<b>300g Mini</b>	<b>Aero 450g</b>	<b>600g</b>	<b>600g</b>	<b>600g</b>
<b>Hammer</b>	<b>NA</b>	<b>NA</b>	<b>NA</b>	<b>NA</b>	<b>4kg</b>	<b>4kg</b>



# JR/SR OUTDOOR HURDLE SPECIFICATIONS

<b>Men Outdoor</b>	<b>Distance</b>	<b>Number</b>	<b>Height</b>	<b>Dist. To 1st</b>	<b>Interval</b>	<b>Last to Finish</b>	<b>Mark Color</b>
Junior (U20)	110	10	39"/.995m	13.72m	9.14m	14.02m	Blue
Senior	110	10	42"/1.067m	13.72m	9.14m	14.02m	Blue
Junior (U 20)/Senior	400	10	36"/.914m	45m	35m	40m	Green

<b>Women Outdoor</b>	<b>Distance</b>	<b>Number</b>	<b>Height</b>	<b>Dist. To 1st</b>	<b>Interval</b>	<b>Last to Finish</b>	<b>Mark Color</b>
Junior (U 20)/Senior	100	10	33"/.840m	13m	8.5m	10.5m	Yellow
Junior (U20)/Senior	400	10	30"/.762m	45m	35m	40m	Green



# JR/SR INDOOR HURDLE SPECIFICATIONS

<b>Men Indoor</b>	<b>Distance</b>	<b>Number</b>	<b>Height</b>	<b>Dist. To 1st</b>	<b>Interval</b>	<b>Last to Finish</b>	<b>Mark Color</b>
Senior	50	4	42"/1.067m	13.72m	9.14m	8.86m	Blue
Junior (U20)	50	4	39"/.995m	13.72m	9.14m	8.86m	Blue
Senior	55	5	42"/1.067	13.72m	9.14m	4.72m	Blue
Junior (U20)	55	5	39"/.995m	13.72m	9.14m	4.72m	Blue
Senior	60	5	42"/1.067m	13.72m	9.14m	9.72m	Blue
Junior (U20)	60	5	39"/.995m	13.72m	9.14m	9.72m	Blue

<b>Women Indoor</b>	<b>Distance</b>	<b>Number</b>	<b>Height</b>	<b>Dist. To 1st</b>	<b>Interval</b>	<b>Last to Finish</b>	<b>Mark Color</b>
Junior (U20)/Senior	50	4	33"/.840m	13m	8.5m	11.5m	Yellow
Junior (U20)/Senior	55	5	33"/.840m	13m	8.5m	8m	Yellow
Junior (20)/Senior	60	5	33"/.840m	13m	8.5m	13m	Yellow



# MENS MASTERS HURDLES OUTDOORS

Men	Distance	Number	Height	Dist. To 1st	Interval	Last to Finish	Mark Color
30-49	110	10	39"/.991m	13.72m	9.14m	14.02m	Blue
50-59	100	10	36"/.914m	13m	8.5m	10.5m	Yellow
60-69	100	10	33"/.840m	12m	8m	16m	NA
70-79	80	8	30"/.762m	12m	7m	19m	NA
80 +	80	8	27"/.686m	12m	7m	19m	NA
30-49	400	10	36"/.914m	45m	35m	40m	Green
50-59	400	10	33"/.840m	45m	35m	40m	Green
60-69	300 **	7	30"/.762m	50m	35m	40m	Green
70-79	300 **	7	27"/.686m	50m	35m	40m	Green
80 +	200 *	5	27"/.686m	20m	35m	40m	Green

\* Locations of the 200m hurdles are the same as the last 5 hurdles of the 400m hurdles.

\*\* Locations of the 300m hurdles are the same as the last 7 hurdles of the 400m hurdles.





# WOMENS MASTERS HURDLES OUTDOORS

<b>Women</b>	<b>Distance</b>	<b>Number</b>	<b>Height</b>	<b>Dist. To 1st</b>	<b>Interval</b>	<b>Last to Finish</b>	<b>Mark Color</b>
<b>30-39</b>	<b>100</b>	<b>10</b>	<b>33"/.840m</b>	<b>13m</b>	<b>8.5m</b>	<b>10.5m</b>	<b>Yellow</b>
<b>40-49</b>	<b>80</b>	<b>8</b>	<b>30"/.762m</b>	<b>12m</b>	<b>8m</b>	<b>12m</b>	<b>Black</b>
<b>50-59</b>	<b>80</b>	<b>8</b>	<b>30"/.762m</b>	<b>12m</b>	<b>7m</b>	<b>19m</b>	<b>NA</b>
<b>60 +</b>	<b>80</b>	<b>8</b>	<b>27"/.686m</b>	<b>12m</b>	<b>7m</b>	<b>19m</b>	<b>NA</b>
<b>30-49</b>	<b>400</b>	<b>10</b>	<b>30"/.762m</b>	<b>45m</b>	<b>35m</b>	<b>40m</b>	<b>Green</b>
<b>50-59</b>	<b>300 **</b>	<b>7</b>	<b>30"/.762m</b>	<b>50m</b>	<b>35m</b>	<b>40m</b>	<b>Green</b>
<b>60 - 69</b>	<b>300 **</b>	<b>7</b>	<b>27"/.686m</b>	<b>50m</b>	<b>35m</b>	<b>40m</b>	<b>Green</b>
<b>70 +</b>	<b>200 *</b>	<b>5</b>	<b>27"/.686m</b>	<b>20m</b>	<b>35m</b>	<b>40m</b>	<b>Green</b>

**\* Locations of the 200m hurdles are the same as the last 5 hurdles of the 400m hurdles.**

**\*\* Locations of the 300m hurdles are the same as the last 7 hurdles of the 400m hurdles.**



# MASTERS HURDLES INDOORS

<b>Men</b>	<b>Distance</b>	<b>Number</b>	<b>Height</b>	<b>Dist. To 1st</b>	<b>Interval</b>	<b>Last to Finish</b>	<b>Mark Color</b>
30-49	60	5	39"/.991m	13.72m	9.14m	9.72m	NA
50-59	60	5	36"/.914m	13m	8.5m	13m	NA
60-69	60	5	33"/.840m	12m	8m	16m	NA
70-79	60	5	30"/.762m	12m	7m	20m	NA
80 +	60	5	27"/.686m	12m	7m	20m	NA

<b>Women</b>	<b>Distance</b>	<b>Number</b>	<b>Height</b>	<b>Dist. To 1st</b>	<b>Interval</b>	<b>Last to Finish</b>	<b>Mark Color</b>
30-39	60	5	33"/.840m	13m	8.5m	13m	NA
40-49	60	5	30"/.762m	12m	8m	16m	NA
50-59	60	5	30"/.762m	12m	7m	20m	NA
60 +	60	5	27"/.686m	12m	7m	20m	NA



# YOUTH OUTDOOR HURDLES

	Distance	Number	Height	Dist. To 1st	Interval	Last to Finish	Mark Color
<b>11-12 Girls &amp; Boys</b>	<b>80</b>	<b>8</b>	<b>30"/.762m</b>	<b>12m</b>	<b>7.5m</b>	<b>15.5m</b>	<b>NA</b>
<b>13-14 Girls</b>	<b>100</b>	<b>10</b>	<b>30"/.762m</b>	<b>13m</b>	<b>8m</b>	<b>15m</b>	<b>NA</b>
<b>15-18 Girls &amp; 13-14 Boys</b>	<b>100</b>	<b>10</b>	<b>33"/.840m</b>	<b>13m</b>	<b>8.5m</b>	<b>10.5m</b>	<b>Yellow</b>
<b>15-18 Boys</b>	<b>110</b>	<b>10</b>	<b>39"/.991m</b>	<b>13.72m</b>	<b>9.14m</b>	<b>14.02m</b>	<b>Blue</b>
<b>13-14 Girls &amp; Boys</b>	<b>200</b>	<b>5</b>	<b>30"/.762m</b>	<b>20m</b>	<b>35m</b>	<b>40m</b>	<b>Green</b>
<b>15-18 Girls</b>	<b>400</b>	<b>10</b>	<b>30"/.762m</b>	<b>45m</b>	<b>35m</b>	<b>40m</b>	<b>Green</b>
<b>15-18 Boys</b>	<b>400</b>	<b>10</b>	<b>36"/.914m</b>	<b>45m</b>	<b>35m</b>	<b>40m</b>	<b>Green</b>



# YOUTH INDOOR HURDLES

<b>Youth Indoor</b>	<b>Distance</b>	<b>Number</b>	<b>Height</b>	<b>Dist. To 1st</b>	<b>Interval</b>	<b>Last to Finish</b>	<b>Mark Color</b>
<b>11-12 Girls &amp; Boys</b>	<b>50m</b>	<b>4</b>	<b>30"/.762m</b>	<b>12m</b>	<b>7.5m</b>	<b>15.5m</b>	<b>NA</b>
<b>11-12 Girls &amp; Boys</b>	<b>55m/60m</b>	<b>5</b>	<b>30"/.762m</b>	<b>12m</b>	<b>7.5m</b>	<b>13m/18m</b>	<b>NA</b>
<b>13-14 Girls</b>	<b>55m/60m</b>	<b>5</b>	<b>30"/.762m</b>	<b>13m</b>	<b>8m</b>	<b>10m/15m</b>	<b>NA</b>
<b>15-18 Girls/13-14 Boys</b>	<b>55m/60m</b>	<b>5</b>	<b>33"/.840m</b>	<b>13m</b>	<b>8.5m</b>	<b>8m/13m</b>	<b>NA</b>
<b>15-18 Boys</b>	<b>55m/60m</b>	<b>5</b>	<b>39"/.991m</b>	<b>13.72m</b>	<b>9.14m</b>	<b>4.72m/9.72m</b>	<b>NA</b>



# WIND GAUGE

<b>Set up</b>	<b>Height 1.22m/4', <u>Location:</u> within 2m of the track or runway</b>
<b>Running Events</b>	<b><u>Location:</u> 50m from the finish line.</b>
<b>All distances through 100m</b>	<b>Record 10 seconds from the start of the gun.</b>
<b>Hurdles: 100m and 110m</b>	<b>Record 13 seconds from the start of the gun</b>
<b>200m</b>	<b>Record 10 seconds from the lead runner entering the straightaway.</b>
<b>Field Events</b>	<b><u>Location:</u> 20m from the takeoff line, Multiple boards, place 20m from the furthest board from the pit.</b>
<b>Long Jump</b>	<b>Record 5 seconds from athlete passing 40m from takeoff or start of run up.</b>
<b>Triple Jump</b>	<b>Record 5 seconds from athlete passing 35m from takeoff or start of run up.</b>
<b>Wind speed readings</b>	<b>Always round up: e.g. -0.13 becomes -0.1, +1.76 becomes +1.8</b>



# STEEPLECHASE

Age Group	Distance	# Hurdles	# Water Jumps	Height Men	Height Women
Senior/Junior (U20)	3000m	28	7	.914m/36"	.762m/30"
Youth 15-19	2000m	18	5	.914m/36"	.762m/30"

- For specifications, see IAAF Track and Field Facilities Manual. There are 5 hurdles spaced at approximately equal distances around the track. The water jump is the 4<sup>th</sup> hurdle.
- The top of the barrier shall be 5" square and overlap the infield by 30cm.
- The surface of the water shall be level with track at the start of the race.
- All athletes must go over or through the water, not step to the side on landing.
- Athletes will be disqualified if they run around a hurdle or have a leg or foot, at the instant of clearance, beside the hurdle (on either side) below the horizontal plane of the top of any hurdle.
- Athletes will be disqualified if they run around a hurdle or trail leg around the side.
- Athletes can go over a hurdle in any manner (hurdle, step, climb).
- Masters: 2000m and 3000m, 30" and 36" depending upon age and gender.



## COMBINED EVENTS (CE)

- Decathlon and Heptathlon are both held over two days. Pentathlon will be held on one day (Indoor). There shall be a minimum 30 minute break between events.
- Athletes competing in the LJ, SP, Discus and Javelin shall have three attempts.
- Progressions in the HJ will be 3cm, PV 10cm (Youth HJ 5cm, PV 15cm).
- An athlete who fails to attempt a start or take a trial shall not compete in further events.

## MIXED COMPETITIONS

- Not normally authorized inside the stadium.
- May be authorized by Chair of Sports Committee for races greater than 5000m and field events where insufficient athletes justify separate events.
- Separate results cards shall be used in field events for each gender and age group.
- Masters: Males and females may compete together, except where implement weights differ.



# DISABLED ATHLETES

- **Athletes competing in Track Events, a “T” will precede the classification, Field Events by an “F”.**
- **Generally, the lower the number within a class, the less functional ability.**
- **Wearing helmets is compulsory in all wheelchair track/team race’s.**
  - **International safety standards: e.g., Snell b-84/90/95, BSI 6863, EN 1078**
- **Implement weights vary depending on the gender and classification.**
- **For seated throws, allow time to strap in and warm-up:**
  - **F32-34 & F54-57: 4 minutes to strap in and warm-up.**
  - **F31 & F51-53: 5 minutes to strap in and warm-up.**
  - **Timing begins when the chair is oriented, secured to platform, made available to the athlete.**





# DISABLED ATHLETE CLASSES

<b>CLASSES</b>	<b>DESCRIPTION</b>
<b>11-13</b>	<b>Visual Impairment</b>
<b>20</b>	<b>Intellectual Impairment</b>
<b>31-34</b>	<b>Cerebral Palsy, Stroke, Brain Injury (competing in wheelchair)</b>
<b>35-38</b>	<b>Cerebral Palsy, Stroke, Brain Injury (competing ambulant)</b>
<b>40-41</b>	<b>Short Stature</b>
<b>42-47</b>	<b>Limb impairment, competing without prosthetics</b>
<b>51-54</b>	<b>Wheelchair - Track</b>
<b>51-57</b>	<b>Wheelchair – Field Events</b>
<b>61-64</b>	<b>Amputee/leg deficiency, competing with prosthetics</b>









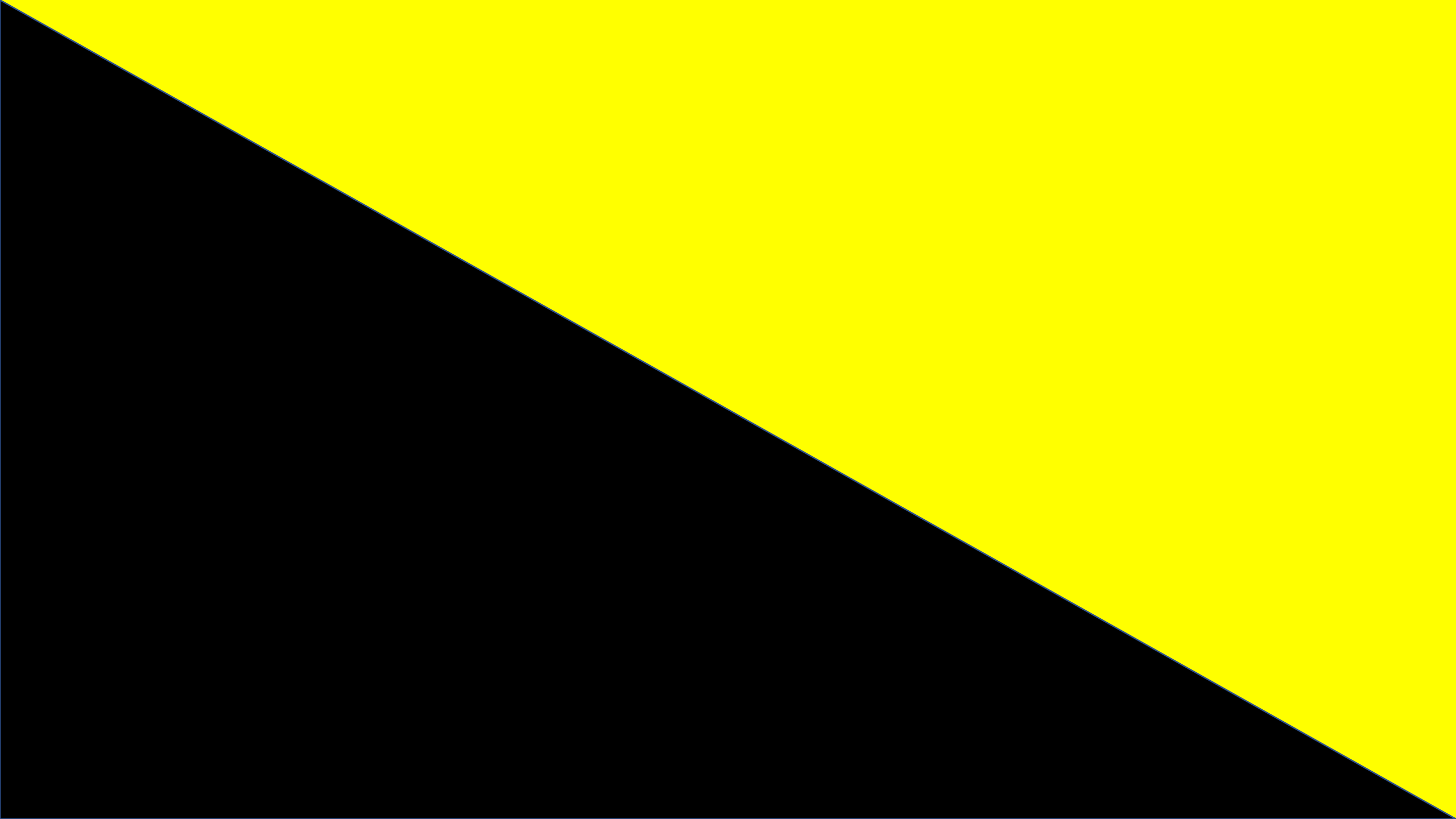




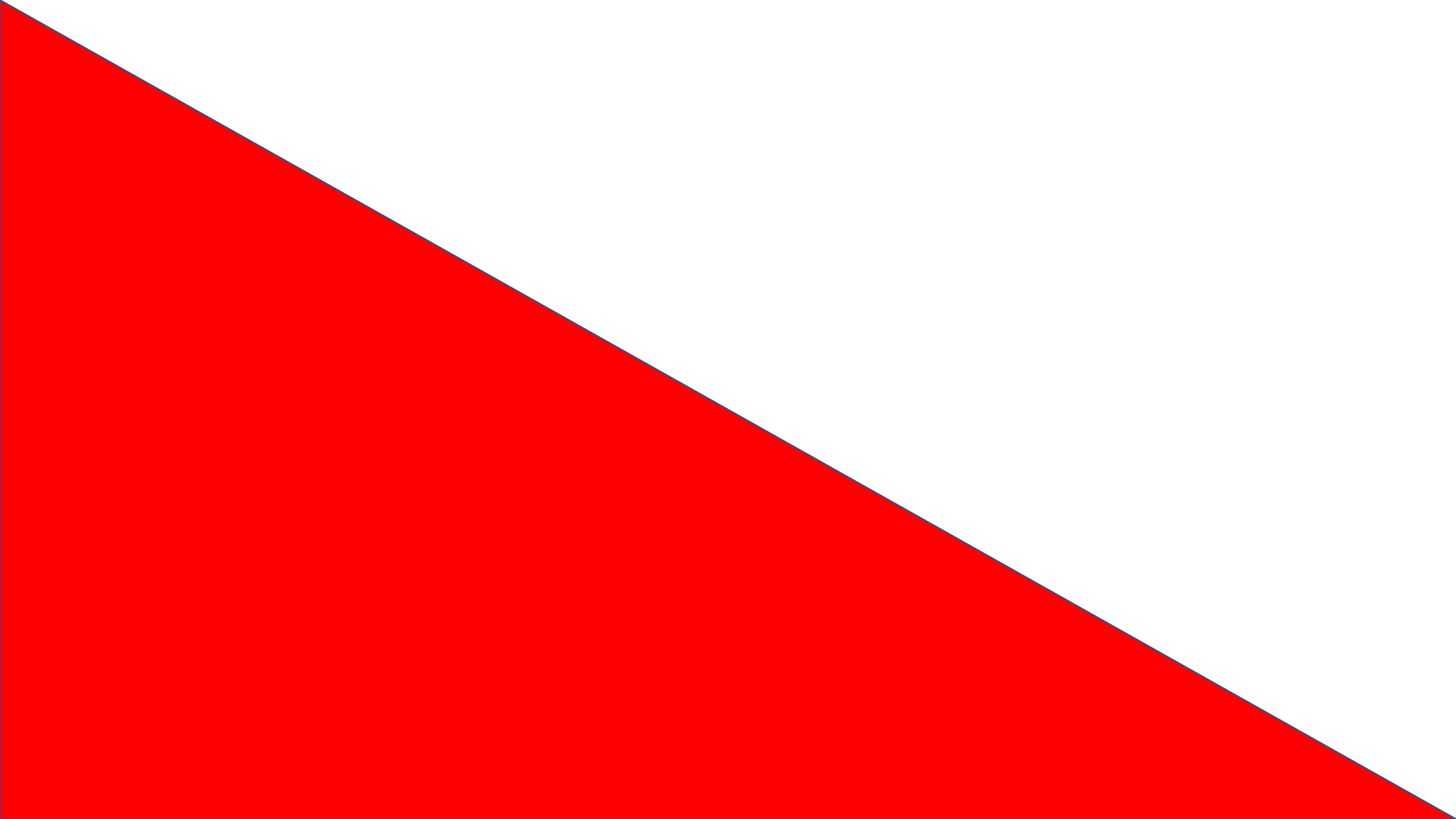


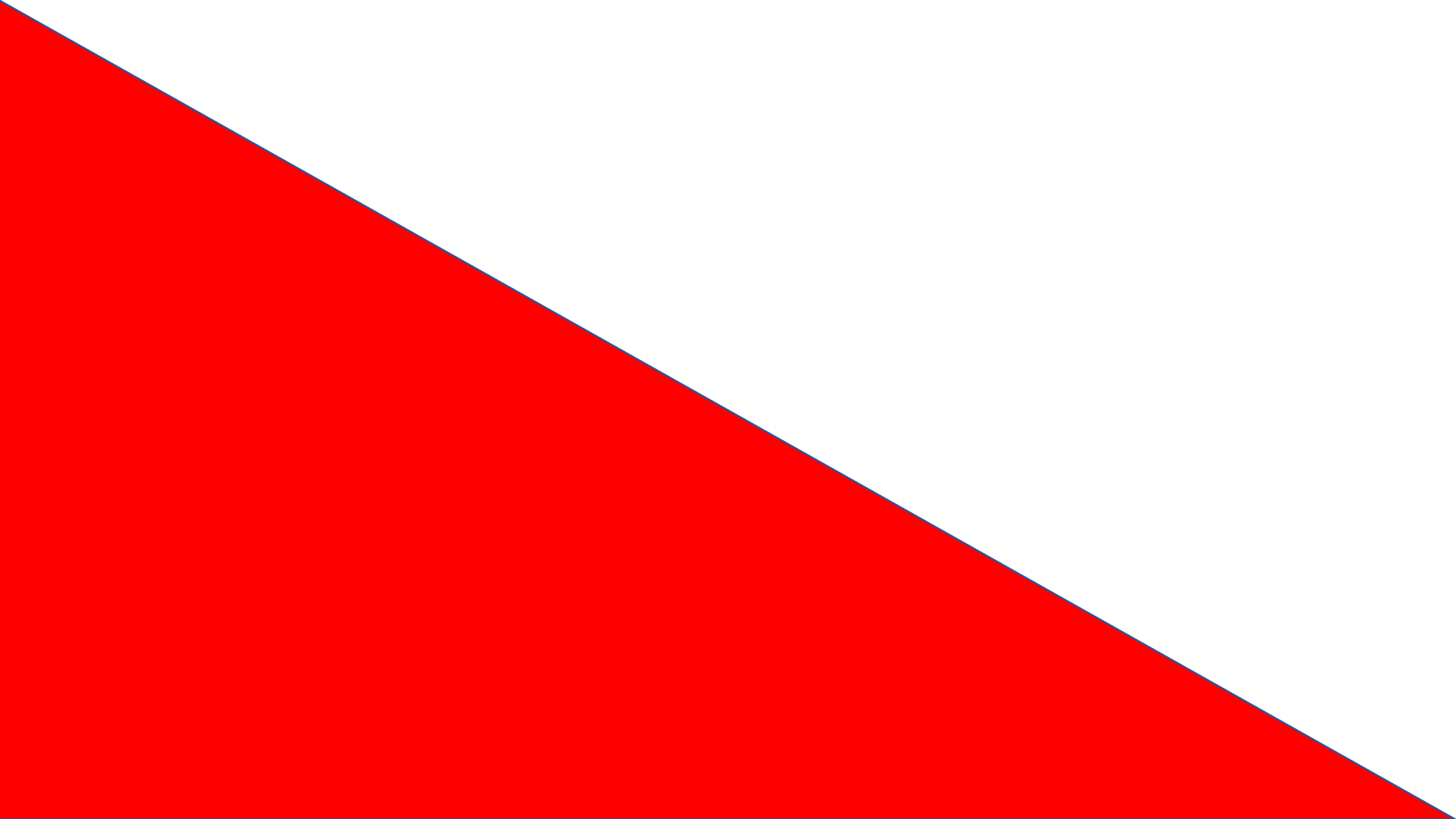


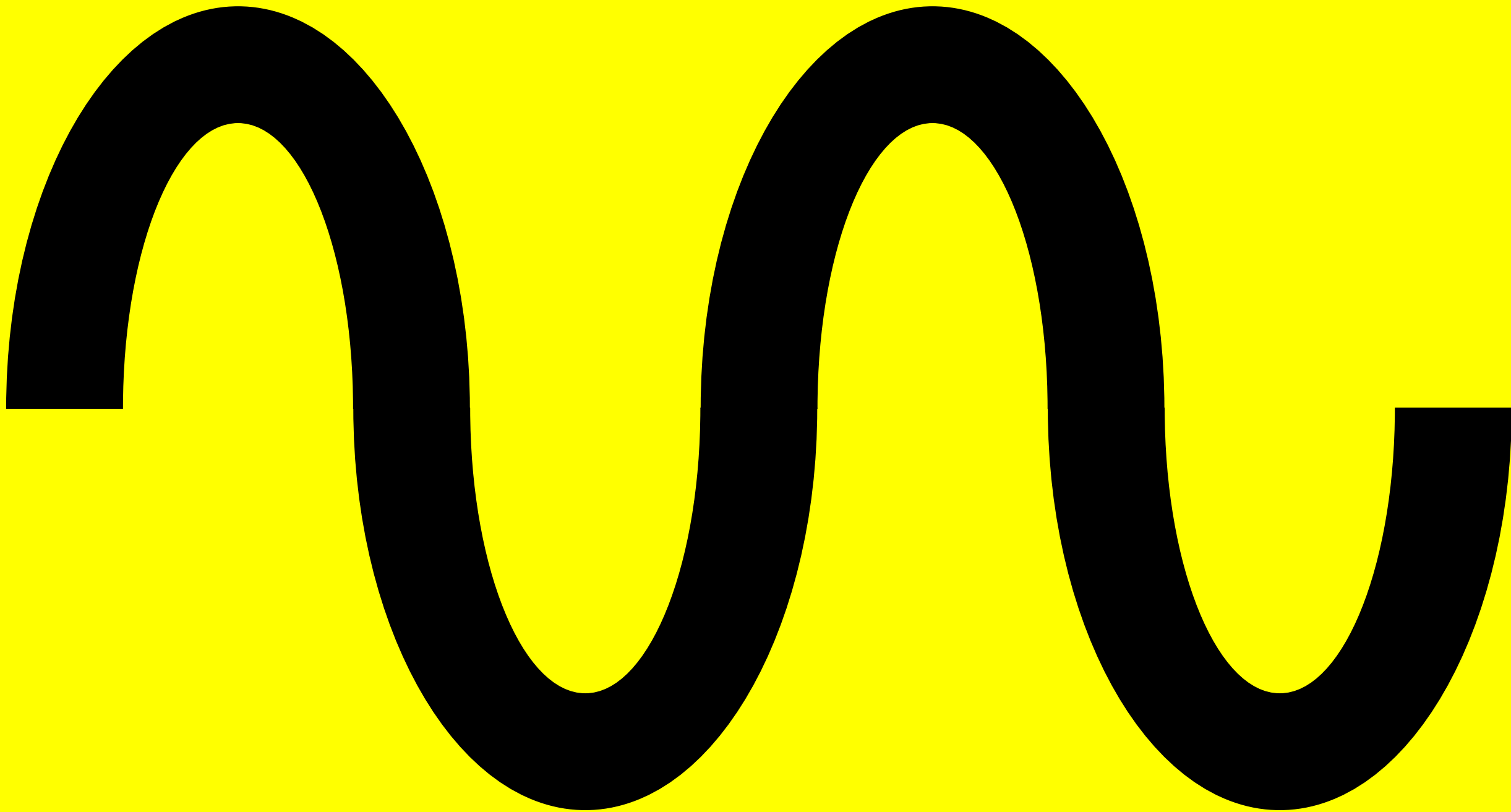


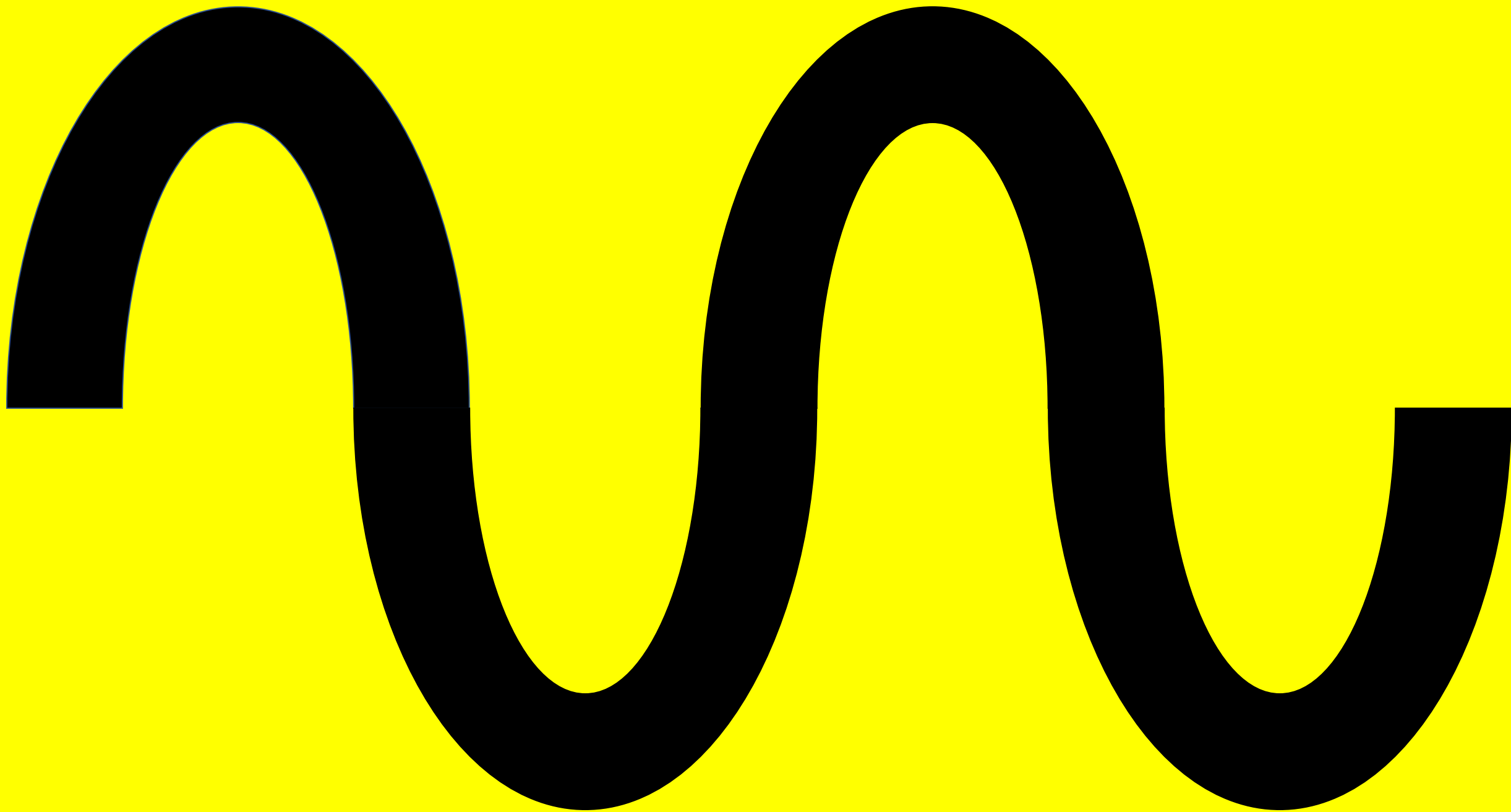


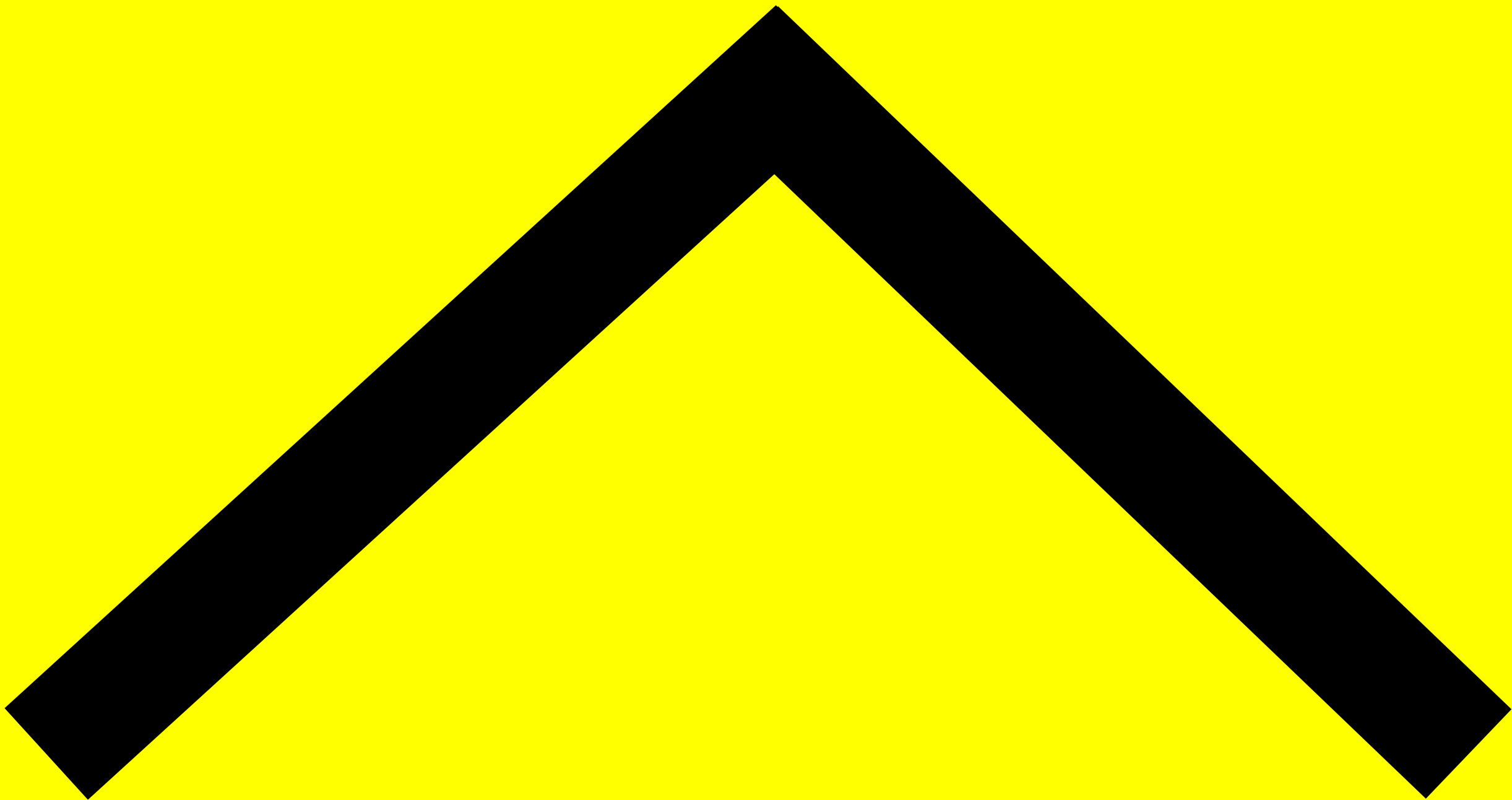




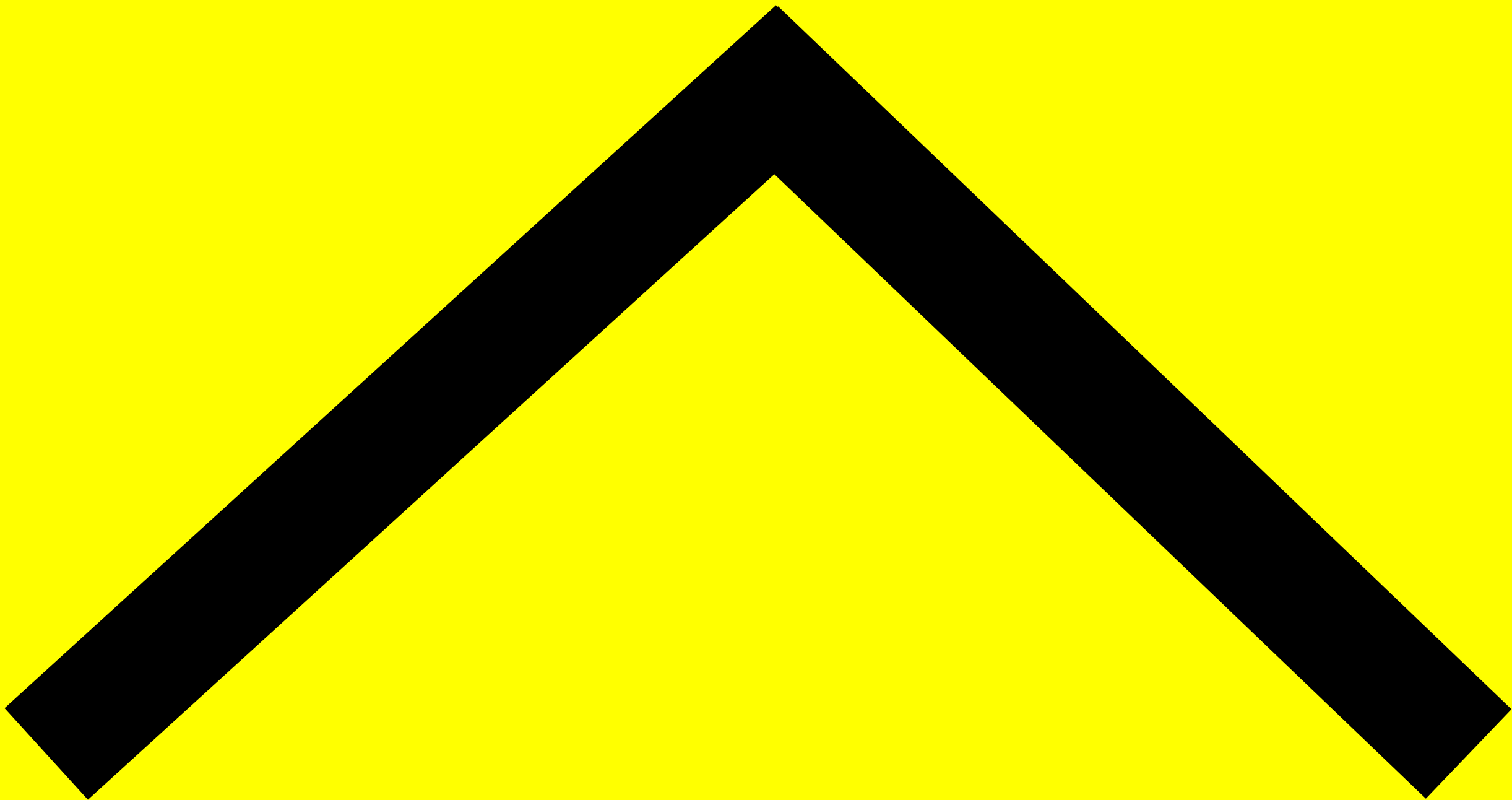














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