



2024 / 25

USATF[™]
COMPETITION
RULES

<https://www.usatf.org/events/2024/2024-usatf-annual-meeting/document-library>

Item	Conf	Action	Item	Conf	Action	Item	Conf	Action	Item	Conf	Action
1	4*	AA	22	4	T	43	4*	A	64	4*	A
2	4	A	23	4	A	44	5	AA	65	6	T
3	4*	AA	24	3	A	45	5	T	66	4	AA
4	3	A	25	4*	A	46	4	A	67	6	R
5	4	A	26	4	A	47	4	A	68	4	R
6	4	A	27	4	A	48	5	AA	69	6	AA
7	4	A	28	3	A	49	5	A	70	6	R
8	4*	A	29	4	A	50	6	R	71	6	AA
9	4	A	30	4	T	51	6	R	72	4	A
10	4	A	31	4	A	52	5	R	73	4	A
11	3	A	32	4	A	53	6	AA	74	5	AA
12	4	A	33	4	A	54	6	R	75	4	A
13	4	A	34	5	W	55	5	A	76	4*	A
14	4	A	35	4*	A	56	5	R	77	4*	AA
15	4*	AA	36	5	R	57	5	A	78a		T
16	4	A	37	6	R	58	5	AA	78b		AA
17	4*	A	38	4*	A	59	6	R	78c		AA
18	3*	A	39	4	A	60	6	R	79	4*	A
19	3	A	40	4	AA	61	4	A	80a		AA
20	4	A	41	5*	A	62	4	A	80b		T
21	4*	A	42	4	A	63	4	A	81		AA

Conference Call Actions:

- 1=Editorial
- 2=Housekeeping
- 3=Current Practice
- 4=Recommend Approval
- 5=Refer
- 6=Recommend Reject
- 7=Recommend Table
- W=Withdrawn
- *=revised on Conf. Call

Final Actions: A=Accepted

- AA= Accepted As Amended
- R=Rejected
- T=Tabled
- W=Withdrawn

Item 1 Rule 180.17b

- (b) A competitor may take no more than two practice trials or throws for each turn in line at the competition area. These practice trials or throws shall be taken only from the runway or circle being used for the event.

WA Compliant

Item 2 Rule 126.9 Note

***NOTE:** It is recommended that for each field event only one set of white and red flags is used in order to reduce the possibility of any confusion about the validity of a trial. It is most probably never necessary to use more than one set of flags in a jumping event.*

For throwing events, it is recommended that an alternate form of indication to flags is used such as:

- a. For circle or line Judges, to the Judge with the flags, a small red card held in that Judge's hand to indicate that a failure has been made;*
- b. For a landing of an implement on or outside the sector line, a Judge's outstretched arm parallel to the ground and pointing to the outside of the sector;*
- c. For a judgment in the Javelin Throw that the metal head has not touched the ground before any other part of the javelin, the pushing of the open hand of the Judge towards the ground for a foul and open hand raised above the head and palm facing up for a valid landing.*

Item 3 Rule 187.4a, b, note

- (a) The use by an athlete, in order to obtain a better grip, of a suitable substance on his hands only or in the case of a hammer thrower or weight thrower on his/her gloves.

In the Shot Put and Discus Throw, the placement of chalk or a similar substance on the implement by an athlete. A shot putter may use such substances on their neck.

All substances used on the hands, gloves and on the implements shall be easily removable from the implement using a wet cloth and shall not leave any residue.

- (b) The use of taping on the hands and fingers that is not in contravention of Rule 187.3(a).

NOTE: *If the Judges are aware, they shall direct any athlete not complying with this Rule to correct the situation. If the athlete does not, such trial(s) shall be a failure. It shall also be judged as a failure, if a trial is completed before the non-compliance is noticed.*

Item 4 Rule 193.2

If the javelin breaks during a throw or while in the air, it shall not count as a failure, provided the trial was made in accordance with the rules. Nor shall it count as a failure if the competitor thereby loses his/her balance and as a result contravenes any part of this Rule. In both cases, the competitor shall be awarded a replacement trial.

Item 8 Rule 110.8

Where feasible, no official should act in a dual capacity within the decision-making chain of officials of an event. A coach should not serve as an official or Referee for any single event(s) in which an athlete whom he/she coaches competes. Whenever possible, officials shall not judge an event in which an immediate family member or significant other is entered.

Item 14 Rule 159 Note

NOTE: *The Games Committee may authorize use of personal communication devices for event operation.*

Item 17 Rule 163.5g Note 5

NOTE 5: *All lane infringements should be tracked in the competition data systems and shown on the start lists and results. See Rule 132.4 for the symbol to be used. The carry-forward rule applies throughout a given running event, not to a different running event. In the Combined Event, an athlete should only be disqualified for more than one infringement, if it occurs during the same race. There is no carry-forward of the infringement to subsequent races within that Combined Event.*

Lane infringement L, Also Competing under protect P

Item 26 Rule 168.3

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

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

(b) He/she knocks down or displaces any hurdle by hand, torso or the front side of the lead lower limb; or

NOTE: *The front side of the lead lower limb includes all front facing parts of the leg from the top of the thigh to the end of the foot.*

(c) He/she directly or indirectly knocks down or displaces a hurdle in his/her or in another lane in such a manner that there is effect or obstruction upon any other competitor(s) in the race and/or another rule is also infringed.

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

Item 27 Rule 168.9

Placement - The hurdles shall be so placed on the track that the feet of the hurdles shall be on the side of the approach by the competitor. The hurdle shall be so placed that the vertical plane of the side of the top bar nearer to the approaching athlete coincides with the track marking nearest the approaching athlete.

Item 28 Rule 169.2 Note 3

NOTE 3: *In the 2000m event, the first barrier jumped is at the third barrier placement, the one immediately prior to the water-jump. However, if the water-jump is on the inside of the track, the finish line has to be passed twice before the first lap with five jumps.*

Item 40 Rule 193.11(b)

Aero Javelin 250g Specifications (All dimensions in mm):			
Dimensions		Min	Max
Overall Length		<u>1350</u>	<u>1480</u>
Length of Head *		<u>140</u>	<u>160</u>
Distance from Tip to CG **		<u>570</u>	<u>600</u>
Diameter of shaft		<u>24</u>	<u>26</u>
Length of grip ***		<u>80</u>	<u>110</u>
Location of front of grip from tip		<u>570</u>	<u>610</u>
Length of tail		<u>105</u>	<u>120</u>

Item 41 Rule 195.9

195.9: The weight shall conform to the following weights and dimensions:

Name	56 lb	20 kg	35 lb	25 lb	20 lb	16 lb	12 lb	4 kg
Nominal Weight kg	25.40	20.00	<u>15.88</u>	<u>11.34</u>	9.08	7.26	5.45	4.00
Min Record Weight kg	<u>25.40</u>	<u>20.00</u>	<u>15.88</u>	<u>11.34</u>	9.08	7.26	<u>5.45</u>	4.00
Diameter min mm			145	130	120	110	100	95
Diameter max. mm			165	150	140	130	120	110
Diameter Masters Indoor max. mm			<u>180</u>	<u>165</u>	<u>155</u>	<u>145</u>	<u>135</u>	<u>110</u>

NOTE 2: *The construction, weights and dimensions for implements used by Masters competitors are those adopted by WMA.*

Item 43 Rule 200.10 Note and Rule 143.3(a) Note

200.10 NOTE 1: *World Athletics Scoring Tables for Combined Events can be found at:*

<https://worldathletics.org/about-iaaf/documents/technical-information>

143.3a NOTE: *World Athletics List of Approved Shoes can be found at:*

<https://worldathletics.org/about-iaaf/documents/technical-information>

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Item 48 Rule 262.10

For purposes of setting or breaking a Masters Record, if a Masters athlete has been suspended for more than 6 months by USADA or WADA for a violation of the anti-doping protocols, the time of suspension shall be doubled, during which time that athlete cannot set or break a Masters Record. After this additional time of suspension has ended, the athlete can only set or break a USATF Masters Record at a competition in which Masters athletes are subject to doping control.

Item 56 Rule 301

With out putting the table in the addition is:

The Aero Javelin replace the Mini Javelin on December 31, 2026 for both the 8 and Under and 9-10 Divisions

Item 47 Rule 301

Boys 13-14 division Hurdles will use 36” hurdles

Item 58 Rule 301

Both the 15-16 Division and 17-18 division will have a mixed relays 4x100, 4x400, 4x800

Item 63 Rule 303.1 L and 303.1 m

(l) Where other than eight or nine lanes exist, modify procedures as appropriate. Where eight full lanes and a partial ninth lane exist, modify procedures for track events as appropriate.

(m) Always advance only eight athletes to the final round in both track and field events.

Item 75 Rule 332.2(i)

Division	Distance	Hurdles	Height	To First	Interval	to Finish
WOMEN'S INDOOR						
60 – 69	60m	5	0.686m	12.00m	7.00m	20.00m
70 +	60m	5	0.686m	11.00m	6.00m	25.00m
MEN'S INDOOR						
80 +	60m	5	0.686m	((12.00m	7.00m	20.00m))
80 +	60m	5	0.686m	11.00m	6.00m	25.00m
WOMEN'S OUTDOOR SHORT						
60 – 69	80m	8	0.686m	12.00m	7.00m	19.00m
70 +	80m	8	0.686m	11.00m	6.00m	27.00m
MEN'S OUTDOOR SHORT						
80 +	80m	8	0.686m	((12.00	7.00m	19.000m))
80 +	80m	8	0.686m	11.00	6.00m	27.000m

NOTE: *The Short Hurdle changes note above become effective as of January 1, 2026.*

Rationale: WMA compliance.

Item 76 Rule 332.2(i), Rule 169.3

Division	Distance			Height	
	STEEPLECHASE – see Rule 169				
Women – All	2000m			0.762m	
Men 25-59	3000m			0.914m	<u>or 0.838m</u>
Men 60+	2000m			0.762m	

NOTE 1: The 3000m height of (33”) 0.838m or (36”) 0.914m is acceptable for competitions and records.

NOTE 2: To set a new record in the Men 35-59 3000m, the time for the event must be faster than the existing record time for either barrier height. There shall be only one record for this event.

Rule 169.3: ... For Masters exception see Rule 332.2(i).

Rationale: WMA compliance.

Division	Distance	Hurdles	Height	To First	Interval	to Finish
WOMEN'S INDOOR						
25-39	60m	5	0.840m	13.00m	8.50m	13.00m
40-49	60m	5	0.762m	12.00m	8.00m	16.00m
50-59	60m	5	0.762m	12.00m	7.00m	20.00m
60-69	60m	5	0.686m	12.00m	7.00m	20.00m
70 +	60m	5	0.686m	11.00m	6.00m	25.00m
MEN'S INDOOR						
25-49	60m	5	0.991m	13.72m	9.14m	9.72m
50-59	60m	5	0.914m	13.00m	8.50m	13.00m
60-69	60m	5	0.840m	12.00m	8.00m	16.00m
70-79	60m	5	0.762m	12.00m	7.00m	20.00m
80 +	60m	5	0.686m	11.00m	6.00m	25.00m

Item 77 Rule 343.3 e,f,g

- (e) The total number of athletes remaining in the competition for rule 180.12(e) shall be determined by the total number of athletes remaining in the flight, not the total number of competitors remaining in an individual age/sex division.
- (f) Rule 181.7(a) and Rule 181.7(b) shall apply for all athletes in a flight, as a whole, regardless of the flight's age/sex division composition.
- (g) Rule 181.7(c) shall only apply to an athlete who has won their respective age/sex division in a flight and is attempting a U.S National or WMA Record. In such a case, the time allowed for the trial shall be that allowed as if only one athlete remains in the competition and the attempted record height shall be inserted into the predetermined height progression, if necessary, for that athlete only.

To propose a change to a rule or introduce a new rule needs to be submitted by August 15 of the submitting year.

- Approval of the submission: All proposed amendments must first be recommended for approval by someone other than the submitter and shall be one of the following: a USATF Board Member; the chair of any sport, development, or operating committee; any member of the Rules Committee (for Rules of Competition); the president of any USATF Association; or any officer or the executive director of a national member organization authorized by Article 5- C. The approval must be in writing, dated, and placed on the proposal when submitted.
- Action requested/Proposed amendment: Each submission shall include the proposed amendment in a form showing the entire section, subsection, or paragraph as it will read if adopted, with all proposed additional language underlined or shaded, and all proposed deleted language containing a line striking through the deleted language.
- Rationale: Each submission shall also contain a section titled “Rationale” in which the submitter shall explain the proposed improvement or identify the problem the proposed amendment would correct, why the problem exists, and how the proposed amendment will correct the problem identified. The submitter shall also provide an analysis of whether the proposed amendment will conflict with any other provisions of the USATF Bylaws or Regulations. Here is an example of a rule change proposal.

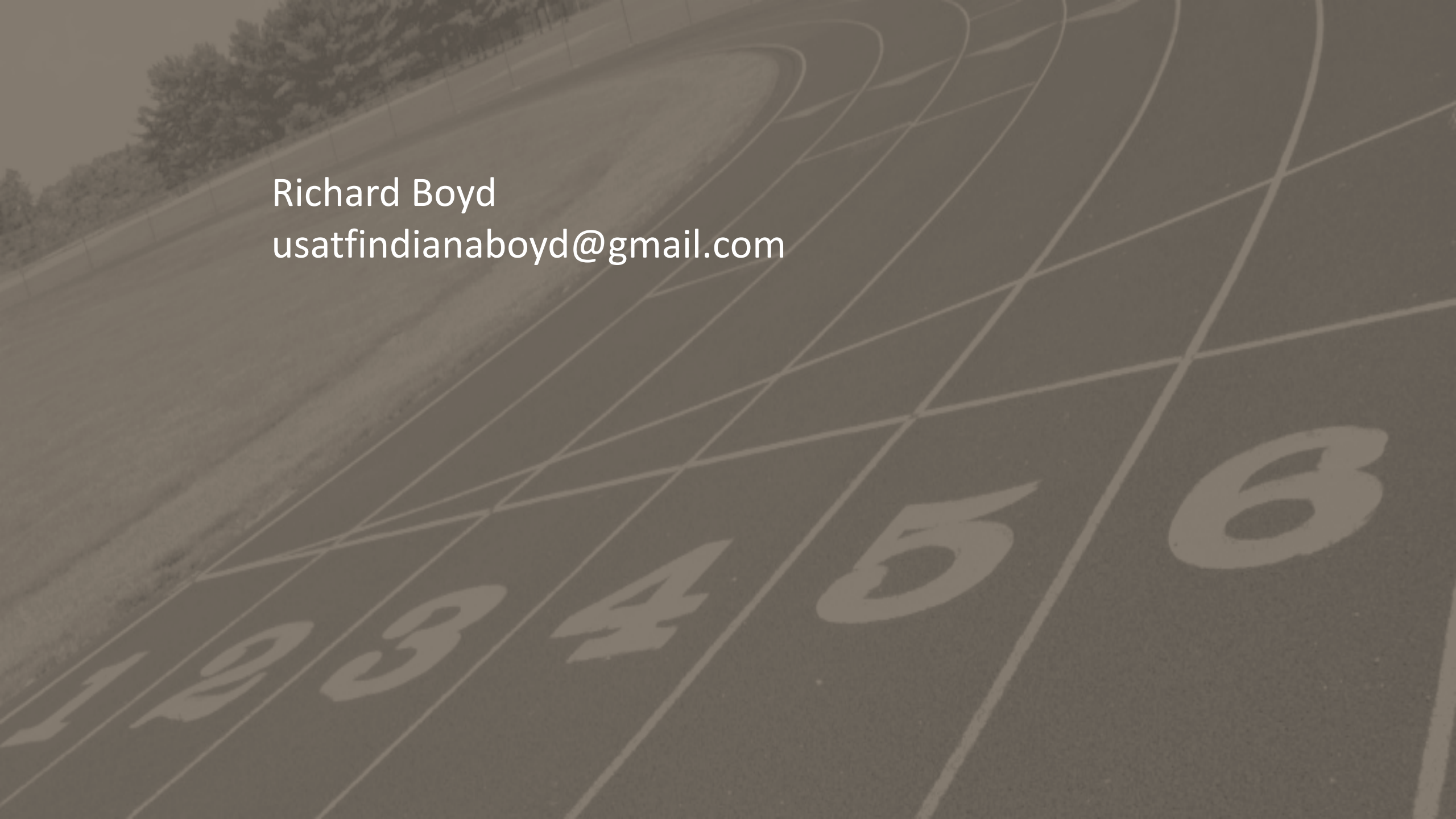
The key parts are:

1. Approved for submission by a committee member
2. Which rule is being amended.
3. Added text is underlined.
4. Deleted text is struck through.
5. Rationale: Some commentary to justify the change.

Item xx – Submitted by John Blackburn for Joe Starter; Amend Rule 162.17(b) as follows:

in their judgment, fails to comply with the provisions of the command “on your marks” or “set” as appropriate, does not attain a full and final starting position (after a reasonable time) at once and without delay, or requires a warning on any provision of Rule 162; or

Rationale: This rule needs to be consistent with 162.9. The choice is to either change 162.9 to say “all competitors shall after a reasonable time assume their full and final starting position,” or change this rule to say “at once and without delay” ... the proposed option being preferred as it sounds more pressing



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