

AMATEUR ATHLETIC UNION



2004 AAU ATHLETICS HANDBOOK

Cross Country – Multi-Event – Track & Field

2004 AAU Athletics Handbook

I. General Rules	pg 5
II. Track & Field Regulations and Programs	pg 13
III. Field Events	pg 22
IV. Indoor Track & Field Championships	pg 23
V. Multi-Events	pg 26
VI. Cross Country	pg 29
VII. AAU National Club Championships	pg 35
Appendix I-XIV	pg 36

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SOUTHEASTERN CONFERENCE
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III.B Ed Jinks
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V. National Chair
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PART I - GENERAL RULES

I. PURPOSE

The AAU Athletics program is designed to provide for and encourage mass participation in the various disciplines, which include Cross Country, Multi-Events (combined events), and Track and Field. The AAU has taken the first steps to enlarge the Athletics Program by going to individual age divisions, addition of events, increasing the number of National qualifiers. We hope that this will stimulate and broaden the interest of the young athletes to participate. The AAU has established a series of local preliminary or developmental meets and athletes now progress from Association Meets to a Regional Meet on to the AAU Junior Olympic Games.

RULES: The rules of competition shall be those of USA Track and Field. Only those rules contained in this handbook shall supersede the general rules of the National Governing Body.

WHERE TO ORDER USTAF COMPETITION RULEBOOKS:

MAIL WITH REMITTANCE OR CREDIT TO:

USTAF Order Department
One RCA Dome, Suite 140
Indianapolis, IN 46225-1023

II. AGE DIVISIONS

The Athletics Program is comprised of eight divisions (ten divisions in 2005). The athletes year of birth shall determine the age division that he/she will compete in.

RELAYS: Relays are conducted in the Bantam, Midget, Youth, Intermediate, and Young Men/Women divisions only.

The Primary Division and the Sub-Bantam Divisions may run in the Bantam Division. The Sub-Midget Division may run in the Midget Divisions.

<u>Division</u>	<u>2004</u>	<u>2005</u>
Primary	1996 & after	1997 & after
Sub Bantam	1995	1996
Bantam	1994	1995
Sub Midget	1993	1994
Midget	1992	1993
Sub Youth		1992
Youth	1990-1991	1991
Intermediate	1988-1989	1989-1990
*Young Men/Women	1986-1987	1987-1988

*Athletes who are eighteen (18) year of age through the final day of the National Track & Field Championships shall be eligible to compete in the Young Men's and Young Women's division through that Track & Field meet. Anyone who reaches their nineteenth birthday on or before the last day of the National Championship Meet (AAU Junior Olympic Games), are not eligible to compete in any qualifying meets.

Athletes who fail to finish their race within the scheduled time limit are subject to be withdrawn from their race.

III. AUTHORIZED EVENTS

The following events are authorized for competition and **MUST BE CONDUCTED AT ASSOCIATION, REGIONAL, AND NATIONAL CHAMPIONSHIP MEETS**. Events are for boys and girls unless otherwise noted.

AUTHORIZED EVENTS

AAU ATHLETICS

(Events are for Boys' & Girls' unless noted otherwise)

PRIMARY DIVISION

Track & Field

100 Meter Dash	Long Jump
200 Meter Dash	Shot Put (6 lbs)
400 Meter Dash	
800 Meter Dash	

SUB BANTAM & BANTAM DIVISIONS

Track & Field

100 M Dash	1500 M Racewalk
200 M Dash	Long Jump
400 M Dash	High Jump
800 M Run	Shot Put (6 lbs.)
1500 Meters	

Multi Events (1st DAY)

Triathlon
High Jump
Shot Put (6 lbs.)
200 M Dash (G)
400 M Dash (B)

X-Country

3 Kilometers

SUB MIDGET & MIDGET DIVISIONS

Track & Field

100 M Dash	Long Jump
200 M Dash	High Jump
400 M Dash	Discus (1.0kg)
800 M Run	Shot Put (6 lbs)
1500 M Run	
3000 M Run	
1500 M Racewalk	
80 M Hurdles (8-30")	

Multi Events (2ND DAY)

Pentathlon
80 M Hurdles (8-30") (G-B)

High Jump
Shot Put (6 lbs.)
Long Jump
800 M Run (G)
1500 M Run (B)

X-Country

3 Kilometers

YOUTH DIVISION

Track & Field

100 M Dash	Long Jump
200 M Dash	Triple Jump
400 M Dash	High Jump
800 M Run	Pole Vault
1500 M Run	Shot Put (4 kg)-B
3000 M Run	Shot Put (6 lbs.)-G
3000 M Racewalk	Discus (1.0 kg)
Javelin (600 grams)	
100 M Hurdles (10-33"-B)	
100 M Hurdles (10-30"-G)	
200 M Hurdles (5-30")	

Multi Events (2nd DAY)

Pentathlon
100 Meter Hurdles
Long Jump
Shot Put (4 kg.)-B
Shot Put (6 lbs.)-G
High Jump
800 Meter Run (G)
1500 Meter Run (B)

X-Country

4 Kilometers

INTERMEDIATE & YOUNG MEN/WOMEN DIVISIONS

Track & Field

Multi Events

X-Country

100 M Dash Long Jump
 200 M Dash Triple Jump
 400 M Dash High Jump
 800 M Run Pole Vault
 1500 M Run Shot Put (12 lbs-B)
 3000 M Run Shot Put (4 kg -G)
 3000 M Racewalk Discus (1.6 kg-B)
 110 M Hurdles Discus (1.0 kg-G)
 (10-39"-B) Javelin (800 gr-B)
 100 M Hurdles Javelin (600 gr-G)
 (10-33"-G)
 400 M Hurdles
 (10-36"-B)
 400 M Hurdles
 (10-30"-G)
 2000 M Steeplechase
 (IB, IG,YW,YM)
 (18 hurdle jumps - 5 water jumps)
 (G-2'6", B-3')

Decathlon (Boys) 5 Kilometers

1st Day

100 Meter Dash
 Long Jump
 Shot Put (12 lbs.)
 High Jump
 400 M Dash

Second Day

110 M High Hurdles(10-39")
 Discus Throw (1.6kg - 3lbs. 9 oz.)
 Pole Vault
 Javelin Throw (800 grams)
 1500 M Run

Heptathlon (Girls)

First Day

100 M Hurdles (10-33")
 High Jump
 Shot Put (4 kg. - 8 lbs. 13 oz.)
 200 M Dash

Second Day

Long Jump
 Javelin (600 grams)
 800 M Run

OPTIONAL EVENTS

Turbo Javelin (500 gm.) is optional in all competitions, in the Primary through Midget Divisions, but will not be conducted at AAU National Championships.

AUTHORIZED RELAY EVENTS

Track & Field

Bantam: 4x100-4X400 Meter Relays
Midget: 4x100 - 4x400 - 4x800 Meter Relays
Youth: 4x100 - 4x400 - 4x800 Meter Relays
Intermediate: 4x100 - 4x400 - 4x800 Meter Relays-
(Sprint Medley - 200, 200, 400, 800 Club Championship Only)
Young Men/Women: 4x100 - 4x400 - 4x800 Meter Relays
(Sprint Medley - 200, 200, 400, 800 Club Championship Only)

IV. PROOF OF AGE

Proof of age is required when purchasing AAU membership at the Association, Regional, and National levels of competition and whenever challenged. The acceptable documents are:

Original Birth Certificate.

A notarized copy of his/her birth record from the appropriate State, Country, or Municipal Bureau of Vital Statistics on the place of birth.

The delayed registration of birth, if the athlete's birth was not recorded on his/her day of birth issued by the same governmental bodies.

A Consular Service Form FS 240, "Report on Birth" issued by the US Department of State.

An unexpired passport.

An immigration and naturalization form 1-151 and 1-25 and Form No. 43R3117 issued by the US Department of Justice.

A US Government Identification Card.

An Indian Tribal Enrollment Certificate from the Bureau of Indian Affairs.

LETTERS FROM PUBLIC OR PRIVATE SCHOOLS, AND CITY/STATE PARKS & RECREATION DEPARTMENTS ARE NOT ACCEPTABLE

V. PARTICIPATION

An individual athlete may elect to participate in his Association of bona fide residence or an Association which geographically adjoins that Association.

No athlete may participate in more than one qualifying meet, (association or regional championship meet) to advance to the National Championship in Cross Country, Multi-Events, or Track and Field. Once qualified athletes may not compete in another qualifying event. (This does not apply to the AAU National Club Championship)

This means:

1. An athlete must register in the Association where s/he resides. The definition of bona fide residence is the AAU Association of Permanent Residency shall be the address of residency on file with the athletes local school district 30 days prior to the Association Championship meet.
2. An individual athlete has the choice to participate in his/her AAU Association of residence or in an AAU Association that adjoins his/her Association. Permission from the Registration Chair, Sports Chair, etc., is not required to play in an adjoining Association.
3. Athletes must compete in their own age division. No one may compete in a younger or older age division in individual events, except as noted for relays in paragraph II.
4. Foreign athletes, provided they are AAU registered members, may participate in AAU sanctioned practice or developmental meets. Foreign athletes MAY NOT participate in Association, Regional, or National Championship meets.
5. In track and field, a competitor in the Primary, Bantam, or Midget divisions may enter a maximum of three events. Competitors in the Youth, Intermediate, or Young Men's/Young Women's divisions may enter a maximum of four events. These limitations include relays, but not combined events or road races. Entry in a relay, either as a primary or an alternate member, will be considered an entry for the purpose of this rule.

VI. PROGRAM VIOLATIONS

Disciplinary action may be considered by the Associations or by the National AAU Youth Athletics Committee for any violations bringing discredit upon the AAU, such as passing "bad" checks, participation of athletes in an improper age division, or any deliberate violation of any part of this manual, AAU Code or the competition rules of the NGB. Board of Review action may be taken against athletes, coaches, parents and/or clubs.

A. INFRACTIONS COMMITTEE (See Appendix VI)

VII. PROTESTS

Protests concerning the status or eligibility of any competitor must be made to the Games Committee prior to the commencement of the meet, or to the Referee during the meet. Protests relating to matters which develop during the conduct of the meet must be made to the Referee and be filed at once, but in any case not more than 30 minutes after the result has been announced. Written protests may be made to the Referee at Association level with a \$50.00 cash deposit. At the Regional level, protests MUST be made in writing with a \$75.00 cash deposit. At the National level, protests MUST be filed on official protest forms and accompanied by a cash deposit of \$150.00. The National Meet Director will cause the results of each event to be marked with the correct time and date. The Referee shall consider any and all available evidence, except photographic evidence other than official films or official videotapes. When the Referee renders his decision, there is still the right of appeal to the Jury of Appeals, whose decision is final. If the protest is denied, the cash deposit will be forfeited. **PROTESTS CONCERNING JUDGMENT CALLS WILL NOT BE ACCEPTED.**

VIII. NATIONAL RECORDS

New National Records can only be established at AAU National Meets.

IX. UNIFORMS

There is no specific uniform required except as follows:

- A. All athletes must wear clothing that is clean and, in the opinion of the Referee, in good taste. Jerseys (tops) must be worn by all competitors. Uniforms will be checked by the clerk of the course at the check-in table.
- B. Shoes or foot covering must be worn by all competitors.
- C. All members of relay teams must wear team jerseys (tops) of the same color as well as shorts of the same color.
- D. Removing any part of the team uniform, excluding shoes, while in the area of competition, as defined by the games committee, shall lead to a warning and if repeated, to disqualification from the event. If the incident recurs, the athlete will be disqualified from further competition in the meet.

X. FALSE STARTS:

The one false start rule is permitted for each competitor in Track and Field and Cross Country; in the multi-events events (heptathlon, decathlon, etc.), competitors will be disqualified upon their third false start. **Starting blocks are optional in the AAU program.**

XI. JURISDICTION:

The AAU Athletics Program is under the sole jurisdiction of the Amateur Athletic Union of the USA, Inc. The National Championships in Track and Field, Cross Country and Multi-Events shall be under the direction of the AAU Athletics Committee through its National Chairperson.

XII. ATHLETICS EXECUTIVE BOARD

This committee is responsible for the day-to-day operation of the Athletics Committee with full authority to conduct business in accordance with all AAU rules and regulations. The committee is composed of the National Chairman, Vice-Chairmen, Secretary, Cross Country Chairman, Multi-Events Chairman, Indoor Chairman, Members at Large, Athletic Conference Commissioners, the Technical Advisor, Awards Chairperson and Staff Representative.

XIII. AWARDS AAU ATHLETICS AWARDS REQUEST PROCEDURE

AAU will supply awards at a small charge, for all sanctioned AAU Athletics qualifying competitions. To receive awards, the following must be submitted to the AAU National Headquarters at least 60 days prior to your meet:

1. Meet Information Flyer. (This flyer must include the list of events acknowledged, age groups acknowledged, location of competition shown, and date and time of competition shown.)
2. Copy of Official AAU Sanction (signed by appropriate Association Officer).
3. Awards Request Application.
4. Check, money order, Visa, or Master Card.

XIV. NATIONAL CHAMPIONSHIPS

OFFICIALS

- A. The National Chair will appoint officials to serve on the Jury of Appeals, and the Protest Board.
- B. The contracted meet director will select two referees and all other officials for the AAU Junior Olympic Games.

C. All national meets shall be under the direction of the AAU Athletics Committee through its Chairperson and/or appointed representative.

D. In track and field, national championships shall be contested on a 400-meter track with no fewer than eight lanes. The track must be an all-weather covered and lighted track in championship condition, and be able to furnish all extra pits and throwing areas required by the National Committee for a championship meet.

E. A finish recording system, as described in USATF competition rules, producing a photograph or film depicting place and time, shall be used for all events contested on the track. This system shall be activated by the starter's pistol.

F. Approved measuring equipment shall be used to verify the legality of throwing implements to be used in the competition, as well as in all jumping events.

G. Throwing implements, starting blocks, and relay batons must be furnished by the national meet host; this does not preclude the use of the athlete's own implement if they meet with the required weight and measurements. When accepted, they become the property of the meet until that event has been completed.

XV. ALL-AMERICA RECOGNITION PROGRAM

"All-America."

In Cross Country, the top individual, and first place team, in each age division at the National meet will be honored as an "All America." At the AAU Junior Olympic Games in Multi-Events, as well as Track and Field, the first place finisher and the first place relay team shall be designated as an "All America."

XVI. INSPECTION OF FACILITIES AND TRACK EQUIPMENT

Prior to competition at all AAU Athletics sites, an inspection of the facility will be accomplished by area coordinator for regional meets, and the National Chair, Vice Chairs, and Technical Advisor for National Meets. The parties involved must ensure that the facility meets or exceeds all rules, regulations, and guidelines of the AAU and the NGB. Protection of all athletes and officials must be foremost in the planning and execution of the competition.

XVII. TRANSFERS: (within an association)

Transfer rule between clubs/organizations. In order to transfer representation from one club/organization to another, an athlete must serve sixty (60) days in "unattached" status from the date of the last competition in which the athlete represented a club/organization, regardless of residency.

XVIII. MUTLI EVENTS

Multi Events are not authorized for the Primary Age Divisions at any AAU level of competition.

XIX. ENTRY FEES:

Meet directors at the local, Association, and Regional level are required to establish an entry fee structure not to exceed the following schedule listed below. This entry fee structure shall include Multi-Events as well as Track and Field and will be strictly adhered to without exception at all sanctioned meets with the exception of the national meets.

Preliminary Practice:

Maximum \$10.00 per athlete. No extra charge for additional events or relays.

Association:

Maximum of \$15.00 per athlete. No extra charge for additional events or relays. Late entry fee shall not exceed \$2.00 per athlete, plus the regular entry fee.

Regional:

Maximum of \$17.00 per athlete. No extra charge for additional events or relays. Late entry fee shall not exceed \$2.00 per athlete, plus the regular entry fee.

National:

To be established year to year by the National Athletics Committee.

XX. MEMBERSHIP

a. "Membership" is an agreement to participate under the rules, regulations, Code, policies and procedures of the AAU. Membership entitles participation; it does not create agency, nor authorize member(s) to be spokesperson(s) on behalf of the AAU.

b. "Club" is a membership class within the AAU. A club means any organization or group of permanent character that actively promotes and/or participates in amateur sports or games. The AAU does not organize or provide financial support to its member clubs.

c. By applying for membership, applicant consents to being included in any random background check(s), if any, conducted by the AAU.

d. General. Membership is required of all persons who participate in the AAU in the following capacities. All such persons shall be current members of the AAU and shall have paid dues for the current year. Membership annually will cover the period of **September 1 through August 31**.

Athletes

Coaches

Association Officers

Association Sport and Administrative Chairs and Committee Members

Members of the Association Board of Managers

National Sport and Administrative Chairs and Committee Members

Members of the National Board of Directors

National Convention Delegates

National Officers

XXI. ASSISTANCE TO ATHLETES

1. Except as provided in road races and in long distance walking events 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.

2.a. Verbal communication, from an individual who is not in the competition area to an athlete who is in the competition area, shall not be considered assistance.

b. The use of video cassette recorders or players, CD or CD-Rom devices, radio transmitters or receivers, mobile phones, computers or any other similar devices in the competition area shall not be permitted.

c. 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.

d. 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.

e. Any athlete receiving assistance during a field event other than as specified 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.

XXII. ATHLETICS CONFERENCE COMMISSIONERS

The Athletic Conferences have divided the AAU Associations and Regions into four different conferences, with one appointed commissioner for each conference. This will provide our regional coordinators as well as our association chairs more and closer supervision (see the attached map.) The Conference Commissioners will be appointed by the National Chairman.

XXII. Regional Coordinators

See Appendix XIV

XXIII. EXECUTIVE COUNCIL

This Committee is comprised of the members of the Executive Board and not more than ten (10) members at large, appointed by the National Athletics Chairman. Duties of this Committee is to implement all actions taken by the Executive Board. This Committee also is the approving authority for all actions taken by the Committee including the recommended action by the Infraction Committee.

XXIV. REGIONAL LEVELS OF COMPETITION

In order to advance to the AAU Junior Olympic Games, athletes must qualify at the Association level to the Regional level, qualify there and advance to the AAU Junior Olympic Games. No waivers are authorized. (See Appendix V)

PART II TRACK & FIELD REGULATIONS AND PROGRAM

I. OFFICIALS.

The Youth Athletics Chairman shall select for hire the National Meet Coordinator. If there is more than one applicant, the National Youth Athletics Executive Committee will make the final selection. The chair will also appoint the referee, the jury of appeals, and have final approval of all other certified (USATF) officials selected to officiate.

II. EVENT LIMITATIONS.

Primary, Sub-Bantam, Bantam, Sub-Midget, and Midget Divisions are limited to three (3) events only, including relays. Youth, Intermediate and Young Men/Women Divisions may enter in four (4) events only, including relays. Entry in a relay, either as a principal runner or an alternate member, will be considered an entry for the purpose of this rule. **Those athletes who qualify in certain events for the National meets, are eligible to compete only in those events.**

III. AGE DIVISIONS.

The program is divided into eight (8) age divisions for boys and eight (8) divisions for girls. The athlete's year of birth shall determine the division in which the athlete shall compete.

<u>Division</u>	<u>2004</u>	<u>2005</u>
Primary	1996 & after	1997 & after
Sub Bantam	1995	1996
Bantam	1994	1995
Sub Midget	1993	1994
Midget	1992	1993
Sub Youth		1992
Youth	1990-1991	1991
Intermediate	1988-1989	1989-1990
*Young Men/Women	1986-1987	1987-1988

*Athletes who are still eighteen (18) years of age through the final day of the National Track & Field Meet shall be eligible to compete in the Young Men's and Young Women's division.

IV. ADVANCEMENT.

NOTE: Events offered at the National Championship MUST be conducted at Association and Regional meets in order to advance in further competition.

1. GENERAL.

A. AAU Junior Olympic Games: A maximum of four (4) finishers in each event and each age division qualify from the Association Championship to the Regional Championship. The top four (4) finishers in each event and each age division qualify from the Regional Championships to the AAU Junior Olympic Games. In the event that any qualifier chooses not to enter the National Championship meet, no one else will be permitted to advance, after the results have been sent to the National Meet Director..

B. HOST ASSOCIATION. The Association that is the host to the National AAU Junior Olympic Games Championship is allowed to enter six (6) athletes directly from that Association, providing that they meet all AAU requirements.

C. Athletes must compete in their own age divisions. No athlete may compete in a younger or older age division in individual events, with the following exceptions. Relays are authorized only in the Bantam, Midget, Youth, Intermediate, Young Men, and Young Women's divisions. Primary and Sub-Bantam athletes may move up in the Bantam relay division. Sub-Midget athletes may run up in the Midget relay division. Youth, Intermediate, Young Men/Young Women may not move up or down in relays or in any individual events. Any violation of the above rules will result in immediate disqualification from the meet being conducted at that time.

D. AAU National Club Championships:

Participation in the Association Championship is recommended, but not mandatory. This event is open to any athlete or club provided that they have become registered members of the AAU for the current year.

2. RELAY TEAM.

Qualification of a relay team at the Association meet entitles the club represented by that team to enter a relay team in the same event at the next level of competition. The makeup of the team need not be the same throughout the various levels until you get to the National Meet. Refer to the National Meet entry form for the specific relay rules. However, the relay team member must be from the same club and of the same age division and gender. Athletes cannot represent their club, as a member or as an alternate member on more than one relay team for the same relay event. (Example: An athlete cannot be an alternate on an "A" and "B" team.

3. NO WAIVERS.

Athletes may not be advanced in any level of competition without having successfully qualified through the required levels of the qualification rounds. **NO WAIVERS WILL BE GRANTED.** (See Appendix V). Required levels are the Association to the Regionals to Nationals.

V. RUNNING EVENTS

A. EVENT SPECIFICATIONS:

Running events in AAU Track and Field Championships, where feasible, in non-championship meets, will conform to these specifications:

1. The 800 meters, and 4x800 meter relay shall be run with a one turn stagger. The maximum per heat shall be twelve (12). When the number of competitors exceeds the numbered lanes, the excess competitors shall share the even-numbered lanes starting from lane 8 working into lane 2. Eight (8) competitors (9 on a 9 lane track) shall advance to the finals of the 800 meters. In those events where a one-turn stagger is used (800m and 4x800m relay) and the number of competitors barely exceeds the number of lanes, the referee may assign a maximum of two additional competitors. The doubling of lanes shall be restricted to the outer lane and third outer lane only, starting at the outer lane. Alleys may be used to help facilitate the meet.

2. Events up to and including 400m shall be run entirely in lanes.

3. The 4x400m relay shall be run with a 3-turn stagger. The first leg shall be run in lanes; the runner of the second leg shall be free to take over any position on the track at the entrance to the following straight-away, which shall be appropriately marked.

4. The 800m run and 4x800m relay shall be run with a one-turn stagger, and run in lanes up to the entrance to the following straight-away at the break point, they may be run as timed finals.

5. 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.
 - A. Unless otherwise provided within the Rule, no fewer than three (3) athletes from any one heat shall advance to the next round of competition.
 - B. In events of 1500 meters or longer, the Games committee shall determine 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 time.
 - ii. If more than 16 report for the 1500 Meter run, more than 18 report for the 3000 Meter run or the 2000 Meter Steeplechase, 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 run
6. For events of 800 meters or longer, timed finals may be run. In one day meets at the Regional and Association levels and below, all events of 200 meters or longer may be run as timed finals.
7. In events where timed finals are run, sections shall be seeded by using the performance list to place the faster runners in the same section with the slower section being run first followed by the faster section.
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, this is called a "waterfall start". Running "alleys" may be used.
9. **FALSE STARTS.** The one false start rule is in effect. An athlete becomes disqualified upon his/her second false start. False starts are charged to individuals, not the field. Starting blocks are optional in the AAU program.
10. **RUNNING LANES.** When a race is run in lanes, competitors are expected to run the entire race in their assigned lands. Competitors who inadvertently run out of their lanes on the straightaway, or in the lane outside on a curve, are not in violation provided they do not interfere with or impede another runner, or gain a material advantage. On the straightaway, a runner cannot gain an advantage but must finish in the assigned lane or face disqualification.

B. FORMATION OF HEATS AND LANE ASSIGNMENTS.

1. Declared contestants for each event shall be listed on the performance list, with the fastest times first. Contestants without valid seeding times should be listed in random order at the end of the list.
2. The declared contestants will be assigned to preliminary heats in the order in which their names are listed on the performance list, working alternately from left to right and right to left. The only exception to the above is when this procedure would cause unequal distribution of members from the same club. In this event, the slower athletes should be moved to another heat, interchanged with a competitor with the nearest comparable time as listed in that heat.
3. Lanes shall be drawn by lot. For all rounds, in events not run in lanes, position at the starting line will also be drawn by lot.
4. If all heats do not have an equal number of competitors, draw by lot to an assigned heat.
5. For subsequent rounds, use the appropriate chart on the following page to determine the number of heats required and method of selecting athletes.

WHERE HANDTIMING IS USED FOR EIGHT LANES

<u>Entries #</u>	<u>Trial Heats #</u>	<u>Qualifying #</u>	<u>Semi-Finals Heats #</u>	<u>Qualifying #</u>	<u>Final #</u>
1 to 8	0	-	0	-	8
9	0	0	2	3+ next 2 best times	8
10 to 16	0	0	2	4	8
17 to 24	3	5	2	4	8
25 to 32	4	4	2	4	8
33 to 40	5	3	2	4	8

41 or more requires quarterfinals following above pattern.

HANDTIMING FOR NINE LANES

<u>Entries #</u>	<u>Trial Heats #</u>	<u>Qualifying #</u>	<u>Semi-Finals Heats #</u>	<u>Qualifying #</u>	<u>Final #</u>
1 to 9	0	-	0	-	9
10 to 18	0	0	2	4	8
19 to 27	0	0	3	3	9
28 to 36	4	4	2	4	8
37 to 45	5	3	2	4	8
46 to 54	6	3	2	4	8

55 or more requires quarterfinals following above pattern.

**WHERE FULLY AUTOMATIC TIMING (FAT) IS USED
FOR EIGHT LANES FAT ONLY
FORMATION OF HEATS AND LANE ASSIGNMENT**

<u>Entries #</u>	<u>Trial Heats #</u>	<u>Qualifying #</u>	<u>Semi-Finals Heats #</u>	<u>Qualifying #</u>	<u>Final #</u>
1 to 8	0	-	0	-	1 to 8
9-16	0	-	2	3 + next 2 best	8
17-24	0	-	3	2 + next 2 best	8
25-32	4	5 + next 4 best	3	2 + next 2 best	8
33-40	5	4 + next 4 best	3	2 + next 2 best	8
41-48	6	3 + next 6 best	3	2 + next 2 best	8
49-56	7	3 + next 3 best	3	2 + next 2 best	8
57-64	8	2 + next 8 best	3	2 + next 2 best	8
65-72	9	2 + next 6 best	3	2 + next 2 best	8
73-80	10	2 + next 2 best	3	2 + next 4 best	8
81-88	11	2 + next 2 best	3	2 + next 2 best	8

6. To form subsequent heats:

- a. Weight place first.
- b. Weight time second.
- c. Seed each group of place winners as a unit by their times. Seed winners, then seed second places, etc. Work left to right, then right to left.
- d. If members from same club are not equally distributed, to adjust see Running Events Part II Formation or Heats & Lane Assignments.
- e. If all heats do not have an equal number of competitors, draw by lot to an assigned heat.
- f. Heat order is drawn by lot.
- g. For assigning lanes, two draws are made:
 1. Draw for lanes 3, 4, 5, 6 for qualifiers with four best times.
 2. Draw for remaining lanes for remainder of qualifiers.

7. Where other than eight or nine lanes exist, modify procedures as appropriate.

8. **TIES:** In all running events, and in all field events, ties for the last qualifying place for advancement from Association to Regional or Regional to National Championships must be resolved, at that level, in the same manner as ties for first place by competition only (do not flip coins). Refer to USATF Rule 74, Ties.

Indoor Meet Hurdles Races

Events	Age Div	# of Hurdles	Hurdle Height	To First Hurdle	Between Hurdles	Last Hurdle to Finish
55 M	Midget (g & b)	5	30"	12m	7.5m	13m
	Youth Girls	5	30"	13m	8.5m	8m
	Youth Boys	5	33"	13m	8.5m	8m
	Inter. Girls	5	33"	13m	8.5m	8m
	Young Women	5	33"	13m	8.5m	8m
	Inter. Boys	5	39"	13.72m	9.14m	4.72m
	Youth Boys	5	33"	13.72m	9.14m	4.72m

Outdoor Meet Hurdles Races

Events	Age Div	# of Hurdles	Hurdle Height	To First Hurdle	Between Hurdles	Last Hurdle to Finish
80 M	Sub Midget (g & b)	8	0.762m	12	7.5	15.5
	Midget (g & b)	8	30"			
100 M	Youth Girls	10	30"	13m	8.5m	10.5m
	Youth Boys	10	33"	13m	8.5m	10.5m
	Inter. Girls	10	33"	13m	8.5m	10.5m
	Young Women	10	33"	13m	8.5m	10.5m
110 M	Inter. Boys	10	1.067m	13.72m	9.14m	14.02m
	Young Men	10	39"			
200 M	Youth (g & b)	5	0.762m	20m	35m	40m
		5	30"			
400 M	Inter. Girls	10	0.762m	45m	35m	40m
	Young Women	10	30"			
400 M	Inter. Boys	10	0.840m	45m	35m	40m
	Young Men	10	36"			

Outdoor & Indoor Throwing Implements

Age Division	Shot Put	Discus	Javelin
Primary (b & g)	6 lbs	-	-
Sub Bantam (b & g)	6 lbs	-	-
Bantam (b & g)	6 lbs	-	-
Sub Midget (b & g)	6 lbs	1.0 kg (2lbs 3 1/4 oz)	-
Midget (b & g)	6 lbs	1.0 kg (2lbs 3 1/4 oz)	-
Youth (g)	6 lbs	1.0 kg (2lbs 3 1/4 oz)	600 gms (8lbs 13oz)
Youth (b)	4 kg	1.0 kg (2lbs 3 1/4 oz)	600 gms
Intermediate (b)	12 lbs	1.6 kg (3lbs 9oz)	800 gms
Intermediate (g)	4 kg	1.0 kg (2lbs 3 1/4 oz)	600 gms
Young Women	4 kg	1.0 kg (2lbs 3 1/4 oz)	600 gms
Young Men	12 lbs	1.6 kg (3lbs 9oz)	800 gms

Indoor Track & Field Championship Events

Authorized Events

55m dash
 55m hurdles
 200m dash*
 400m dash*
 800m run*
 1500m run
 3000m run
 1500m Racewalk

Pentathlon

(all age divisions but Bantam)
 55m hurdles
 Long Jump
 Shot Put
 High Jump
 800/1000m run

Triathlon

(Bantam)
 High Jump
 Shot Put
 200m dash

*If the indoor track being used is more readily adaptable in comparable distances, those distances may be used.

VI. RELAY RACES General Rules:

1. Participation of relay teams shall be limited to those clubs which hold current valid membership in the AAU prior to the Association Championship. Relay team members must be members of the club they represent and of the same age division and gender.

2. Relay teams shall consist of four (4) members plus up to four (4) alternate members, for a maximum eight (8) total from the same club, to be declared at the time of entry into each meet. Once the entry has been forwarded to the National Director, no changes may be made for those names submitted.

3. Clubs must qualify teams in the Association and Regional meets in order to qualify for the National Championships.

4. All participating team members must wear jerseys (tops) of the same color. At the National Championship, all participants shall wear the same color shorts as well.

5. After a relay team has started in a competition, only FOUR alternate 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 from the same club, declared for that relay event. The composition of the team and the order of running must be declared before the start of each round of the competition. Once an athlete, who has started in a previous round, has been replaced by a substitute, that athlete may not return to the team in that meet.

6. **BATON PASS.** The baton must be passed within the take-over zone. The passing of the baton is complete at the moment that it is in the hand of the receiving runner only. Within the take-over zone, it is only the position of the baton which is decisive, and not the position or location of the body limbs of the competitors. **Throwing the baton following the finish of any relay may cause the relay team to be disqualified from the event.**

7. Qualification of a relay team at the Association meet entitles the club represented by that team to enter a relay team in the same event at the next level of competition. The makeup of the team need not be the same throughout the various levels until you get to the National Meet. Refer to the National Meet entry form for the specific relay rules. However, the relay team member must be from the same club and of the same age division and gender. Athletes cannot represent their club, as a member or as an alternate member on more than one relay team for the same relay event. (Example: An athlete cannot be an alternate on an "A" and "B" team.

The starting lines and take-over zones shall be staggered by measurements to compensate for varying distances of lanes run around curves. (All relay races shall be run as competitive events, in heats at all levels of competition except the National Championship meet.) The 3200 meter relay at the National Championship may be run in sections or a timed basis.

VII. STEEPLECHASE

The steeplechase shall be 2000 meters with 18 hurdle jumps and 5 water jumps each with an approximate interval of 78 meters. Each full lap (apx. 390 meters with water jump inside track) shall have Hurdle #1, #2, #3, water jump and Hurdle #4. The first lap shall consist of Hurdle #3, water jump and Hurdle #4 with Hurdle #1 and #2 being placed on the track after the runners have passed these locations on the first lap. A safe distance of approximately 68 meters should exist from the final hurdle to the finish line. On tracks where the water jump exists to the outer side of the track, equal adjustment of hurdle intervals shall be allowed and alteration of the start and/or finish line is permitted so long as the proper total distance and number of required jumps are accomplished.

Note: For meets where facilities do not exist for a water jump and/or steeplechase hurdles, I suggest the use of 33" hurdles in place of barriers with one hurdle set having perhaps a layer of 2" of sand in the grass to the inside or outside of the track for the effect of simulating the difficulty of the water jump. Sand should be placed 12 feet out from the hurdles. In such cases, place three hurdles across to get the required width of the typical barrier.

The event is for the Intermediate Boys and Young Men divisions only.

VIII. RACE WALKING

A. Correct Race Walking Technique

The key to fast and legal race walking is correct hip and knee action. The hips must perform a rolling and turning motion. This unique hip movement allows your legs to walk their fastest and also gives you good stride length. Study the drawings to see how the hips roll and turn back and forth with each step.

CORRECT TECHNIQUE



The leg must be straight and stay straight when the advancing foot touches the ground. There should be a pulling of the ground back and underneath you with your hip and hamstring muscles. Once your leg is directly underneath or just behind you, it will naturally start to bend at the knee so that when it is snapped forward your toes will just clear the ground. Follow the various figures to

see what good technique looks like. It might be easier for you to learn hip rolling and knee straightening by first practicing them with short steps.

The toes and ankles are to be used to push you straight ahead, not upward. The feet land on a straight line with toes pointed directly forward. Keeping your body weight a little to the outside of your foot helps you maintain correct and continual hip rolling action. The foot helps you maintain correct and continual hip rolling action. The foot acts like a rocking chair, so that no one part of its structure takes the entire weight of your body for more than a brief moment.

Your arms should be bent at a 90-degree angle and pumped vigorously. Swing them across your chest a bit to help turn your hips back and forth. Quick arm pumping will help you to achieve and maintain quick leg turnover. Keep shoulders, neck and face relaxed.

Keep your body and head in an upright position at all times. Any forward lean needs to come from your ankles, not your waist. Bending at the waist can push your hips out too far behind you. When this happens, it is easy to start doing a hiking technique where hip rolling is often lost, and bent-knee walking replaces correct straight leg action.

Your workouts are the same as a runner training for the same distances except that you race walk. Good racing results will always require good training and effort no matter how perfect your technique is. Whether you are coached, or coach yourself, to race well you must get fit and push your pace very hard. As with all endurance sports, you will need to learn how to tolerate the discomfort of long fast efforts. You want to master proper technique before attempting any high speed work. The right combination of hip rolling, straight knee action, arm pumping and body posture will give you the style and leg speed needed to become a fast legal race walker. Stretching and flexibility exercises for hips, lower back and hamstring muscles will also be a big help. Stomach work is always beneficial.

Always concentrate on efficient and legal technique no matter how fast or slow you race walk. This helps time and effort pass quicker and makes you move and look better. Train consistently and wisely and you will achieve satisfying results.

B. The Judging of Race Walking

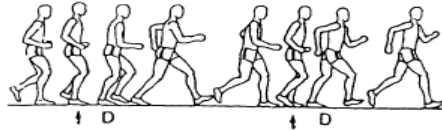
The purpose of having race walk judges is to insure the fairness of the competition for all walkers.

There are only two things the judges of race walking look for: continual foot contact with the ground, and straight leg action.

The advancing foot **MUST** contact the ground before the toes of the rear foot can leave the ground. It is during this spread out heel and toe position that race walkers break or maintain contact with the ground. When there is loss of contact, the walker illegally gains a few inches through the air with each step.



Bent knee(s) race walking promotes the use of the large quadracept muscles to help thrust the walker forward, and can also cause loss of contact. You want to land with a straight leg, leaving the quadracepts relaxed, and pull the ground back, underneath and behind you with your hamstring and dhip muscles. A strong heel pull as soon as the heel touches, should also help to straighten the knee joint. Bent leg quadracept pushing and leaping up and over the ground is what runners do. Race walkers want to quickly and smoothly pull themselves forward with their large hamstring muscles.



The advancing leg may not land bent at the knee. It must land straight, and stay straight, all the way back to at least the vertical upright position.

When a race walking judge sees a competitor in danger of breaking one or both race walking rules, they call out the violation to the walker and at the same time show them a white and black sign. On opposite sides of this sign are the symbols for loss of contact and bent knee(s). These "in danger of" calls are known as CAUTIONS.

If a race walker is obviously losing contact with the ground and/or landing with bent knee(s), the judge will write a disqualification (WARNING) card on the walker without telling the walker about it. It takes a warning call from THREE DIFFERENT JUDGES to disqualify a competitor. Only the head judge is allowed to disqualify an illegal walker, and he or she does it verbally and with a red sign. When in doubt, the judges are to give the benefit of doubt to the walker.

PART III FIELD EVENTS

I. GENERAL RULES

A. OFFICIALS

The Youth Athletics Chairman shall select for hire the National Meet Coordinator. If there is more than one applicant, the National Youth Athletics Executive Committee will make the final selection. The chair will also appoint the referee, the jury of appeals, and have final approval of all other certified (USATF) officials selected to officiate.

B. The Officiating of all field events will be in accordance with the current year of the USA Track and Field (USATF) Competition Rule Book.

C. Copies of the current USATF Competition Rule Book may be obtained for \$12.00 by contacting the USTA National Office at:

USATF Order Department
One RCA Dome, Suite 140
Indianapolis, IN 46225-1023
(317) 261-0500
www.usatf.org

II. THROWING IMPLEMENTS USED

<u>AGE DIVISION</u>	<u>SHOT PUT</u>	<u>DISCUS</u>	<u>JAVELIN</u>
Primary (B) (G)	6 lbs	-	-
Sub-Bantam (B) (G)	6 lbs	-	-
Bantam (B) (G)	6 lbs	-	-
Sub-Midget (B) (G)	6 lbs	1.0 kg	-
Midget (B) (G)	6 lbs	1.0 kg	-
Youth (B)	4 kg	1.0 kg	600 grams
Youth (G)	6 lbs	1.0 kg	600 grams
Intermediate (B)	12 lbs	1.6 kg	800 grams
Intermediate (G)	4 kg	1.0 kg	600 grams
Young Men	12 lbs	1.6 kg	800 grams
Young Women	4 kg	1.0 kg	600 grams

E. For a list of authorized field events by age group for the AAU Athletics program please refer to Part I of this handbook.

F. In all field events other than the High Jump and Pole Vault:

- (1) 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 qualifying position for the three additional trials shall be broken by applying rule 74.3; USATF Rule Book.
- (2) 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.
- (3) In non-championship competition, in the discretion of the Games Committee, the number of each competitor may be reduced to four.
- (4) The order of competition for the final three trials shall be in reverse order of the best performance in the first three trials.
- (5) Each competitor shall be credited with the best of all his/her attempts in the competition proper, including jumps or throwstaken to break first-place ties.
- (6) All competitors shall take their first trials in order; then all shall take their second trials in like order, etc.

PART IV INDOOR TRACK AND FIELD CHAMPIONSHIPS

I. OFFICIALS.

The Youth Athletics Chairman shall select for hire the National Meet Coordinator. If there is more than one applicant, the National Youth Athletics Executive Committee will make the final selection. The chair will also appoint the referee, the jury of appeals, and have final approval of all other certified (USATF) officials selected to officiate.

II. AGE DIVISIONS.

The indoor program is divided into FIVE (5) age divisions for both boys and girls. The year of birth will determine the correct age division for competition.

NOTE: The traditional age groups will remain the same for the 2000 competition year for indoor track and field only.

<u>Division</u> <u>(Boys and Girls)</u>	<u>2004</u>	<u>2005</u>
Bantam	1994 & After	1995 & After
Midget	1992-1993	1993-1994
Youth	1990-1991	1991-1992
Intermediate	1988-1989	1989-1990
*Young Men/Women	1986-1987	1987-1988

*

Athletes who are eighteen (18) year of age through the final day of the National Track & Field Championships shall be eligible to compete in the Young Men's and Young Women's division through that Track & Field meet. Anyone who reaches their nineteenth birthday on or before the last day of the National Championship Meet, are not eligible to compete in any qualifying meets.

3. Authorized Events:

a. The following events are authorized for AAU Indoor Track and Field meets:

55 Meter Dash	3000 Meter Racewalk
55 Meter Hurdles	4 X 400 Mile Relay
200 Meter Dash*	Shot Put
400 Meter Dash*	High Jump
800 Meter Run *	Long Jump
1500 Meter Run	Triple Jump
3000 Meter Run	Pole Vault
1500 Meter Racewalk	

Pentathlon: (all age divisions except Bantam):

55 Meter Hurdles
Long Jump
Shot Put
High Jump
800/1000 Meter Run

Triathlon: (Bantam)

High Jump
Shot Put
200 M Dash

*If the indoor track being used is more readily adaptable to comparable imperial distances, those distances may be used.

4. Eligibility:

- a. Participants must hold current membership in the Amateur Athletic Union.
- b. Competitors are responsible for determining whether competing in this event will disqualify them from competing in events sponsored by their State High School Activities/Athletics Association.
- c. Competitors must present proof of age and current AAU membership card at check-in.

5. **Awards:** Official AAU National Championship medals will be presented for the first six (6) places in each individual event (1-3 in all relays). Provided for by AAU National Headquarters.

6. **Records:** Official records will be maintained by the National Athletics Committee for the National Championship meet only. Association and Regional Championship records may be maintained by the Association or Region concerned, but will not be tabulated on the national level.

7. Throwing implements:

- a. Approved implements shall be furnished by the meet host.
- b. Personally owned implements may be used if approved by the meet host; if used, they become part of the equipment pool for the duration of the meet.
- c. Shot put weights are as follows:

Bantam Girls	6 pounds
Bantam Boys	6 pounds
Midget Girls	6 Pounds
Midget Boys	6 pounds
Youth Girls	6 pounds
Youth Boys	4 kilograms
Intermediate Girls	4 kilograms
Intermediate Boys	12 pounds
Young Women	4 kilograms
Young Men	12 pounds

8. Hurdle specifications (55 Meters) (5 hurdles):

Division	Height	To First Hurdle	Between Hurdles	Distance To Finish
Midget Boys/Girls	30"	42'7.75"	26'3"	32'4.25"
Youth Boys/Girls	33"	42'7.75"	27'10.5"	25'10.25"
Intermediate Girls	33"	42'7.75"	27'10.5"	25'10.25"
Young Women	33"	42'7.75"	27'10.5"	25'10.25"
Intermediate Boys	39"	5'	30'	15'
Young Men	39"	45'	30'	15'

9. Relays

a. Participation of relay teams shall be limited to those clubs which hold current valid membership in their local Association of the Amateur Athletic Union. They must also show proof of club membership. All members of the relay team must be members of the club they represent.

b. Substitutions are subject to the same restrictions as in outdoor competition.

c. Athletes must compete in their own age division. No one may compete in a younger or older age division in individual events or relays, with the following exceptions. Relays are authorized only in the Bantam, Midget, Youth, Intermediate, Young Men, and Young Women's divisions. Primary & Sub-Bantams may move up and run in the Bantam relay Division, Sub-Midgets may run up in the Midget Relay Divisions. Youth, Intermediate, Young Men/Young Women may not move up or down in relays or in any individual events. any violation of the above rules will result in immediate disqualification from the meet being conducted at that time.

10. The AAU National Office will determine the number of allowable entries based upon the facility to be used.

11. Multi-event rules require a thirty (30) minute rest between each event.

12. The AAU Indoor season is from December 1, of each year through March 1, of each year.

PART V MULTI - EVENTS

TRIATHLON / PENTATHLON / HEPTATHLON / DECATHLON

I. SCHEDULING.

In order to promote a larger participation in combined events (decathlon, heptathlon, pentathlon and triathlon), it is strongly suggested that the Multi-Events Championships be held on a date other than that of the Track and Field Championships.

II. AGE DIVISIONS.

The AAU Multi-Events Program is comprised of seven (7) age divisions. The athlete's YEAR OF BIRTH shall determine the age division that he/she will compete in for the entire year. Athletes must compete only in their own age division. No one may compete in a younger or older age division.

<u>Division</u>	<u>2004</u>	<u>2005</u>
Primary	1996 & after	1997 & after
Sub Bantam	1995	1996
Bantam	1994	1995
Sub Midget	1993	1994
Midget	1992	1993
Sub Youth		1992
Youth	1990-1991	1991
Intermediate	1988-1989	1989-1990
*Young Men/Women	1986-1987	1987-1988

*Athletes who are eighteen (18) year of age through the final day of the National Track & Field Championships shall be eligible to compete in the Young Men's and Young Women's division through that Track & Field meet. Anyone who reaches their nineteenth birthday on or before the last day of the National Championship Meet (AAU Junior Olympic Games), are not eligible to compete in any qualifying meets.

III. NATIONAL CHAMPIONSHIPS.

An AAU National Championship in Multi-Events, along with Track & Field, shall be conducted jointly each year for all above listed age divisions, boys and girls. Contestants will advance through Regional Championships.

IV. ADVANCEMENT.

A. HOST ASSOCIATION.

The Association that is the host to the National AAU Junior Olympic Games Championship is allowed to enter six (6) athletes directly from that Association, providing that they meet all requirements.

B. REGIONAL CHAMPIONS.

The top four (4) place finishers in the Regional Championships will qualify for the National Meet.

C. Competitors must compete in their own divisions only. No athlete may compete in younger or older divisions in individual, relay, or team events.

V. ORDER OF EVENTS.

It is recommended that the order of events in the multi-events remain as listed in the handbook.

VI. DECATHLON EVENT. Intermediate Boys and Young Men's Divisions. The decathlon shall consist of ten (10) events which shall be held on two (2) consecutive days in the following order:

FIRST DAY:

100 meter dash
Long Jump

SECOND DAY:

110 meter high hurdles (10-39")
Discus Throw (1.6 kg - 3 lbs. 9 oz.)

Shot Put (12 lbs)
High Jump
400 meter dash

Pole Vault
Javelin Throw (800 grams)
1500 meter run

VII. HEPTATHLON EVENT. Intermediate Girls and Young Women's divisions. The heptathlon shall consist of seven (7) events which shall be held on two (2) consecutive days in the following order:

FIRST DAY:

100 meter hurdles (10-33")
High Jump
Shot Put (4 kg - 8 lbs. 13 oz.)
200 meter dash

SECOND DAY:

Long Jump
Javelin (600 grams)
800 meter run

VIII. PENTATHLON. Boys' and Girls' Youth Division.

SECOND DAY

BOYS:

100 m hurdles (10-33")
Long Jump
Shot Put (4 Kg.)
High Jump
1500 m run

GIRLS:

100 m hurdles (10-30")
Long Jump
Shot Put (6 lbs.)
High Jump
800 m run

IX. PENTATHLON. Boys' and Girls' Sub Midget & Midget Division.

SECOND DAY

BOYS:

80 m hurdles (8-30")
High Jump
Shot Put (6 lbs.)
Long Jump
1500 m run

GIRLS:

80 m hurdles (8-30")
High Jump
Shot Put (6 lbs.)
Long Jump
800 m run

X. TRIATHLON. Boys' and Girls' Sub Bantam & Bantam Division.

FIRST DAY

BOYS:

High Jump
Shot Put (6 lbs.)
400 m dash

GIRLS:

High Jump
Shot Put (6 lbs.)
200 m dash

The hurdle distance will be the same as in the regular track events.

XI. RULES AND REGULATIONS.

A. COMPETITIVE RULES.

The following competitive rules of the USATF for Multi-Events (combined) shall apply.

1. In the long jump, shot put, discus throw and the javelin throw, each competitor shall be allowed three (3) trials only.
2. In running events and hurdles, a competitor shall be disqualified in any event in which he or she has made three (3) false starts (International Rule).

B. SCORING TABLES.

Scoring of Combined (multi-event) events shall be in accordance with the current IAAF tables, the same as is in USATF Youth Athletics.

(1) Boys hurdle races shorter than 110 meters are scored from the men's 110 Meter Hurdles tables. Girls hurdle races shorter than 100 meters are scored from the women's 100 Meter Hurdles tables. Times for the Midget Boys' 80 Meter Hurdles shall be multiplied by 1.13 prior to entering the tables; for the Midget Girls' 80 Meter Hurdles, multiply by 1.07.

C. OFFICIALS.

The Youth Athletics Chairman shall select for hire the National Meet Coordinator. The chair will also appoint the referee, the jury of appeals, and have final approval of all other certified (USATF) officials selected to officiate.

D. POINTS.

Shall be awarded for each event. The winner shall be the competitor who has scored the highest number of points in all events awarded on the basis of the scoring tables. 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 ten events. This procedure shall apply to ties for any place in the competition.

E. TIMING.

In running events, each competitor shall be hand timed by three (3) watches, or fully automatic timing (FAT). If the meet is being hand timed by three watches, it is recommended that alternate lanes be used. (2 - 4 - 6 - 8). If by FAT, all eight lanes may be used.

F. FAILING TO START OR TAKE A TRIAL.

A competitor failing 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. He/she shall therefore not be included in the final placing or scoring.

PART VI CROSS COUNTRY

I. AGE DIVISIONS.

The Cross Country Program is comprised of five (5) age divisions. The athlete's YEAR OF BIRTH shall determine the age division that he/she will compete in for the entire year. Athletes must compete only in their own age division. No one may compete in a younger or older age division.

<u>Division</u> (Boys and Girls)	<u>2004</u>	<u>2005</u>
Bantam	1994 & After	1995 & After
Midget	1992-1993	1993-1994
Youth	1990-1991	1991-1992
Intermediate	1988-1989	1989-1990
*Young Men/Women	1986-1987	1987-1988

*Athletes who are eighteen (18) year of age through the final day of the National Track & Field Championships shall be eligible to compete in the Young Men's and Young Women's division through that Track & Field meet. Anyone who reaches their nineteenth birthday on or before the last day of the National Championship Meet are not eligible to compete in any qualifying meets.

II. ORDER OF RACES.

All Championship meets are to consist of all five age divisions for both boys and girls and will be held in this order ONLY, WITH THE YOUNGEST ATHLETES RUNNING FIRST, girls followed by boys.

III. INDIVIDUAL QUALIFICATION & ADVANCEMENT.

Qualification for the National Championship requires advancement through an AAU Association Cross Country meet. The top twenty (20) from the Association Meet in each age division qualify for the National Meet, and the top three teams, WITH NO ALTERNATES.

A. When determining the qualifiers for the National Championship, discount those team runners who finish on the first, second or third place teams when determining the 20 individual qualifiers. All members of the top three teams will qualify for the National Championships, regardless of place.

B. If an Association does not conduct an AAU Association Championship Meet, participation in a bordering Association which is conducting an Association Meet will be permitted.

IV. TEAM ELIGIBILITY & ADVANCEMENT.

A. CLUB TEAM ELIGIBILITY.

Participation of Cross Country teams shall be limited to those clubs which hold current valid membership in their local Association of the Amateur Athletic Union. All members of the team must be members of the club they represent. Substitutions are subject to the same restrictions as in outdoor competition.

B. CLUB TEAM ADVANCEMENT CRITERIA.

1. Athletes must compete in their Association Cross Country Championship.
2. Maximum of three (3) club teams per division may advance from the Association Cross Country Championships to the National Championships.
3. A team will consist of 5-8 runners. Only club members of the team participating in the Association Championships advance to the National Championship Meet..

C. TEAM SCORING:

1. Not more than eight (8) athletes may start for a team.
2. The finishing position of an athlete shall be their score.
3. The total of the positions of the FIRST FIVE (5) MEMBERS of each team shall be that team's score.
4. In determining team scores, the athletes who did not compete on a team will be deleted from the list of place finishers. The team finishers will then be reassigned finishing places and the score calculated as indicated.
5. TEAMS WITH FEWER THAN FIVE (5) FINISHERS shall not be scored as a team.
6. In case of a tie on points, the team whose fifth member athlete finished nearest to first place shall be given the higher place.

D. Competitors must compete in their own age divisions only. No athlete may compete in a younger or older divisions in individual or team events.

V. AWARDS.

May be given to the first twenty-five (25) places in each age division for the Association meet. Medals may also be available for team members at the Association level of competition. First place trophy, medals, and ribbons will be awarded at National meet. AAU National Championship medals will be awarded for the first twenty-five (25) individual places. Twenty-six (26) place thru fifty (50) will receive ribbons. All athletes will receive a AAU participation ribbon. The top three teams will also receive medals as well as the first place team trophy.

VI. APPAREL.

Athletes competing as individuals must wear appropriate shorts, shirts, and shoes. All members of a team must wear the same matching uniforms, (shirt and shorts). **Note: Due to inclement weather, the meet referee has the authority to waive the uniform rule.

VII. STARTING LINE.

Must be a minimum 100 yards in length. The line must be roped off at least 20 yards behind the start line and down each side of the start area for a distance of 50 yards. This will prevent parents and club coaches from disturbing the runners and interfering with the meet officials (Please see Figure I on the following page for example).

STARTING LINE

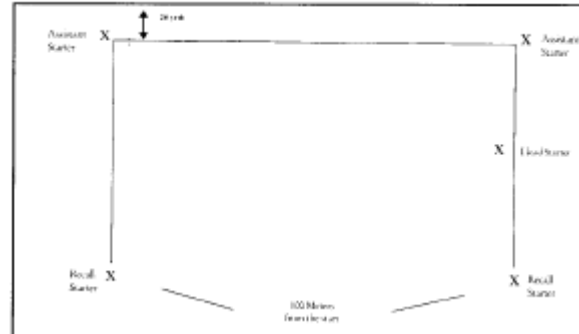
FIGURE I



VIII. STARTERS

A minimum of 5 starters. One (1) head starter and four (4) assistant starters placed as follows:

FIGURE II



IX. FINISH CHUTE

A minimum of four (4) chutes. Each one to be a minimum of 300 feet in length. After the finish line has been established a minimum of forty feet from the finish line, the chutes will begin. They are divided with two chutes separated from the other two.

X. SCHEDULING

Associations will conduct their Association championships at a time which will not conflict with their State High School Association Championship Meet.

XI. RECOMMENDED OFFICIALS

- | | |
|------------------------|-----------------------------------|
| A. Meet Director | F. Finish Line Officials - 4 each |
| B. Referee | G. Chute Inspectors - 15 each |
| C. Head Starter | H. Course Inspectors - 20 each |
| D. Checkers | I. Jury of Appeals |
| E. Assistant Starter-4 | |

XII. GUIDELINES FOR MEET OPERATIONS

A. INTRODUCTION.

Owing to the extremely varying circumstances in which Cross Country running is practiced throughout the United States, especially in regard to different seasons, climatic conditions, it is impossible to lay down any rigid legislation governing terrain and climatic conditions. The following guidelines, however, are being supplied to assist Associations to develop Cross Country running both as a sport in itself and as a training adjunct to long distance running and Track and Field events.

B. GENERAL GUIDELINES

1. The Cross Country season should normally extend throughout the fall and winter months after the close of Track and Field season.
2. It is recommended that a facility near the running course be available for warmth in the event of bad weather.
3. Meet headquarters and/or registration confirmation and packet pick-up should be designated in a brochure accompanying entry form and housing information.
4. Qualified medical personnel must be on hand at all times.

5. MUST have course marked the evening before.
6. MUST have course remarked at least three hours before first race.
7. There shall be a walk of the course prior to the start of the first scheduled race. It is suggested the walks be arranged to accommodate early arrivals. Last walk through not to be any later than one hour prior to start of the first race.
8. It is suggested that you have separate leaders for each division when walking the course. (Keep in mind that the little kids get confused.)
9. A nearby warm-up area for the runners is to be provided.
10. It is required that you avoid an UPHILL finish.
11. A well-marked finish line (area) MUST be provided. The runner must be able to see this finish area AT LEAST 300 yards away. Flags (colorful) and similar material are to be used throughout the area.
12. Course to be marked off with ropes and/or cone markers. Ropes to have some type of streamer in order for runners to see the rope. Red flags denoting left turns, white flags denoting right turns, each easily observable from a distance of 40 feet.
13. Officials throughout course (especially near gates and crucial running area) should be easily recognized. (SPECIAL OUTER GARB - BRIGHT COLOR).
14. An adequate number of course officials should be provided throughout the course so that flagrances and unsportsmanlike conduct can be handled. It is suggested that you have at least one official at every strategic point throughout the course (course change, turns, confusing gate, etc.). With this in mind, you should plan on at least 15 course officials in addition to the rest of your crew.
15. Parents, coaches and other athletes are NOT ALLOWED on the course at ANY time beginning with the start of the first run until the finish of the last run.
16. It is required to have the Referee and the Jury of Appeals set up PRIOR to the race, so that questions and protests can be handled in an efficient and prudent manner. These officials are to be selected and appointed by the National Chairman.
17. Because of the importance involved, the FINISH LINE AREA is extremely crucial. It is suggested that you have at least ten (10) watches in use (back-up, etc.). Besides TIMER and RECORDER you should have at least eight (8) other people in each chute area (up front) to make sure that the proper order of finish is maintained. This has been a very serious problem at many meets and is usually the area that people look at to see whether a meet has been properly handled. Adequate workers will make a well run area.
18. You MUST provide for the return of an entry fee, if the athlete is unable to perform due to sickness, provided he/she provides a statement from his/her physician.
19. It is suggested that a program be provided for a nominal fee that will provide a very detailed description of the various courses. In the event that a program is not provided with this information, you MUST provide LARGE MAPS in the registration area for the runners to review.
20. A complete financial statement of the National Championship Meet, as well as the Championship Report form, is to be sent to the AAU National Office.
21. We strongly urge you to have a concession stand. In addition to being a source of income for a club, it also provides a valuable social function at the Meet.

22. You MUST adhere to all the rules and regulations as set forth by the AAU National Sports Committee.

23. An adequate parking area should be provided adjacent to the course.

24. Meet Chairman MUST be familiar with the sport of Cross Country and knowledgeable of the areas of timing and recording. Hopefully, he or she will see to it that a competent and experienced staff of workers is provided to ensure that a well-run Cross Country Meet is provided for Association runners.

25. All Association Meet Directors must use the same standardized entry blank furnished by the National AAU Office. 26. If you use the tag system for proper placement of runners while in the finish chute, it is recommended that the team runners wear tags of a different color than that of the individuals.

27. There will be NO separate entry fee for teams.

28. Medical personnel must be at the competition during the entire run. Medical vehicles must be available.

C. TECHNICAL DETAILS OF THE COURSE:

1. Length of starting line: Minimum of 100 yards across.

2. Allocation of lanes for each of the 8 competitors shall be a minimum of six (6) feet.

3. Minimum width of course in first 400 yards of course to be no less than 100 yards and the remainder to be no less than 20 yards.

4. Minimum length of straightaway after starting line to be 400 yards.

5. Minimum radius of any curve is 20 yards.

6. Length of minimum loop - 1500 yards.

7. Width of course at finish line 20 yards.

8. Finish line to be marked with califine type substance. Food coloring to be used in case snow is on the ground.

9. Chute to be placed at least 40 feet from finish line. Chute with opening to be a minimum of 15 feet narrowing down gradually to a minimum of 30 inches. The length of the chute to be at least 200 feet long, a minimum of four chutes are required (For Chute Set-Up Please See Figure III on the next page).

10. Video camera is required at the finish line.

11. TV monitor and VCR is required at the finish line to review the tape when required. All video tapes will become the property of the National AAU Athletics Committee upon completion of the meet. In addition, a tape recorder must be used to record the runners numbers as they cross the finish line.

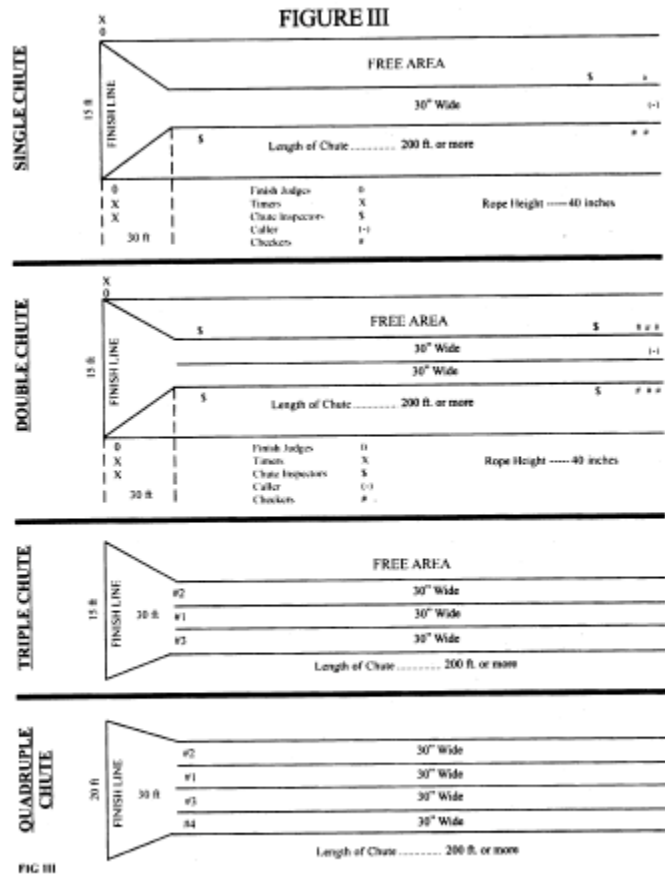
12. Plastic or snow fencing is required a minimum of 400 feet from the finish line on both sides of the course, a minimum of 24 feet in width.

D. OFFICIALS.

- A. The National Chair will appoint officials to serve on the Jury of Appeals, and the Protest Board.
- B. The contracted meet director will select two referees and all other officials for the AAU Junior Olympic Games.

E. PARTICIPATION.

Competitors must compete in their own divisions only. No athlete may compete in younger or older divisions in individual, relay, or team events.



PART VII AAU NATIONAL CLUB CHAMPIONSHIPS

I. AAU CLUB CHAMPIONSHIPS

The AAU National Club Championship will be held each year at Disney's Wide World of Sports Complex in Orlando, Florida. The Club Championships have been designed to place an emphasis on the team aspect of the sport and to add another National Championship Meet to the AAU Athletics Program. It also provides additional participation opportunities for individual athletes against national caliber competition.

II. OFFICIALS.

- A. The National Chair will appoint officials to serve on the Jury of Appeals, and the Protest Board.
- B. All other officials will be selected by the meet director.

III. EVENT LIMITATIONS

Primary, Sub Bantam, Bantam, Sub Midget and Midget Divisions are limited to three (3) events only, including relays. Youth, Intermediate and Young Men/Women Divisions may enter in four (4) events only, including relays. Entry in a relay, either as a designated runner or an alternate member, will be considered an entry for the purpose of this rule.

IV. AGE DIVISIONS

The program is divided into eight (8) divisions for boys and eight (8) divisions for girls. The athlete's year of birth shall determine the division in which the athlete shall compete. With each succeeding year, each division shall be adjusted as shown below:

<u>Division</u>	<u>2004</u>	<u>2005</u>
Primary	1996 & after	1997 & after
Sub Bantam	1995	1996
Bantam	1994	1995
Sub Midget	1993	1994
Midget	1992	1993
Sub Youth		1992
Youth	1990-1991	1991
Intermediate	1988-1989	1989-1990
*Young Men/Women	1986-1987	1987-1988

*Athletes who are eighteen (18) year of age through the final day of the National Track & Field Championships shall be eligible to compete in the Young Men's and Young Women's division through that Track & Field meet. Anyone who reaches their nineteenth birthday on or before the last day of the National Championship Meet (AAU Junior Olympic Games), are not eligible to compete in any qualifying meets..

V. ADVANCEMENT

Entry forms may be obtained from the National AAU Headquarters. All Track Clubs, regardless of National affiliation are eligible to participation. All athletes and clubs must be AAU registered for the current year.

Competitors must compete in their own divisions only. No athlete may compete in younger or older divisions in individual, relay, or team events (For exception see "Authorized Relay Events" Section on page 9 of this book).

VI. SCORING.

Teams/clubs will be scored to determine each age division winner and the overall National Club Champion. Scoring will be for eight (8) places, (10-8-6-5-4-3-2-1) in all events.

VII. All first place, Gold medal winners automatically qualify for the AAU Junior Olympic Games in that event only, unless previously qualified.

Appendix I

Association Abbreviations

AD Adirondack	NI Niagara
AK Alaska	NC North Carolina
AZ Arizona	ND North Dakota
AR Arkansas	OH Ohio
CE Central	OK Oklahoma
CC Central California	OR Oregon
CT Connecticut	OZ Ozark
FL Florida	PA Pacific
FG Florida Gold Coast	PN Pacific Northwest
FE Far East	PS Pacific Southwest
GA Georgia	PV Potomac Valley
GU Gulf	PR Puerto Rico
HI Hawaiian	RM Rocky Mountain
IN Indiana	SA Mid-East
IE Inland Empire	SR Snake River
IA Iowa	SC South Carolina
KY Kentucky	SD South Dakota
LE Lake Erie	ST South Texas
MD Maryland	SE Southeastern
MP Metropolitan	SO Southern
MI Michigan	SN Southern Nevada
MA Middle Atlantic	SP Southern Pacific
MN Minnesota	SW Southwestern
MV Missouri Valley	UT Utah
MT Montana	VA Virginia
NB Nebraska	WT West Texas
NE New England	WV West Virginia
NJ New Jersey	WP Western Pennsylvania
NM New Mexico	WI Wisconsin
	WY Wyoming

APPENDIX II: ATHLETICS REGIONAL DIRECTORS

Region	Name	Phone Number	Fax Number	Email Address
1	Jessie Harris	732-747-1752	732-747-1752	jharris@youthtrack.org
2	Larry Wilson	215-424-8582	215-424-6361	llwaoc@aol.com
3A	Chad Culver	865-803-4345	865-974-3538	culvertrack@aol.com
3B	Ed Jinks	912-352-7148	912-352-7148	djinks9948@aol.com
4	Jacques Raphael	352-245-3070		stone480@aol.com
6	Joe Mis	219-931-6587	219-844-5519	joetrack@aol.com
7A	Jeff Freeman	951-851-0912		jeff.freeman@northstartrack.org
7A	Henry Combs	651-263-1136		
7B	Phil Dirksen	515-288-7844		iowaaaatrack@yahoo.com
7B	Marv Allen	515-289-3099		allenmarvinw@johndeere.com
8	David Ramsey	816-365-7938		coachramsey@yahoo.com
9-A	LaBruce Bray	210-822-3271	210-945-2255	labrucebray@hotmail.com
9-B	John Boyer	504-934-3862	504-391-7462	boyertrack@aol.com
10 A	John Martinez	303-655-1280	303-655-2885	
10 B	Maurice Streety	602-862-0601		mstreety@hotmail.com
11	Arlyn Wohlleber	605-964-2170	605-964-2171	wohllebera@hotmail.com
12	TBA			
13-A	Guy Fowler	559-303-1222		guy.fowler@tulare.k12.ca.us
13 B	Michael Brunker	619-264-1451	619-263-7445	mbrunker@ymca.org

APPENDIX III

ADVANCEMENT & QUALIFICATION DEFINITIONS

To qualify is to win the right to participate in the next level of competition by meeting certain standards in an earlier race or flight.

A preliminary flight or heat is the first level of competition in any event which qualifies competitors for the next level of competition.

A semifinal race or flight is designed to eliminate all competitors except those who qualify to participate in the finals.

If there is a tie in any heat or flight, which affects qualification for the next level of competition, the tying competitors shall qualify if lanes or positions are available. If they are not available, the tying competitors shall compete again for the available lane or position.

Note 1: The preliminary races should be arranged so that no competitor is scheduled to run in more heats than another competitor; unless tying competitors from a preliminary heat are competing for available lane in a final heat.

Note 2: In determining qualifiers for a subsequent round, timing to one one-thousandths of a second is permissible using FAT.

If a competitor or relay team qualifies for an event through earlier competition in that meet and then withdraws, no substitute from his or her or any other club may replace them.

APPENDIX IV

DISQUALIFICATION CRITERIA

Unsportsmanlike Conduct is behavior, which is unethical or dishonorable. It includes but not limited to, disrespectfully addressing an official, taunting or criticizing an opponent or an official, use of profanity, or fighting. This shall apply to all coaches, contestants and all clubs.

PENALTY:

Disqualification from that event and further competition in the meet. Disqualification of a coach or other personnel shall be from further involvement in the meet. In addition, penalties that may be imposed include, but are not limited to: Suspension, expulsion, probation, reprimands, warning, or other penalties appropriate to the situation. Penalties may be imposed at the local AAU Association Level, Regional Level and/or National AAU Level. A inappropriate action at Association or Regional Qualifying Meet may be grounds for disqualification or expulsion of an athlete or relay team at the National Meet and or the entire Athletics Program for a set period of time. Penalties may be imposed for violations of AAU's Athletics Rules, Ethical Policies, and Code or the competitive rules of the NGB.

Unacceptable conduct by a competitor includes but is not limited to, willful failure to follow the directions of a meet official, using profanity which is not directed at someone or any action which could bring discredit to the individual or his or her club.

PENALTY:

Disqualification from that event, not the entire meet.

NOTE 1:

The AAU disapproves of any form of taunting which is intended or designed to embarrass, ridicule, or demean others under any circumstances including on the basis of race, religion, gender or national origin.

NOTE 2:

No coach, contestant or other personnel shall use any form of tobacco product beginning with the arrival at the site of competition until departure from the site of competition following competition of the meet.

NOTE 3:

When an athlete exceeds the number of authorized events for thier age division, for example more than three or more than four events, they will be disqualified from the extra event, NOT the entire meet. If this is a relay, the entire relay team shall be disqualified from the event but not the entire meet.

Violation of the participation rule may result in disqualification from further participation.

Interference is any action by a competitor, which unfairly changes the course of natural running rhythm of a competitor during a race. This may include bumping, tripping, or running across the competitor's path.

If interference occurs in a preliminary heat, the referee may allow the offended competitor or relay team to start in a subsequent heat in the same round of heats if a lane is available, or in the next round of heats, the same as if the offended competitor or relay team had won a place.

If interference occurs in the final heat or section, the referee may order a new race between all those in the finals, or between those whom, in the referee's opinion, are entitled to the privilege.

If a nonparticipating contestant interferes with a competitor during competition, the non-participating contestant may be disqualified from the meet. The non-participant's teammate(s) also may be disqualified from that event.

A competitor shall not compete while using an illegal implement.

A competitor who has been rendered unconscious during a meet shall not be permitted to resume participation in that meet without written authorization from a physician.

A competitor, who is bleeding, has an open wound or an excessive amount of blood on the uniform may complete the running event or field event trial. However, the competitor shall not participate further until appropriate treatment has been administered.

It is an unfair act when a competitor receives any assistance from any other person that could improve competitor's performance. Assistance includes:

- Pacing by a teammate or persons
- Competitors joining or grasping hands with each other during a race.
- Competitor using an aid during the race
- Communicating with a competitor through the use of a wireless device
- Coaching a competitor from a restricted area.

Note:

A coach may verbally instruct a competitor provided the coach is positioned in an unrestricted area.

APPENDIX V

YOUTH ATHLETICS BOARD AAU POLICY ON NATIONAL MEET WAIVERS

1. The AAU Policy Statement on Waivers for National Meet entries of the Athletics Committee competition is:

a. All complaints or protests which occur at the Regional or Association qualifying meets must be resolved at the level where they occur.

b. Complaints, protests, or requests for Waiver into the National Athletics competition, including Cross Country, Multi-Events and Track & Field meets, will not be forwarded to the National Chairperson or the National AAU Headquarters. They will not be accepted, nor will any action be taken on such protests or complaints.

c. The local meet management must solve any and all complaints or protests before the completion of their meet. Qualified and Certified officials are essential at all levels of competition, especially at the Association and Regional qualifying meets.

2. Advancement:

a. No athlete may be advanced in the Championships without having successfully qualified through the qualification rounds.

b. The qualifying rounds are: From Association meets, to Regional Meets, to the AAU Junior Olympic Games. Also the first place finisher in each event at the Club Championship will qualify to the AAU Junior Olympic Games. Exception of this rule is in the sport of Cross Country where the levels of competition is from Association Meet to the National Cross Country meet.

c. No waivers will be granted regardless of the reason for the request.

APPENDIX VI

Infractions Committee

-The National Chair shall appoint a five-person committee to comprise the Infractions Committee, one of which shall serve as Committee Chair.

-The Sport Committee has jurisdiction to determine all qualifications, requirements or terms necessary for participation in the national program.

-Penalties may be imposed for violations of AAU Youth Athletes rules, ethical policies, or the AAU Code. Penalties that may be imposed include, but are not limited to, suspension, expulsion, probation, fines reprimands, warnings, or other limitations or penalties.

-Decisions of the Executive Council or of its process may be appealed to the AAU Board of Review under the procedures set forth in the AAU Code. Petitions for reinstatement or for Modification or commutation of penalties shall be made to the National athletics Chair. The Chair May act on the petition or refer it to the Infractions Committee for review.

Procedures of the Infractions Committee:

1. Infractions are to be reported to the Infractions Committee Chair in writing. The Chair may request the reporting party to provide additional information or evidence before initiating an investigation of the complaint. The Chair must determine whether there is probable cause to believe that an infraction has occurred over which the Sport Committee has jurisdiction. Complaints over which the Committee has no jurisdiction may be referred to the Association or the AAU Board of Review. If there is no probable cause, the Committee Chair will discuss the complaint and advise the complaining party.
2. The Chair shall give written notice of the complaint to the accused party. In all cases in which probable cause is found, the Chair of the Infractions Committee will send to the accused party a written notice of the facts of the complaint, the rules which are alleged to have been violated, and the procedures that are to be followed during the investigation. The notice shall advise the accused party that it has twenty days to submit any evidence that it wishes the Committee to consider or to otherwise respond to the complaint.
3. The Chair shall receive the evidence. Evidence must be presented in writing.
4. The Infractions Committee shall conduct a hearing. The Chair shall distribute copies of all evidence to the Committee members. He /she may include his own report on the findings of of the investigation. During its deliberations, the infractions Committee may choose to hold a conference call or communicate by mail, e-mail, or facsimile. It may choose to interview any witnesses, to make any further investigation, and/or to examine any evidence bearing on the case.
5. The Infractions Committee shall make a recommendation to the Executive Council.
6. The Executive Council shall render the decision. The Executive Council may accept, reject, or modify the infractions Committee penalty recommendation Council.
7. Infractions Committee Chair shall notify all affected parties of the results, penalties, and appeal rights.

VI. Penalties.

- A. Penalties that may be imposed include, but are not limited to suspension, expulsion, probation fines, reprimands, warning, or other limitations or penalties appropriate to the case.
- B. Penalties may be imposed for violations of AAU Athletics rules, ethical policies, the AAU Code and /or the competitive rules of the NGB.

VII. Jurisdiction

- A. The Athletics Committee has jurisdiction to determine all qualifications, requirements, or terms necessary for participation in the national program.
- B. Complaints over which the committee has no jurisdiction may be referred to the Association, or to the AAU Board of Review.

VIII. Appeal

- A. Decisions of the Athletics Executive Council or of its process may be appealed to the AAU Board of Review under the procedures set forth in the AAU Code.
- B. Petitions for reinstatement or for modification of commutation or penalties shall be made to the National Athletics Chairperson. The Chairperson may act on the petition or refer it to the Infractions Committee for review.

APPENDIX VII

Code of Conduct

Integrity -

Be a model representative of the AAU.

Professional Conduct -

Behavior will be courteous, respectful and fair toward everyone.

Financial Management -

Ensure all Team/Club funds are managed according to acceptable accounting practices and procedures.

Leadership -

Demonstrate the ideals of the AAU in coaching, participating, and assisting in all phases of your sport.

Support -

Encouragement and positive reinforcement will be the focal point for coaches, athletes, and volunteers.

Bias and Prejudice -

Ensure racial, ethnic and religious bias, and sexual harassment do not occur within your organization.

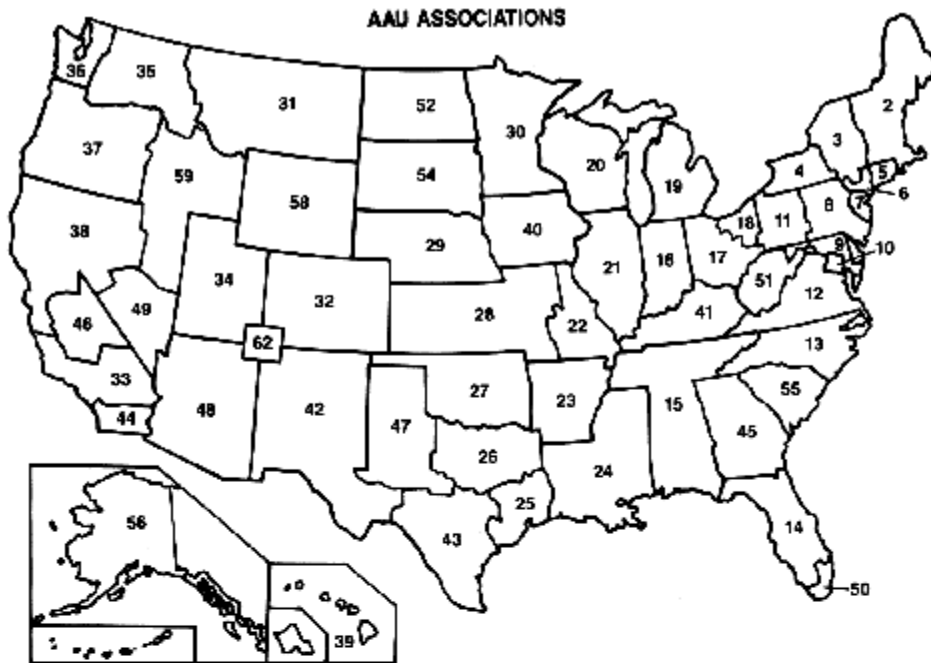
Supervision -

Youth safety and health have a priority over athletic participation and performance. Knowledge of first aid and CPR are recommended for all personnel involved with practice or competition of sports. Security of the youth is of the utmost importance.

Well-Being -

Ensure the mental, physical, and moral well-being of the athletes under your supervision

APPENDIX VIII



KEY TO MAP OF DISTRICT ASSOCIATIONS

- | | | |
|-------------------------|----------------------|-----------------------|
| 2 New England | 22 Ozark | 42 New Mexico |
| 3 Adirondack | 23 Arkansas | 43 South Texas |
| 4 Niagara | 24 Southern | 44 Pacific Southwest |
| 5 Connecticut | 25 Gulf | 45 Georgia |
| 6 Metropolitan | 26 Southwestern | 46 Central California |
| 7 New Jersey | 27 Oklahoma | 47 West Texas |
| 8 Middle Atlantic | 28 Missouri Valley | 48 Arizona |
| 9 Maryland | 29 Nebraska | 49 Southern Nevada |
| 10 Potomac Valley | 30 Minnesota | 50 Florida Gold Coast |
| 11 Western Pennsylvania | 31 Montana | 51 West Virginia |
| 12 Virginia | 32 Rocky Mountain | 52 North Dakota |
| 13 North Carolina | 33 Southern Pacific | 54 South Dakota |
| 14 Florida | 34 Utah | 55 South Carolina |
| 15 Southeastern | 35 Inland Empire | 56 Alaska |
| 16 Indiana | 36 Pacific Northwest | 58 Wyoming |
| 17 Ohio | 37 Oregon | 59 Snake River |
| 18 Lake Erie | 38 Pacific | 60 Mid-East |
| 19 Michigan | 39 Hawaiian | 61 Puerto Rico |
| 20 Wisconsin | 40 Iowa | 62 Four Corners |
| 21 Central | 41 Kentucky | |



APPENDIX IX

2004 REGIONAL ALIGNMENT

The following regions are established for the conduct of regional competition for Track and Field/Multi-Event Program in 2004.

REGION

- 1 New England, Adirondack, Niagara, Connecticut, Metropolitan, New Jersey.
- 2 Middle Atlantic, Maryland, Potomac Valley, Virginia, Western Pennsylvania
- 3 a. North Carolina, Southeastern
 - b. South Carolina, Georgia
- 4 Florida, Florida Gold Coast
- 5 Hawaiian
- 6 Indiana, Kentucky, Ohio, Michigan, Central, West Virginia
- 7a. Minnesota, Wisconsin
 - b. Iowa, Nebraska
- 8 Missouri Valley, Ozark, Oklahoma, Arkansas
- 9a Gulf, Southwestern, South Texas, West Texas (State of Texas)
 - b Southern - (Mississippi, Louisiana)
- 10 a. New Mexico, Arizona
 - b. Rocky Mountain, Utah
- 11 Montana, North Dakota, South Dakota, Wyoming
- 12 Alaska, Inland Empire, Pacific Northwest, Oregon, Snake River
- 13a Central California, Pacific
 - b Southern Nevada, Southern Pacific, Pacific Southwest
- 14 Mid-East and expatriate U.S. Citizens in surrounding countries including the Island of Cyprus.
- 15 Puerto Rico, Far East, U.S. Virgin Islands and expatriate U.S. citizens in the Caribbean

APPENDIX X

Guidelines for a Track & Field Meet

MEET OFFICIALS

The listed officials for a meet may be supplemented by the Games Committee.
All officials work under the direction of the Games Committee and the Meet Director.

THE GAMES COMMITTEE

1. The administrative body is the games committee. It is responsible for the proper conduct of a track meet. It may consist of: (a) an individual (meet director or referee), or (b) association appointed individuals for qualifying and final association meets; or (c) individuals selected by the National Committee for National meets.
2. The games committee shall have general supervision of the meet. It shall secure proper sanction for the meet from the proper authority, provide grounds and equipment and determine the time schedule with the help of the referee and the clerk of course. It has the authority to establish reasonable deadlines for receipt of entries in large meets. Preliminary and semifinal heats will be formed by the games committee so that no competitor will run more heats than another in order to qualify for the finals.
3. The games committee has the authority to determine the:
 - a) Meet time schedule;
 - b) Number of heats required;
 - c) Number to qualify for the next round of competition;
 - d) Method of exchanging the baton in relays not run in lanes;
 - e) Starting height and successive heights of the crossbar;
 - f) Location of throwing areas;
 - g) Length of spikes and marking material used on all-weather surfaces;
 - h) Order in which contestants take their trials;
 - i) Time limitation, or number of warm-up opportunities in the field events;
 - j) Time at which field events shall terminate.
4. The games committee may also:
 - a) Appoint the meet officials;
 - b) Be the jury of appeals;
 - c) Change the announced order of events, the number of heats and numbers to qualify, if necessary;
 - d) Authorize official pictures of the finish to assist in the final decision;
 - e) Assign competitors to flights of three to five for preliminary competition when number of entries dictates;
 - f) Determine the procedure for handling a lapped runner;

APPENDIX XI

Infractions Committee

-The National Chair shall appoint a five-person committee to comprise the Infractions Committee, one of which shall serve as Committee Chair.

-The Sports Committee has jurisdiction to determine all qualifications, requirements or terms necessary for participation in the national program.

-Penalties may be imposed for violations of Youth Athletics rules, ethical policies, or the AAU Code. Penalties that may be imposed include, but are not limited to, suspension, expulsion, probation, fines, reprimands, warnings, or other limitations or penalties.

-Decisions of the Executive Council or of its process may be appealed to the AAU Board of Review under the procedures set forth in the AAU Code. Petitions for reinstatement or for modification or communication of penalties shall be made to the National Athletics Chair. The Chair may act on the petition or refer it to the Infractions Committee for review.

Procedures for the Infractions Committee:

1. Infractions are to be reported to the Infractions Committee Chair in writing. The Chair may request the reporting party to provide additional information or evidence before initiating an investigation of the complaint. The Chair must determine whether there is probable cause to believe that an infraction has occurred over which the Sport Committee has jurisdiction. Complaints over which the Committee has no jurisdiction may be referred to the Association or the AAU Board of Review. If there is no probable cause, the Committee Chair will discuss the complaint and advise the complaining party.
2. The Chair shall give written notice of the complaint to the accused party. In all cases in which probable cause is found, the Chair of the infractions Committee will send to the accused party a written notice of the facts of the complaint, the rules which are alleged to have been violated, and the procedures that are to be followed during the investigation. The notice shall advise the accused party that it has twenty days to submit any evidence that it wishes the Committee to consider or to otherwise respond to the complaint.
3. The Chair shall receive the evidence. Evidence must be presented in writing.
4. The Infractions Committee shall conduct a hearing. The Chair shall distribute copies of all evidence to the Committee members. He/she may include their own report on the findings of the investigation. During its deliberations, the Infractions Committee may choose to interview any witnesses, to make any further investigation, and/or examine any evidence bearing on the case.
5. The Infractions Committee shall make a recommendation to the Executive Council.
6. The Executive Council shall render the final decision. The Executive Council may accept, reject, or modify the Infractions Committee penalty recommendation Council.
7. Infractions Committee Chair shall notify all affected parties of the results, penalties, and appeal rights.

APPENDIX XII

DUTIES OF EXECUTIVE COMMITTEE MEMBERS

Executive Committee

The Executive Committee shall conduct the business of the Youth Athletics Committee between the AAU National conventions. The Committee shall have full authority to act on all matters that may arise.

National Chairman:

Plans, directs, and supervises all Youth Athletics competition at all levels, the Association, Regional, and National competition. Develops the basic requirements for meets at all levels. Will work with all Association Presidents to identify and select the best individual for Association chairpersons for Cross Country, Multi-Events, and Track and Field. Will insure that those meets conducted are done so IAW the rules of the NGB and the AAU Handbook. When Associations' chairs prove to be unsuccessful and not capable of conducting Association competition, the National chair will select a qualified replacement and will work with the Association President in approving the selection. The Chairman will serve on the AAU Junior Olympic Games site selection committee and have final authority on matters concerning Youth Athletics.

The Chairman calls for and schedules all meetings where and when deemed necessary.

National Vice Chairman:

The Vice-Chairman shall carry out assignments of the National Chair and the power to act in his or her absence.

Youth Sports Council Chair:

To advise the members of the detailed requirements of the AAU Junior Olympic Games and the Youth Athletics committee responsibilities as the largest part of the Games. To insure that the National YAC chairman is a member of the site selection team.

Secretary:

The Secretary keeps the records of the Committee and Executive Committee, conducts all official correspondence, issues notice of all meetings of the Committee, keeps complete record of all athletic events held under the auspices of the Committee, and performs such duties as may be prescribed by the National Chairman.

Assistant Secretary:

To act as the Secretary in the absence of the Secretary. To perform all additional duties assigned by the National Chair.

Awards Chair:

To plan and develop all awards ceremonies. To assist in the design of all awards for the YAC. To insure that a correct amount of medals, plaques, and certificates are available at each YAC National Championship meets. To perform all additional duties assigned by the National Chairman.

Conference Commissioner:

To establish and maintain direct contact with their assigned AAU Associations. To insure that each Association receives whatever advice, help, and/or assistance whenever needed. Each Association chair for Cross Country, Multi-Events, and Track and Field are directly under the supervision and direction of the Area Commissioner, and will follow his/her directions to the letter.

Technical Advisor:

The Technical Advisor is a contract employee that directs the National Track and Field Meet at the AAU Junior Olympic Games. The advisor will advise the National Chair on all aspects of this meet, including the selection and assignment of all National Certified USATF Track officials, except the Jury of Appeals and the Protest Table.

Members at Large:

One at Large member will be elected by the Youth Athletics Committee. Additional at Large members will be appointed by the Youth Athletics Committee Chairman. The duties will be to support the committee and to accept and complete any assignment given to them by the Chairman.

APPENDIX XIII

YOUTH ATHLETIC CONFERENCE COMMISSIONERS

With the addition of four Athletic conferences, each with a commissioner and each appointed by the National Youth Athletics Chairman, will provide more and closer supervision of the Regional Coordinators as well as all Association Chairs. All three disciplines--Cross Country, Multi-Events, as well as Track & Field--will be under the four commissioners supervision. This will allow more and quicker response by commissioners to their Regions and Associations.

These current Regions are assigned to the following Conference Commissioners:

Northeastern Conference Commissioner:

Region I Region II Region VI

Northeastern Conference Associations:

Central Michigan Indiana Ohio Lake Erie Kentucky West Virginia Western Pennsylvania Middle Atlantic Maryland Potomac Valley New Jersey Metropolitan Connecticut New England Adirondack Niagara	CONTACT: Roland Williams 1 McArthur Lane Elkton, MD 21921 410-620-5613 410-620-5614 (F) rewaau@aol.com
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Southeastern Conference Commissioner:

Region IIIA Region IIIB Region IV Region IXB

Southeastern Conference Associations:

Southern Southeastern North Carolina Florida Georgia South Carolina Florida Gold Coast	CONTACT: John Boyer 1229 Wyndham South Gretna, LA 70056 504-394-3862 boyertrack@aol.com
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Central Conference Commissioner:

Region VII Region VIII Region IXA Region XI

Central Conference Associations:

Rocky Mountain New Mexico West Texas South Texas Southwestern Gulf Oklahoma Missouri Valley Arkansas Ozark Central Wisconsin Minnesota North Dakota South Dakota Nebraska Iowa	CONTACT: Augustus LaBruce Bray 4879 Castle Lance San Antonio, TX 78218 210-829-0389 H 210-669-6471 C 210-945-2255 fax LaBruceBray@hotmail.com
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Western Conference Commissioner:

Region XA Region XB Region XII Region XIII A Region XIII B

Western Conference Associations:

Pacific Southwest Southern Pacific Central California Southern Nevada Arizona Utah Wyoming Montana Inland Empire Pacific Northwest Oregon Pacific	CONTACT: Guy Fowler 1255 N. Cherry Ave #524 Tulare, CA 93274 559-303-1222 H guy.fowler@tulare.k12.ca.us
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APPENDIX XIV

REGIONAL COORDINATORS

Regional Coordinators:

Regional Coordinators are volunteers who are dedicated to our youth programs. Each coordinator must possess knowledge, integrity, and a sense for fair play. Rather than just being in a position of authority, a regional coordinator's prime functions are those of service and information.

From time to time, he or she may be called upon to act on question or even handle disputes, should they arise. This does not mean to imply a position of absolute final authority. Disputes that are not resolved by the Regional Coordinator, can be presented to the Conference Commissioner. If the dispute is still not resolved, the conference commissioner will present the matter to the Youth Athletics Infraction committee, who will have the final authority.

Regional Coordinator's duties include (but are not limited to) the following:

Facilitate communications with member Association so as to benefit all member clubs and athletes.

Coordinate situations that might be unique to the specific Region and affiliated Associations so long as they are in harmony with the national guidelines, rules, and procedures.

Regional Coordinators must follow the rule book, there are no other interpretations allowed.

Establish the rotation policies, if possible, for the region, in cooperation with the Association Youth Chairs, for the Region.

Take responsibility for establishing the Regional AAU Games meet sites, and director, while adhering to the specific meet dates as reported each year by the National Youth Committee.

Establish a regional schedule of events for the track. Review field events schedule, which is adjusted to each facility.

Verify that all entry forms and information flyer pertaining to the various competitions fully describe all pertinent information, especially qualification criteria for all succeeding competitions.

Select the Regional AAU Junior Olympic Games meet Referees who must be certified National or Master level official. Establish the youth Chairs or their designees as the jury of appeals.

Attend the regional meet to collect, process, and forward entry forms, and Hytek diskette results from the regional meet to the national meet director in a timely fashion.

Any and all duties as may be from time to time assigned by the National Youth Chair.

You are not required to attend the AAU Junior Olympic Games, unless you are a National USATF certified official and have been selected to work.

You are not required to attend the National AAU Convention. If you do, you should be as a delegate from your Association.