

## Rules of Mesquite Senior Games, Track & Field / Weight Throws

1. Conducted IAW "USATF Competition Rules" with MSG modification
2. Timing: Manual / Experimental Automatic / Video Backup - All Track Events are Finals
3. Linear Jump and Throw Competitors Receive 4 Attempts
4. Shot, Discus and Javelin available for use
5. Softball provided (Men = 12", Women = 11")
6. Mesquite Stone, Keg, KBell, Block provided for use (mandatory to use provided implements)

Rule 119: Jury of Appeal - NA - Athlete Appeals to "Chief Judge / Referee" who consults with Meet Director before announcing decision

Rule 126: Judges – NA (Timing crew determines order of finish)

Rule 131 Lap Scorers - Required for 3000m and 5000m (Races longer than a mile)

- (MSG): Required for 1500m, 3000m, 5000m

- Keep a Record of Laps covered and record times per lap per athlete
- Display Laps remaining .. change when leader enters the finish line straight
- Signal final lap to each competitor by ringing bell

Rule 133 Marshall (NA) - Spectator movement not restricted except for safety flagging

Rule 138 Clerk of the Course

- Assemble Athletes for each event
- Ensure Clothing, Shoes, and Spikes are IAW USATF Rules (9mm max for track)
- Ensure Bibs are worn correctly
- Escort Athletes to Start Line & Place in Lanes behind Start Line
- Place Athletes "under control of the starter"

Rule 139: Additional Officials

139.1: Finish Line Coordinator - Performed by Chief Timer

139.3: Recorder of Records - Performed by Meet Director

Rule 142: Competitor Check-in

- Track Events: Check in with Clerk of the Course NLT Final Call
- Field Events: Check in with Chief Field Judge NLT Final Call

Rule 143: Athletic Attire - Color and Logo Rules (NA) - Shirts Required - May compete barefoot

Rule 143.3(e):

- High Jump & Long Jump: Maximum Sole Thickness 13mm
- High Jump: Maximum Heal Thickness 19mm

Rule 143.4b: Bib Must be Worn Visibly on the Front

Rule 143.4c: Bibs May Not be Cut or Folded (MSG): NA

Rule 143.5: Pole Vault and High Jump: competitors may wear the bib on the back or front only.

Rule 144: Assistance to Athletes

- 144.3. The following shall be considered assistance: Pacing in running or walking events by persons not participating in the event, by competitors lapped or about to be lapped, or any kind of technical device other than those permitted under Rule 144.3i.

The following shall not be considered assistance:

-144.3k. Carrying or wearing articles of personal equipment such as wrist chronometers and heart rate monitors, speed distance monitors or stride sensors provided that such devices cannot be used to communicate with any other person.

Rule 145: Disqualification

Rule 146: Protests

Rule 147: (MSG): Mixed Competition allowed in all events (Scored Separately)

Rule 148: Measurements and Weights

- 148.2. (a): ... the part of the tape ... recording the distance achieved must be held by the official at the circle or take-off point.

- 148.2. (b) Distance in field events:

-- 148.2. (b)(i) Shall be measured in meters and shall always be recorded to the nearest 0.01m below the distance measured if the distance measured is not a whole centimeter (i.e., fractions less than 0.01m must be ignored).

-- (MSG): Vertical Events shall be measured (crossbar set) in Feet and Inches

- 148.3. All implements used on the field of play shall be weighed on a governmentally approved scale .. (MSG): Postal Scale .. Calibration / Tolerance to be 2X the maximum variation exhibited by MSG owned implements .. See Weight Master Log

Rule 160: Track Lanes and Measurements

- 160.3.: MSG: Curb not provided ... Use provisions for "removed curb segments" ... its place shall be marked with a white line 5cm wide and by plastic cones ... placed on the white line so that the edge of the base of the cone ... coincides with the edge of the white line closest to the track, and placed at intervals not to exceed 4m (meters) to prevent any athlete running on the line.

160.6.: (MSG): Start Line for 50m is temporary (tape, chalk line, etc)

160.8. (c): (MSG): 400m walks and all 800m will "mass start" on curved 1600m start line

Rule 161: Starting Blocks

161.1.: Starting blocks are used ... to protect the track

161.2.: Starting Blocks shall be used for all races up to and including 400m ..

- NA IAW Rule 332: Competitive Standards for Masters Track and Field

332.2. (d): The general rule regarding the use of starting blocks and stance is waived. The use of blocks and stance is within the discretion of the competitor.

## Rule 162: The Start

162.4.: In races where the competitors are not placed behind the same starting line (200m, 400m) the Starter ... shall be so placed that the distance between the Starter and each of the competitors is approximately the same.

162.6.: The commands of the Starter shall be:

- In races not exceeding 400 meters, "on your marks" and "set"

- In races exceeding 400 meters, "on your marks." Before the command "on your marks," the Starter may assemble the competitors at an actual or imaginary line between 1m and 3m behind the start line.

No later than the command "on your marks," the Starter shall raise the hand with the pistol ... " That hand shall remain extended above the head until the start signal has been generated

Note 2: To facilitate hand timing, the Starter may signal the timers just prior to the "set" command.

(MSG): Signal = Raising Opposite Hand

## Rule 162: The Start (cont)

162.8.: In races longer than 400 meters, all starts shall be made from a standing position.

162.9.: On the command "on your marks," or "set" as the case may be, all competitors shall at once and without delay assume their full and final starting position.

## Rule 163: Running Competition

163.1.: Competitors shall be placed at the finish in the order in which any part of their bodies (i.e., the "torso," as distinguished from the head, neck, arms, hands, legs, or feet reaches the finish line.

163.3.: Each competitor shall run in a direct line after entering the final straightaway in all races of two or more turns unless there is another competitor in his or her path.

163.4.: Any competitor ... jostling, running across, or obstructing another competitor ... so as to impede .. progress shall be liable for disqualification in that event. (See Rules for Remedy)

163.5.: ... Unless a material advantage has been gained or the athlete is in violation of Rule 163.4, a competitor shall not be disqualified if he or she:

- (a) is pushed or forced by another competitor to step out of the lane, or

- (b) steps out of the lane on the straightaway, or

- (c) steps outside of the outer lane line on the curve.

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

## Rule 164: The Finish Line

### Rule 165: Timing - Hand Timing - 165.6:

- If 2 of 3 watches agree, use time of agreeing watches

- If all 3 watches disagree, use the middle time

- If only two watches record the time, use the longer time

165.7 (a): ... unless the time is an exact 1/10 of a second, the time shall be converted to the next longer 1/10 of a second .. Example: 10.11 is recorded as 10.2

## Rule 167: Running Event Ties – Ties Remain (Award two identical medals)

Rule 180: Field Events - General Rules

180.1: Referee may change the time or location Field Events only under extreme conditions ..

- (MSG): Refer to Para 180.1 and consult with Meet Director.

180.2: (MSG): Order of competition will be determined by Meet Director

180.4 (d) (MSG): Competitors receive four trials in all field events except for High Jump and Pole Vault (3 per height, and Keg Toss (2 per height)

180.4 (f): MSG: (Linear Events) The order of competition for the final trial shall, if practical, be in reverse order of the best performance in the first three trials.

180.4 (h): All fair attempts in horizontal jumps and throws competitions should be measured immediately after each attempt.

Rule 180.10 (b): In the High Jump and Pole Vault, the Chief Field Judge of the event shall permit a tardy ... contestant to start at the height of the bar at the time of his or her arrival ... The bar shall not be lowered to permit an athlete to make up jumps at earlier heights.

Rule 180.10 (c): If a competitor is entered in both a track and a field event, or in more than one field event taking place simultaneously, the appropriate Referee or Chief Field Judge may, for one round at a time, or for each trial in High Jump and Pole Vault, allow the competitor to take a trial out of the regular order. If the athlete subsequently is not present for any trial, it shall be deemed that the athlete is passing once the period allowed for the trial has elapsed.

(MSG): Competitor shall coordinate absence with Chief Field Judge .. Competitor shall be allowed early trials (before scheduled time-frame) and / or make one trial out of order before departure .. Competitor must return within 10-minutes after completion of track event .. Competitor is then allowed to rejoin in normal position and / or make one additional trial out of order (unless time for events for his age-group at that venue have expired).

Rule 180.11 (b): Time in Minutes for Initiating a Field Event Trial

<u>Athletes*</u>	<u>HJ</u>	<u>PV</u>	<u>Other</u>
More than 3	1	1	1
2 or 3	1.5	2	1
1	3	5	-
Consecutive Trials	2	3	2

Number of Athletes Competing at Start of Round

Rule 180.11(b): (MSG): Clock not used, add 10 seconds to above times, provide verbal warning with 10 seconds remaining

Rule 180.11 (c): ... For the first attempt of any competitor upon entering the competition, the time allowed for such attempt shall be one minute

Rule 181: High Jump & Pole Vault (MSG): & Keg Toss

181.1: (MSG): Initial height at discretion of jumper / thrower – bar set and raised in 2 inch increments for High Jump, 6 inch increments for Pole Vault, and 6 inch increments for Keg Toss.

## Rule 181 High Jump and Pole Vault

### Rule 181.9. Placing in High Jump and Pole Vault

1. Best Height, if identical:
2. Least jumps at Best height, if identical:
3. Least Total Jumps in Competition, if identical result is a tie, unless for 1st place, then:
4. Jump Off (see rule)

## Rule 182 High Jump

Rule 143.3.e. In the High Jump and Long Jump, the sole (of the shoe) may have a maximum thickness of 13mm. In the High Jump, the heel shall have a maximum thickness of 19mm. In all other events, shoes may be of any thickness.

- Rule 143.6. In the Pole Vault or High Jump, the Competitors may wear the bib on the back or front only.

(Note: Front only for all other events)

Rule 181.17. End Space - There shall be a space of at least 1cm between the ends of the crossbar and the uprights for the high jump.

- (MSG) Bar raised in 2 inch increments

- Competitors receive 3 attempts per height

-- 182, 3. A competitor fails if:

(a) after the jump, the bar does not remain on the supports because of the action of the competitor while jumping, or

(b) (competitor touches ground or pit beyond plane of cross-bar without clearing crossbar)

(c) during or after the jump, the competitor deliberately steadies or replaces the bar

## Rule 183 Pole Vault

- (MSG) Bar raised in 6 inch increments

- Competitors receive 3 attempts per height

## Rule 187 Throwing Events - General Rules

Rule 187.7. The measurement of each throw shall be made immediately after the throw.

Keg Toss:

- All Divisions Toss same Keg - Any technique - Bar raised in 6 inch increments

- Competitors receive 2 attempts per height (HJ/PV Rules)

Discus / Kettlebell:

- Rule 189 Throwing the Discus

- Age/Gender Determines Size / Weight of Implement (Listed on Event Sheets)

- Flight by Division or Weight / Size of Implement

- Competitors receive 4 attempts

-- \*\* Kettlebell Only\*\*:

-- \*\* Competitor may use any technique except spinning

-- \*\* Grip: 1 hand or 2 hand

-- \*\* Release: Overhead, side, underhand, between legs, etc.

-- \*\* Maximum of 1/2 turn prior to release (if "turning" start with back facing sector)

- No part of foot may touch or extend over top of circle .. must exit back half of circle

- Implement must initially impact within sector (boundary lines are "Out-of-Bounds)

- Position End of Tape Pull Ring at closest impact mark to circle

- Pull tape across center of circle - Read distance at inside of circle

## Javelin / Softball Throw:

Rule 187.7.b In the Javelin throw, the measurement of each throw shall be made from where the tip of the metal head first struck the ground to the inside edge of the arc along a line from where the point of the fall to the center of the circle of which the arc is part .. i.e.,

- Position End of Tape Pull Ring at closest impact mark to arc (foul line)
- Pull tape across Arc Point - Read distance at inside of foul line

## Rule 193: Throwing the Javelin

- Age/Gender Determines Size / Weight of Implement (Listed on Event Sheets)
- Flight by Division or Weight / Size of Implement
- Competitors receive 4 attempts
- No part of foot may touch or cross Foul Line .. including parallel lines to each side
- Implement must initially impact within sector (boundary lines are "Out-of-Bounds")

- Rule 193.1(b). No throw shall be valid or counted in which the metal head, in contacting the ground, or any other object, when it first lands, is not completely within the inner edges of the lines of the sector before any other part of the javelin, or where the competitor touches with any part of the body, the arc as marked or the lines drawn from the extremities thereof at right angles to the parallel lines, or the ground beyond the arc or such lines.

Rule 193(b): The javelin shall be thrown over the shoulder or upper part of the throwing arm and may not be slung or hurled.

## Shot / Mesquite Stone:

- Age/Gender Determines Size / Weight of Implement (Listed on Event Sheets)
  - Flight by Division or Weight / Size of Implement
  - Competitors receive 4 attempts
  - No part of foot may touch or extend over top of kick board - must exit back half
  - Implement must initially impact within sector (boundary lines are "Out-of-Bounds")
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- Position End of Tape Pull Ring at closest impact mark to circle
  - Pull tape across center of circle - Read distance at inside of kick board

## Block Toss:

- Age/Gender Determines Weight of Block (Listed on Event Sheets)
- Flight by Division or Weight of Block - Competitors receive 4 attempts
- Competitor may run up to foul line prior to release
- No part of foot may touch or extend over top of kick board
- Competitor may not cross foul line before or after release
- Position End of Tape Pull Ring at Closest Impact Mark to kick board
- Read distance at runway side of kick board

## Rule 184 Horizontal Jumps - General Rules

Rule 185 Long Jump

Rule 186 Triple Jump

Long Jump / Standing Long Jump / Triple Jump:

- Rule 143.3.e. In the High Jump and Long Jump, the sole (of the shoe) may have a maximum thickness of 13mm. In the High Jump, the heel shall have a maximum thickness of 19mm. In all other events, shoes may be of any thickness.
- Flight by Division - Competitors receive 4 attempts
- No part of foot may extend past takeoff board
- Flags: White = Fair, Red = Foul
- Position End of Tape Pull Ring at Closest Mark to Foul Line
- Pull Tape across portion of Foul Line at Right Angle to impact point

USATF Section II Masters Athletics

Rule 320 General Rules - Rule 320.4. The age of the competitor on the first day of the meet determines the competitors division for individual events.

Rule 320.7. The Meet or Race Director shall have the authority to request proof of age and/or a medical certificate attesting to the competitor's physical ability to compete. In addition, each competitor shall sign a "hold harmless" release.

Rule 332.2(c). False starts are called on individuals, not on the field. For a first false start by a competitor, a yellow and black (diagonally halved) card shall be raised in front of the respective competitor(s) ..... For a second false start, the respective competitor(s) shall be disqualified.

Rule 332.3.(f) Privately owned implements shall be exempt from the loss of identity rule (Rule 187.10).

Rule 332.3(g) (WMA (implement specifications)