



2020 Amateur Athletic Union Track & Field Handbook

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**AAU TRACK & FIELD
Rule Book & Regulations
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AAU TRACK & FIELD Rule Book & Regulations

PREAMBLE

The AAU Track & Field National Committee has been established in order to promote the benefits of participation in Track & Field and hereby adopts these rules and regulations for the advancement of that purpose.

I. NATIONAL SPORT COMMITTEE GOVERNANCE AND ADMINISTRATION

A. National Committee Structure and Procedures

1. **National Chair** – The President of the AAU appoints the Chair from the recommendations of the National Sport Committee after approval of a majority of the National Officers
2. **National Sport Committee Composition** – The Committee will consist of the National Sports Chair, the elected or appointed officers or committee chairs as defined by the sports operating rules, the elected or appointed Sport Director of each District, or a representative designated by the District Governor and one appointed representative from each affiliated member that registers members in the sport. The President of the AAU may appoint up to five (2) Members-at-Large.
3. **Sport Committee Meetings**
 - a) National Sport Committee Regular Meetings – Regular Meetings of the National Sport Committee shall be in conjunction with the AAU Convention.
 - b) Non-Regular Sport Committee Meetings – National Sport Committees may hold a Non-Regular National Sport Committee meeting in odd years subject to the following provisions:
 - (1) The meeting is called by the Chair following approval of the National Office.
 - (2) The National Office has the right to coordinate the meeting and pick the site for the meeting.
 - c) National Sport Committee Special Meetings – Special meetings of a Committee are scheduled at the request of the Chair or upon written request of at least one half (1/2) of the Committee Members. The purpose of the Special meeting must be stated in the Notice for the meeting.
 - d) National Sport Executive Committee Meetings – The National Chair shall determine the date and location of the Executive Committee Meetings.
 - e) Agenda Additions
Sport Committee Meeting Order (Agendas) – The Regular National Sport Committee meetings, the Non-Regular National Sport Committee meetings, and National Sport Committee Special meetings shall follow meeting order (agenda format) as establish by Code (Bylaw 9.5).
 - f) Sport Committee Meetings and National Executive Committee meetings may be held by telephone conference call if necessary. Minutes of said meetings shall be made available.
4. **Voting.**
 - a) Voting in the Committee shall be the National Sports Chair, the elected or appointed Executive Committee or committee chairs as defined by the sports operating rules, the elected or appointed Sports Director of each District or a representative designated by the District Governor and one appointed representative from each affiliated member that registers members in the sport. The President may appoint up to five (5) members-at-large. Only representatives from Districts which registered a minimum of .5% (a half percent) of the total number of athletes in that sport, in the previous year, shall be allowed to vote in the National Sport Committee meeting. [Rev. 10/07]
5. **Quorum.** A quorum consists of the voting members of the Committee that are present at the meeting.
6. **Duties.** A National Sport Committee has the duty to:
 - a) Adopt rules, procedures and operating policies relative to the conduct of the sport (including but not limited to competition rules, establishing National Championship qualification criteria, Committee governance and disciplinary procedures) and submits them to the Board of Directors for approval.

- b) The National Sport Committee operating rules and procedures may only be amended by the National Sport Committee under the following procedure: [added 10/08]
- (1) Amendments may be approved only upon the affirmative vote of two-thirds (2/3) of those members of the National Sport Committee voting. Amendments become effective immediately upon approval unless otherwise specified at the time of adoption.
 - (2) Presentation. A proposed amendment may be submitted only by:
 - i. A District member, after approval at its Bi-Annual District Sport Committee meeting. (Must be reflected in the District Sport Committee meeting minutes).
 - ii. The National Sport Chair.
 - iii. The National Sport Committee Executive Committee. (Must be reflected in the National Sport Committee meeting minutes.)
 - (3) Time and Form. A proposed amendment must be received by the National Secretary in writing. The proposed amendment must be received at least forty-five (45) days before the meeting of the National Sport Committee at which it is to be submitted. The proposed amendment must be submitted in such form to show the entire section, subsection or paragraph as it will read if adopted. The proposed amendment shall be forwarded immediately to the National Sport Chair. A report of all proposed amendments must be mailed by the Secretary to each member of the National Sport Committee at least thirty (30) days prior to the meeting.
 - (4) Urgent Amendment. If considered urgent and necessary, amendments may be presented to the National Sport Committee for consideration at the time of the meeting. Approval of an urgent amendment requires an affirmative vote of three-fourths (3/4) of those members of the National Sport Committee voting.
- c) Prepare an annual budget to be reviewed by the Finance Committee and President and approved by Congress.
- d) Conduct National Championships and other activities of the National Committee.
- e) Establish an Executive Committee, the composition of which shall be established in the Committee Operating Rules. The Executive Committee shall act in behalf of the National Sport Committee between National Sport Committee meetings subject to the approval of the Committee except that it may not amend Sections of the National Sport Committee handbook that are incorporated from the Code.
- f) Any sports rule amendment to the handbook enacted by the Executive Committee between meeting of the National Sport Committee must be ratified by 2/3 vote at the next meeting of the National Sports Committee.
- g) Shall create and maintain a National Sport Committee handbook in which the operating rules, procedures and policies of the committee are set out. Handbooks shall be standardized for all sport committee.
7. **Executive Committee**
- a) **Composition** – The Executive Committee shall conduct the business of the Track & Field Committee in accordance with the rules and regulations of the AAU generally, and specifically, the Track & Field program. It shall include the immediate past National Chair, current National Chair, two (2) Vice-Chairs, a Secretary, a Budget Director and five (5) Members-at-Large.
 - b) During AAU Presidential Election years, the Committee shall conduct an election for the National Chair, two (2) Vice-Chairs, Secretary and budget Director. The National Chair shall appoint a maximum of five (5) Members-At-Large. The appointed Members-At-Large may only be removed for cause by a majority vote of the **elected** officers.
 - c) The immediate past National Chair shall serve on the Executive Committee until a different National Chair is elected and/or appointed.

- d) The Executive Committee shall enforce the rules contained in AAU Track & Field Handbook (Handbook), the AAU Code and applicable United States of America Track and Field Association, Inc. (USATF) rules and regulations, as they apply to athletes, coaches and clubs. Penalties may be imposed subject to the due process procedures of the AAU Code.
- e) The Executive Committee may conduct National and Regional Championships, and/ or other events, applying such qualification criteria and standards as to best promote the AAU Track & Field Program.

8. **Compliance / Infractions Committee**

- a) The National Chair shall appoint a five-person committee to comprise the compliance/infractions committee. The National Chair shall serve as committee chair.
- b) The National Track & Field Committee and/or designee has jurisdiction to determine all qualifications, requirements or terms necessary for participation in the national program.
- c) 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.
- d) Decisions of the Committee 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 Track & Field Chair. The Chair may act on the petition or refer it to the Infractions Committee for review.
- e) 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 District or the AAU Board of Review. If there is no probable cause, the Committee Chair will review 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 10 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 own report on the findings 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 Chair shall notify all affected parties of the results, penalties, and appeal rights.

II. **SPORT POLICIES AND PROCEDURES**

A. **Zero Tolerance**

The AAU Track & Field program is a Zero Tolerance Program. We encourage all Track & Field Athletes to be drug free and to stress to everyone that drugs are illegal.

B. **Use of Tobacco Products**

No coach, contestant or other personnel shall use any form of tobacco product beginning with the arrival at the site of competition and ending with departure from the site of competition. Failure to adhere to this rule may result in disqualification or removal from facility and/or competition.

C. **Medical Clearance**

1. 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.
2. 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.

D. **Unfair Acts**

It is an unfair act when a competitor receives any assistance from any other person that could improve the competitor's performance. See, Definitions.

E. **Prohibited Contact, Actions and Devices**

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.
2. Any competitor competing to lose or to coach another competitor shall forfeit his/her right to be in the competition and shall be disqualified.
3. The use of video cassette recorders or players, cameras, CD or CD-Rom devices, radio transmitters or receivers, mobile phones, computers or any other similar devices, used, or available to the use of, obtaining assistance, are prohibited in the competition area.
4. An athlete may not leave the immediate area of the event and engage in dialogue with persons outside the area during his/her competition. Note: Athletes competing in an event on the infield may not, during the competition, cross to the outside of the track.

F. **Program Violations**

Disciplinary action may be considered by the Districts, the Committee or the Executive Board for any violations bringing discredit upon the AAU, including, but not limited to, passing "bad" checks, participation of athletes in an improper age division, or any violation of any part of this Handbook, AAU Code or USATF competition rules. In instances of alleged violations, Board of Review action may be taken against athletes, coaches, parents and/or clubs according to AAU Code.

G. **Advancement and Qualification Procedures**

1. All events offered at the AAU Junior Olympics MUST be contested at Regional Qualifier meets in order to advance to the next level of competition.
2. The top sixteen (16) finishers in each individual relay and multi-event shall advance from the District Qualifier to the National Qualifier. Competitors shall only advance from the District Qualifier into the Regional Qualifier in the events that they actually competed and qualified at the District level. Districts may be granted a waiver from conducting a District qualifying meet by the AAU Track & Field Executive Committee if petitioned by the District Sport Director.
3. To advance to the 2018 AAU Junior Olympic Games from an AAU Track & Field Regional Qualifier, an athlete needs to finish in the top six (6) in a Running Event, top six (6) in a Field Event, top six (6) in a Relay and four (4) in Multi-Event.
4. The top eight (8) finishers in each event and each age division qualify from the Club Championship, Primary National Championship (combined results) and West Coast National Championship to the AAU Junior Olympic Games

5. The host Regional Qualifier of the AAU Junior Olympic Games is allowed to enter eight (8) athletes into the AAU Junior Olympic Games directly from their Regional Qualifier meet, providing the athletes meet all AAU requirements.
6. In the event that any qualifier chooses not to enter the AAU Junior Olympic Games, no one else will be permitted to advance in their place.
7. **An athlete who qualifies to advance in any event at a District or National Qualifier, and who is attached to a club when the qualification is achieved, is not eligible to compete in any event at a higher level competition while attached to a different club.** (effective 2013)

H. Advancement & Qualification Waiver Process

1. 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.
2. A preliminary flight or heat is the first level of competition in any event which qualifies.
3. Educational Waivers – Any athlete scheduled to take a college entrance exam (SAT or ACT) will be waived in to the Regional Qualifier by the AAU Waiver Committee in conjunction with the National Sport Chairman, upon receipt of the proper documentation. Documentation and the request in writing must be received PRIOR to **May 30th, 2020**. Requests received after **May 30th, 2020** will NOT be reviewed. The AAU Waiver Committee in conjunction with the National Sport Chairman will have sole responsibility of all decisions regarding waivers and/or advancement from the District Qualifier to a National Qualifier.
4. The AAU Track & Field Committee National Sports Chairman will have sole responsibility of all decisions regarding waivers and/or advancement from the Regional Qualifier Level into the AAU Junior Olympic Games.
5. Any AAU Athlete who resides in Region 25 (state of North Carolina) and places in the top six (6) per event in the 2019 USATF National Youth Outdoor Championships (June 25 – 30, 2019 in Durham, NC) upon receipt of proper documentation will be waived into the AAU Junior Olympic Games. Documentation and written request must be received no later than Sunday, June 16, 2019.
6. Requests received after June 16, 2019 will not be reviewed.
7. In any District Qualifier, Regional Qualifier or any National Championship when making an exception to add an athlete after the entry deadline, that athlete forfeits their right to seeding.
8. To apply for a waiver you must:
 - a. Download the [waiver request form](#).
 - b. Open the waiver request in Microsoft Word and fill in all of the requested information. Failure to provide all of the requested information will only delay the review process.
 - c. Email aaawaivers@aausports.org and attach the following documents:
 - i. Completed waiver request form (Incomplete waivers will not be accepted; waivers received after the deadline will not be reviewed).
 - ii. If you are applying for a participation exemption because you will be participating in SAT/ACT test, attach a scanned copy of your SAT/ACT registration document.
9. Waiver requests will only be accepted from the Head Coach or Club OR the parent of an unattached athlete.
10. Waiver submission does NOT guarantee approval.
11. There are NO injury waivers.

I. Disqualification Criteria

1. Unsportsmanlike conduct will not be tolerated. Such conduct includes any conduct which is unethical or dishonorable, such as disrespectfully addressing an official, fighting, taunting, and criticism of another competitor and/or using profanity. The AAU specifically 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.
2. This rule shall apply to all coaches, athletes and other Club and/or team personnel.

3. Engagement in unsportsmanlike conduct may result in disqualification from that event and/or 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 District level, Regional Qualifier level and/or National level. An inappropriate action at a District or National Qualifying meet may be grounds for disqualification or expulsion of an athlete or relay team at the National meet and/or the entire Track & Field program for a set period of time. Penalties may be imposed for violations of AAU's Track & Field Rules, Ethical Policies, and Code or the competitive rules of the NGB.

J. Exceeding Event Limitations

Excessive participation in events will result in immediate dismissal from that event and disqualification from all events competed at the meet, as well as further Licenses.

K. Participation Rule

Violations of any AAU or adopted USATF rule may result in disqualification from further participation in any AAU track & field event on any level including National Championships. Final decisions on any participation rule violation shall be made by the Track & Field National Chair.

L. Interference

1. 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.
2. 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.
3. 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.
4. 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.

M. Illegal Implement

A competitor shall not compete while using an illegal implement. Violation of this rule may result in disqualification from the competition.

III. SPORT OPERATIONS

A. Current Year Rule Changes

1. False Start Rule: Except in combined events, any competitor(s) responsible for the false start shall be disqualified and a red card/flag shall be placed on the respective lane marker(s), or raised in front of the respective athlete(s). For the 8-Under, 9 Year Old, 10 Year Old, 11 Year Old, 12 Year Old, 13 Year Old, and 14 Year Old age divisions, no penalty shall be imposed for the first false start but the starter shall disqualify the offender for the second false start. False starts are called on individuals, not the field.
2. Starting blocks are optional for all age groups except the 15-16 Year Old and 17-18 Year Old age divisions in the AAU Track & Field program. The 15-16 Year Old and 17-18 Year Old age divisions must use starting blocks for 100m, 200m and 400m races and the first leg of all relays where that leg does not exceed 400m. This includes 100m, 110m, 200m and 400m hurdle races.
3. Effective 2012, the 1500m has been added to the 8-Under Division of the AAU Track & Field program on all levels.
4. Effective 2013 the Turbo Jav has been added to the 8-Under, 9 years, 10 years, 11 years and 12 years Divisions of the AAU Track & Field program on all levels.

5. The top eight (8) finishers in each event and each age division qualify from the Club Championship, Primary National Championship (combined results) and West Coast National Championship to the AAU Junior Olympic Games

6. **National Championships**

II. AAU Cross Country, Indoor National Championships & West Coast National Championship: The AAU National Track & Field Executive Committee through the National Track & Field Chair in corporation with the AAU National Office and President shall have the responsibility of selecting and hiring the Meet Coordinator(s). In addition, all compensation, stipends and contracts associated with the facilitation of said events shall be approved by the National Track & Field Executive Committee through the National Track & Field Chair. The designated National Meet Coordinator(s) will answer directly to the Track & Field Executive Committee through the National Chair. The AAU Track & Field National Chair, in his/her capacity as National Committee Representative shall be included in any and all decisions regarding the aforementioned competitions. The AAU National Track & Field Chair and/or designee shall appoint and supervise the Awards Chair and Committee, Clerking Area, Registration Area and the Information Center Chief and shall work in cooperation with the Meet Coordinator to assure compliance. The National Track & Field Chairperson (as representative of the Executive Committee), shall appoint the Jury of Appeals and Protest Table in said National Championships. The designated National Meet Coordinator in conjunction with the designated Officials Coordinator shall select and submit the Referees and all certified (USATF) Officials assigned to the aforementioned National Championships to the National Track & Field Executive Committee through the National Track & Field Chair for final approval.

A. Event Operating Rules – These rules shall apply to all AAU Licensed events unless modified.

1. **Guidelines for Conducting Athletic Meets**

- a) Games Committee

- (1) The administrative body of the meet 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) District appointed individuals for qualifying and final district 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 License 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 the 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

2. Facilities/Competition Area

a) Inspection of Facilities and Track Equipment

- (1) Prior to Regional Qualifier competition, an inspection of the facility to be used shall be accomplished by the Meet Director for such Regional Qualifier meet. The Chairman, AAU Staff and/or any other Executive Board or Committee member as appointed by the Chairman, shall conduct facility inspections for all National Championship Competitions. The designated inspector must ensure that the facility meets or exceeds all rules, regulations, and guidelines of the AAU and USATF. Safety of athletes, team members, spectators and officials must be foremost in the planning and execution of the competition.

3. Meet Officials

The AAU Track & Field Executive Committee will select the Awards Chair for all National Meets. The AAU Track & Field Executive Committee shall determine the Meet Officials Coordinator for the Cross Country and Indoor National Championships.

a) Meet Director/Coordinator

The Meet Director/Coordinator as part of meet management, is the central person behind the success of a track and field or cross country meet. The Meet Director/Coordinator shall stimulate the enthusiasm and coordinate the promotional efforts of the AAU Track & Field organizing and games committees. The Meet Director/Coordinator is responsible to these committees for all aspects of the actual conduct of the meet. This person must foresee all the needs of competitors, officials and spectators, and ensure that all the technical details of the meet have been taken care of within the requirements of the rules.

b) Meet Referee

The referee shall be knowledgeable and qualified to interpret the AAU track and field and cross country rules. The referee shall be above all other officials, ensuring fair and safe competition for all competitors and disqualifying those whose acts violate the rules of fair and safe competition. The referee shall not serve as any other official or as a member of the games committee. The powers and duties of the referee(s) shall be but not limited to consulting with the appropriate officials during a meet, to take such actions and make such decisions, including those for which the rules make no specific provision, that provide each contestant a fair and equal opportunity.

4. Awards

a) AAU event awards must be requested and purchased from the AAU National Headquarters for all Licensed AAU Track & Field qualifying competitions.

- (1) AAU Sport for All, Forever medals shall be used at any Licensed District Qualifying event. Medals must be purchased through the AAU medal program or the License shall be denied/voided.

- (2) AAU Championship medals shall be used at any Licensed National Qualifying event. Medals will be awarded for 1st -3rd places, including all participating members of relay teams. Medals must be purchased through the AAU medal program or the License shall be denied/voided.
 - (3) The following must be submitted with the Medal Order Form:
 - (a) 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.)
 - (b) Copy of Official AAU License.
 - (c) Method of payment.
- b) All-American Recognition Program**
- (1) In Cross Country, the top 8 individual and first place team in each age division at the National Championship meet will be honored as an “All American.” At the National Indoor, the Club Championships, and 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-American.”

5. Protests

All protests must be in writing. 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, or other designated official, at anytime 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 and/or posted, whichever comes first. Protests must be made to the Referee, or other designated official, at District level with a \$50.00 cash deposit. At the Regional Qualifier level, protests MUST be made, in accordance with publicized procedures, 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, excluding non-official photographic and/or videotaped evidence, when reviewing protests. A protester may appeal an unfavorable decision of the Referee to the Jury of Appeals. The decision of the Jury of Appeals is final. The cash deposit will be forfeited in all instances where a protest is accepted and denied. If the protest is upheld, the cash deposit shall be immediately refunded to the protester.

6. Scheduling of Races

Regional Qualifier and District Meet Directors shall make every effort to conduct championship meets at a time that will not conflict with State High School Meets.

7. Order of Races

All National Championship meets will be held in the order determined by the Executive Board with each age group having girls first, followed by boys, with the exception of the hurdle races.

8. Entry Fees

- a) Meet Directors at the District, Regional Qualifier and National level are required to establish an entry fee structure not to exceed the following schedule listed below. This entry fee structure shall include Cross-Country, Multi-Event and/or Track and Field competitions and shall be strictly adhered to, without exception, at all licensed meets. National Championship meet entry fees are established by the National Committee on a year-to-year basis.
 - (1) District - Maximum of \$20.00 per athlete. No extra charge for additional events or relays.
 - (2) Regional Qualifier - Maximum of \$25.00 per athlete. No extra charge for additional events or relays.

- (3) National Championship - To be established year to year by the National AAU office.

B. Competition Rules

1. **Rules** – Unless otherwise stated in this Handbook, the rules of competition shall be those of USA Track and Field, Inc. (USATF). Only those rules contained in this handbook shall supersede the general rules of the National Governing Body.

a) **Age Divisions**

(1) The Track & Field Program is comprised of nine age divisions. The athlete's YEAR OF BIRTH shall determine the appropriate age division for current year competition for all age divisions 8-Under through 15-16 Year Old. The date of birth shall be used to determine the appropriate age division for the 17-18 age divisions thus assuring that any athlete that DOES NOT turn 19 before the last day of the National Championship competition is still eligible to compete. Athletes MUST NOT turn 19 before the final day of the National Championship competition. Athletes who are eighteen (18) years of age through the final day of the National Championship shall be eligible to compete in the 17-18 Year Old age divisions.

- (a) 17-18 Year Old age division National Championship events (by season)
- i. Cross Country – AAU Cross Country National Championship
 - ii. Indoor Track & Field – AAU Indoor National Championship
 - iii. Outdoor Track & Field – AAU Junior Olympic Games

Division (Girls & Boys)	2020	2021	2022
8-Under	2012 & After	2013 & After	2014 & After
9 years	2011	2012	2013
10 years	2010	2011	2012
11 years	2009	2010	2011
12 years	2008	2009	2010
13 years	2007	2008	2009
14 years	2006	2007	2008
15-16 years	2004-2005	2005-2006	2006-2007
17-18 years	2002-2003	2003-2004	2004-2005

2. **Proof of Age**

a) Proof of age may be required at District, Regional Qualifier and National Championship events and whenever required and/or challenged.

(1) Acceptable forms:

- (a) Original Birth Certificate
- (b) A notarized original birth certificate from the appropriate issuing authority;
- (c) A US Military Government Identification Card;
- (d) A valid passport (not expired) and/or;
- (e) A valid US driver's license.

Note: OTHER FORMS OF DOCUMENTATION, INCLUDING BUT NOT LIMITED TO: LETTERS FROM PUBLIC OR PRIVATE SCHOOLS AND/OR CITY/STATE PARKS & RECREATION DEPARTMENTS ARE NOT ACCEPTABLE.

3. Participation

- a) The AAU codebook mandates that all District Sports Directors conduct a District Championship. The AAU Track & Field Executive Committee through the National Chair has the authority to accept or not accept the said District Championship as an athletic District Qualifier in the AAU Junior Olympic Games progression. The National Chair has the authority to approve additional District Qualifier as deemed necessary. Advancement from a District Qualifier to a Regional Qualifier must be from an approved and Licensed District Qualifier. An individual athlete may elect to participate in his District of “bona fide residence” or a Neighboring District as defined by the AAU on www.aasports.org. **Sports for All, Forever medals must be utilized for all designated District Qualifiers.**
- b) No athlete or club may participate in more than **ONE** Regional Qualifier meet, to advance to the AAU Junior Olympic Games. Participants must (athletes/teams) must compete in the Regional Qualifier in their designated area as defined by the AAU Track & Field Executive Committee. Any exceptions must be approved by the AAU National Track & Field Chair.
 - (1) No athlete may compete in a younger or older age division in individual events. The AAU Track & Field athletes must compete in their own age division with the following exceptions: **For relays only**, 9 Year Old athletes may compete in the 10 Year Old division. 11Year Old athletes may compete in the 12 Year Old division; and 13 Year Old athletes may compete in the 14 Year Old division.
 - (2) With limited exception, the Track & Field Program shall be restricted to US citizens, aliens living inside the United States and foreign exchange students. Notwithstanding, foreign athletes, provided they are AAU registered members, may participate in AAU Licensed practices, developmental meets, and the AAU National Club Championship (Club Championship). However, foreign athletes and clubs participating in the Club Championship must obtain clearance from the National Chairman before entering. Foreign athletes **MAY NOT** participate in District, National Qualifier, or National Championship meets other than the Club Championship.
 - (3) Unless otherwise noted (i.e., decathlon, heptathlon, etc.), all events are open to male and female competitors. Notwithstanding, all competitors on a relay team must be of the same gender.

4. Event Limitations

In track and field, a competitor in the 8-Under, 9 Year Old, 10 Year Old, 11Year Old or 12 Year Old age divisions may enter a maximum of three (3) events. Competitors in the 13 Year Old, 14 Year Old, 15-16 Year Old, or 17-18 Year Old age divisions may enter a maximum of four (4) events. These event limitations include relays, but do not include multi-events. Entry in a relay, either as a principal or an alternate member, will be considered an entry for the purpose of this rule. **Those athletes who qualify in certain events for National Championship meets are eligible to compete in only those events during the applicable meet.**

5. Uniforms

In all events competitors must wear clothing that is clean, designed and worn so as not to be objectionable. The clothing must be made of a material that is not transparent even if wet. Bare midriffs are not allowed. If the uniform is of a two-piece design (top and bottom), the top must either be tucked into the waistband or cover the waistband when the athlete is standing erect. A one piece uniform must not allow for a bare midriff. Athlete’s tops must be of the same color front and back. All participating team members must wear jersey’s/tops of the same color, front and back. At Regional Qualifier and

National Championships, all team participants shall wear shorts of the color, or, in the case of one piece uniforms, the bottoms of team uniforms should be of the same color. A competitor must wear footwear on both feet. The competitors must not wear clothing that could impede the view of the judges, except in cross country, when the weather is cold.

6. National Records

AAU Track & Field National Records may only be established at the AAU National Cross Country, AAU National Indoor Championships and AAU Junior Olympic Games Meets.

C. Competition Types

1. National Championships

a) AAU Cross Country, Indoor National Championships & West Coast National Championship:

The AAU National Track & Field Executive Committee through the National Track & Field Chair in corporation with the AAU National Office and President shall have the responsibility of selecting and hiring the Meet Coordinator(s). In addition, all compensation, stipends and contracts associated with the facilitation of said events shall be approved by the National Track & Field Executive Committee through the National Track & Field Chair. The designated National Meet Coordinator(s) will answer directly to the Track & Field Executive Committee through the National Chair. The AAU Track & Field National Chair, in his/her capacity as National Committee Representative shall be included in any and all decisions regarding the aforementioned competitions. The AAU National Track & Field Chair and/or designee shall appoint and supervise the Awards Chair and Committee, Clerking Area, Registration Area and the Information Center Chief and shall work in cooperation with the Meet Coordinator to assure compliance. The National Track & Field Chairperson (as representative of the Executive Committee), shall appoint the Jury of Appeals and Protest Table in said National Championships. The designated National Meet Coordinator in conjunction with the designated Officials Coordinator shall select and submit the Referees and all certified (USATF) Officials assigned to the aforementioned National Championships to the National Track & Field Executive Committee through the National Track & Field Chair for final approval.

b) AAU Primary National Championship: With the exception of the Awards Committee, all coordination of the AAU Primary National Championship shall be the responsibility of the AAU National Office in cooperation with the AAU Track & Field National Chair or other designee appointed by the AAU President.

(1) The Awards Committee for said event shall be appointed, coordinated and compensated by the AAU National Track & Field Executive Committee through the National Chair.

c) AAU Club Championships: With the exception of the Awards Committee, all coordination of the AAU Club Championships shall be the responsibility of the AAU National Office in cooperation with the AAU Track & Field National Chair or other designee appointed by the AAU President.

(1) The Awards Committee for said event shall be appointed, coordinated and compensated by the AAU National Track & Field Executive Committee through the National Chair.

- d) **AAU Junior Olympic Games:** With the exception of the Awards Committee, all matters pertaining to the AAU Junior Olympic Games shall be the direct responsibility of the designated AAU Junior Olympic Games Committee with the approval of the AAU President.
 - (1) The Awards Committee for the AAU Junior Olympic Games shall be appointed, coordinated and compensated by the AAU National Executive Committee through the National Chair.
- e) **West Coast AAU Junior Olympic Games:** There shall be no involvement of the AAU Track & Field Committee in the coordination, assignment, and hosting of the West Coast AAU Junior Olympic Games. The AAU National Track & Field Committee shall have no fiduciary responsibility for this event, and is not entitled to any revenue generated by the event.
- f) In outdoor track and field, National Championship meets 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.
- g) A finish recording system, as described by rule 165 in the USATF competition rules, producing a photograph or film depicting place and time, shall be used for all National Championship meet events. This system shall be activated by the starter’s pistol.
- h) Approved measuring equipment shall be used to verify the weight of throwing implements, as well as the length of attempts, heights, etc., for all throwing and jumping events contested.
- i) Throwing implements, starting blocks, and relay batons will be furnished by the national meet host and/or AAU Track & Field Program; this does not preclude the use of the athlete’s own implement if they meet the required weight and measurement specifications. When accepted, implements become the property of the meet until that event has been completed. Competitors must provide their own **pole vault poles**.

2. Outdoor Track & Field

a) **Authorized Individual Events**

Unless otherwise noted, the following events are authorized for competition and **MUST BE CONDUCTED AT DISTRICT, NATIONAL QUALIFIER, AND NATIONAL CHAMPIONSHIP MEETS**. At District Championship Level, the District Sport Director with approval of the Regional Qualifier Program Liaison may elect to authorize the meet director to advance steeplechase, pole vault and javelin competitors if the facility and/or host team is unable to accommodate such event(s). Athletes who did not compete in a District Qualifier will only be eligible to compete in the pole vault, javelin, steeplechase and multi events if the aforementioned events were not contested on the District Level. Relay teams must be declared on the Regional Qualifier Level. Each participant/athlete must register and pay to enter a District Qualifier regardless of participation and/or waiver in order to be advanced to the National Qualifier.

8-Under DIVISION						
100m Dash	200m Dash	400m Dash	800m Dash	Long Jump	Shot Put (4lbs)	Turbo Javelin (300g)

1500m Run	4 x 100m Relay					
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9 years & 10 years DIVISIONS

Track & Field Events		Multi Events (Triathlon)	
100m Dash	1500m Race-walk	Shot Put (6 lbs.)	
200 m Dash	Long Jump	High Jump	
400m Dash	High Jump	200m Dash (Girls)	
800m Run	Shot Put (6 lbs.)	400m Dash (Boys)	
1500m Run	Turbo Javelin (400g)		
4 x 100m Relay	4 x 400m Relay		

11years & 12 years DIVISIONS

Track & Field Events		Multi Events (Pentathlon)	
100m Dash	80m Hurdles (8-30")	80m Hurdles (8-30")	
200m Dash	Long Jump	Shot Put (6 lbs.)	
400m Dash	High Jump	High Jump	
800m Run	Discus (1.0 kg)	Long Jump	
1500m Run	Shot Put (6 lbs.)	800m Run (Girls)	
3000m Run	Turbo Javelin (400g)	1500m Run (Boys)	
1500m Race-walk	4 x 100m Relay		
4 x 400m Relay	4 x 800m Relay		

13 years & 14 years DIVISIONS

Track & Field Events		Multi Events (Pentathlon)	
100m Dash	3000m Race-walk	100m Hurdles (10-30" Girls)	
200m Dash	Long Jump	100m Hurdles (10-33" Boys)	
400m Dash	Triple Jump	Shot Put (6 lbs. Girls)	
800m Run	High Jump	Shot Put (4 kg Boys)	
1500m Run	Pole Vault	High Jump	
3000m Run	Shot Put (4 kg Boys)	Long Jump	
200m Hurdles (5-30")	Shot Put (6 lbs. Girls)	800m Run (Girls)	
100m Hurdles (10-33" Boys)	Discus (1.0 kg)	1500m Run (Boys)	
	Javelin (600g)		
100m Hurdles (10-30" Girls)	4 x 100m Relay		
	4 x 400m Relay		
4 x 800m Relay			

15-16 years & 17-18 years DIVISIONS

Track & Field Events		Multi Events	
100m Dash	Long Jump	Decathlon (Boys)	Heptathlon (Girls)
200m Dash	Triple Jump	Day 1	Day 1
400m Dash	High Jump	100m Dash	100m Hurdle (10-33")
800m Run	Pole Vault	Long Jump	High Jump
1500m Run	Shot Put (4 kg Girls)	Shot Put (12 lbs.)	Shot Put (4 kg)
3000m Run	Shot Put (12 lbs. Boys)	High Jump	200m Dash
3000m Race-walk	Discus (1.0 kg Girls)	400m Dash	
110m Hurdles (10-39" Boys)	Discus (1.6 kg Boys)	Day 2	Day 2
	Javelin (600g Girls)	110m Hurdles (10-39")	Long Jump

100m Hurdles (10-30" Girls)	Javelin (800g Boys)	Discus (1.6 kg)	Javelin (600g)
		Pole Vault	800m Run
400m Hurdles (10-36" Boys)	2000m Steeplechase (30" Girls/36" Boys)	Javelin (800g)	
400m Hurdles (10-30" Girls)	18 hurdle jumps 5 water jumps	1500m Run	
4 x 100m Relay	4 x 400m Relay		
4 x 800m Relay			

b) Running Events

- (1) Running events, where feasible in non-championship meets, will conform to these specifications
- (2) The 800 meters, and 4x800 meter relay shall be run with a one turn stagger, and run in lanes up to the entrance to the following straightaway, which shall be appropriately marked. The maximum per heat shall be sixteen (16). 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. At the National level, twelve (12) competitors may advance to the finals of the 800 meters, at the sole discretion of the National Championship Meet Director.
- (3) Events up to and including 400m shall be run entirely in lanes.
- (4) 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 straightaway, which shall be appropriately marked.
- (5) In individual races up to and including the 400 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.
- (6) Unless otherwise provided within the Rule, no fewer than three (3) athletes from any one heat shall advance to the next round of competition.
- (7) 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.
 - (a) At least one half of the qualifiers for a succeeding round in any event shall be on the basis of time.
 - i. If more than 20 report for the 1500 Meter run, more than 24 report for the 3000 Meter run or the 2000 Meter Steeplechase, heats shall be run.
 - ii. If heats are run as required in this section, then there shall be no more than 12 in the final run.
- (8) At the District level, all events of 200 meters or longer may be run as timed finals. At the Regional Qualifier level, all events of 400 meters or longer will be run as timed finals.
- (9) 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 followed by the faster section.
- (10) In all races around turns not run in lanes (1500m and longer), 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.

- (11) **False Start Rule:** Except in combined events, any competitor(s) responsible for the false start shall be disqualified and a red card/flag shall be placed on the respective lane marker(s), or raised in front of the respective athlete(s). For the 8-Under, 9 Year Old, 10 Year Old, 11 Year Old, 12 Year Old, 13 Year Old, and 14 Year Old age divisions, no penalty shall be imposed for the first false start but the starter shall disqualify the offender for the second false start. False starts are called on individuals, not the field.
- (12) Starting blocks are optional for all age groups except the 15-16 Year Old and 17-18 Year Old age divisions in the AAU Track & Field program. The 15-16 Year Old and 17-18 Year Old age divisions must use starting blocks for 100 m, 200m and 400m races and the first leg of all relays where that leg does not exceed 400m. This includes 100m, 110m, 200m and 400m hurdle races.
- (13) **Running Lanes:**
 - (a) When a race is run in lanes, competitors are expected to run the entire race in their assigned lanes.
 - (b) Competitors, who inadvertently run out of their lanes on the straight away, 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.
 - (c) On the straightaway, a runner cannot gain an advantage but must finish in the assigned lane or face disqualification.
- (14) A competitor who runs around or trails the leg or foot below the horizontal plane of any hurdle at the instant of clearance, or jumps any hurdle not in his/her own lane or who, in the opinion of the Referee, deliberately knocks down any hurdle by hand or foot shall be disqualified.

c) Authorized Relay Events

Relays are conducted in the 8-Under, 10 Year Old, 12 Year Old, 14 Year Old, 15-16 Year Old, and 17-18 Year Old age divisions only. The 9 Year Old age division may run in the 10 Year Old age division, the 11 Year Old age division may run in the 12 Year Old age divisions and the 13 Year Old age division may run in the 14 Year Old age division only in relays.

AGE DIVISION	RELAY EVENTS
8-Under	4 x 100m
10 years	4 x 100m, 4 x 400m
12 years	4 x 100m, 4 x 400m, 4 x 800m
14 years	4 x 100m, 4 x 400m, 4 x 800m
15-16 years	4 x 100m, 4 x 400m, 4 x 800m (Sprint Medley – 200, 200, 400, 800; Club Championship Only)
17-18 years	4 x 100m, 4 x 400m, 4 x 800m (Sprint Medley – 200, 200, 400, 800; Club Championship Only)

- 1) Qualification of a relay team at the District or Regional Qualifier meet entitles the club represented by that team to enter a relay team in the same event at the next level of competition. The make-up of the team need not be the same throughout the various levels until you get to the AAU Junior Olympic Games. Notwithstanding, the relay team members must be from the same club and of the same age division and gender **and must have completed in the District or**

National Qualifier to be eligible to be entered as a primary or alternate on the relay. Athletes cannot represent their club as a member or as an alternate member on more than one relay team for the same relay event. At the AAU Junior Olympic Games level, no athlete will be added to a relay roster unless they are already entered into the meet and changes will only be allowed to be made at on-site Packet Pick-Up.

d) Relay Races

- 1) Participation of relay teams shall be limited to those clubs which hold current valid membership in the AAU prior to their District 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 of eight (8) total from the same club, to be declared at the time of entry into each meet.
- 3) Clubs must qualify teams in the Regional Qualifier meet, Primary National Championship, Club Championship or West Coast National Championship in order to qualify for the AAU Junior Olympic Games.
- 4) All participating team members must wear jerseys (tops) and shorts (bottoms) of the same color at National Qualifiers and National Championships.
- 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) 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 will result in the team being disqualified from the event.**
- 7) 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.

e) 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, 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.

f) Outdoor Meet Hurdle Races

Event	Age Division	# of Hurdles	Hurdle Height	To First Hurdle	Between Hurdles	Last Hurdle to Finish
80m	11 years (Girls & Boys)	8	30"	12m	7.5m	15.5m
	12 years (Girls & Boys)	8	30"	12m	7.5m	15.5m
100m	13 years Girls	10	30"	13m	8.5m	10.5m
	14 years Girls	10	30"	13m	8.5m	10.5m
	13 years Boys	10	33"	13m	8.5m	10.5m
	14 years Boys	10	33"	13m	8.5m	10.5m
	15-16 years Girls	10	33"	13m	8.5m	10.5m
	17-18 years Women	10	33"	13m	8.5m	10.5m
110m	15-16 years Boys	10	39"	13.72m	9.14m	14.02m
	17-18 years Men	10	39"	13.72m	9.14m	14.02m
200m	13 years (Girls & Boys)	5	30"	20m	35m	40m
	14 years (Girls & Boys)	5	30"	20m	35m	40m
400m	15-16 years (Girls)	10	30"	45m	35m	40m
	17-18 years Women	10	30"	45m	35m	40m
400m	15-16 years Boys	10	36"	45m	35m	40m
	17-18 years Men	10	36"	45m	35m	40m

g) 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 following appropriate chart to determine the number of heats required and method of selecting athletes.

WHERE HAND TIMING IS USED FOR EIGHT (8) LANES

Entries #	Trial Heats	Qualifying #	Semi-Final	Qualifying #	Final #
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	#		Heats #		
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.					

WHERE HAND TIMING IS USED FOR NINE (9) LANES					
Entries #	Trial Heats #	Qualifying #	Semi-Final Heats #	Qualifying #	Final #
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 (8) LANES FAT ONLY					
Entries #	Trial Heats #	Qualifying #	Semi-Final Heats #	Qualifying #	Final #
1 to 8	0	-	0	-	1 to 8
9 to 16	0	-	3	3+ next 2 best	8
17 to 24	0	-	3	2+ next 2 best	8
25 to 32	4	5+ next 4 best	3	2+ next 2 best	8
33 to 40	5	4+ next 4 best	3	2+ next 2 best	8
41 to 48	6	3+ next 6 best	3	2+ next 2 best	8
49 to 56	7	3+ next 3 best	3	2+ next 2 best	8
57 to 64	8	2+ next 8 best	3	2+ next 2 best	8
65 to 72	9	2+ next 6 best	3	2+ next 2 best	8
73 to 80	10	2+ next 4 best	3	2+ next 2 best	8
81 to 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 the times. Seed winners, then seed second places, etc. Work left to right, then right to left.
 - (d) If the members from the same club are not equally distributed, to adjust see Running Events 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:
 - i. Draw for lanes 3, 4, 5, and 6 for qualifiers with four best times.
 - ii. Draw for remaining lanes for remainder of qualifiers.

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

TIES: In all running events, and in all field events, ties for the last qualifying place for advancement from Regional Qualifier 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.

h) **Field Events**(1) **Throwing Implements Used**

AGE DIVISION	SHOT PUT	DISCUS	JAVELIN
8-Under (Girls & Boys)	4 lbs.	-	Turbo (300 g)
9 Years (Girls & Boys)	6 lbs.	-	Turbo (400 g)
10 Years (Girls & Boys)	6 lbs.	-	Turbo (400 g)
11 Years (Girls & Boys)	6 lbs.	1.0 kg	Turbo (400 g)
12 Years (Girls & Boys)	6 lbs.	1.0 kg	Turbo (400 g)
13 Years (Girls)	6 lbs.	1.0 kg	600 g
14 Years (Girls)	6 lbs.	1.0 kg	600 g
13 Years (Boys)	4 kg	1.0 kg	600 g
14 Years (Boys)	4 kg	1.0 kg	600 g
15-16 Years (Girls)	4 kg	1.0 kg	600 g
15-16 Years (Boys)	12 lbs.	1.6 kg	800 g
17-18 Years (Women)	4 kg	1.0 kg	600 g
17-18 Years (Men)	12 lbs.	1.6 kg	800 g

* For a list of authorized field events by age group for the AAU Track & Field Program, please refer to Authorized Individual Events of this Handbook.

(2) **In all field events other than the High Jump and Pole Vault:**

- a) For National Qualifiers and National Championships, competition shall consist of three preliminary attempts followed by three final attempts (three plus three rule). In all other competitions, the local games committee will determine whether to apply the “3 plus 3” rule or a total of 4 attempts.
- b) When there are eight or fewer competitors, all shall be allowed six trials, even if none of the first three are fair. If there are more competitors than there are lanes on the track, each competitor must have a valid qualifying mark to advance to the finals.
- c) The order of competition for the final three trials shall be in reverse order of the best performance in the first three trials.
- d) Each competitor shall be credited with the best of all his/her attempts in the competition proper, including jumps or throws taken to break first-place ties.
- e) All competitors shall take the first trials in order; then all shall take the second trials in like order, etc.

(3) **Pole Vault**

- a) A competitor shall not use a training pole, a pole which is improperly marked, or a pole rated below his/her weight during warm-up or competition. Prior to warm-up, the Inspector of Implements shall inspect each pole to be used in competition to verify that the poles are legal equipment. **The Competitor’s weight shall be at or below the manufacturer’s pole rating.**
- b) It is the responsibility of the coach or parent to verify the competitor will use a legal pole rated at or above his/her weight. All pole vault athletes will be weighed at the pole vault area and must match the pole. Due to the large number of vaulters, the AAU will not follow USATF Rule 302-5i.

Note: The manufacturers must include, on each pole, a pole rating that shall be a minimum of 3/4” in contrasting color located within or above the top handhold position with the exact position determined by the manufacturer.

- c) A competitor who has passed three consecutive heights after competition has begun may be permitted one warm-up jump without the crossbar in place. The warm-up jump must be at a height change and the athlete must enter competition after the warm-up. It is the athlete's responsibility to request a warm-up jump.

iv. Check In Procedures

Field Event athletes should report to the chief official of that event, no less than thirty (30) minutes prior to the scheduled start of that event. Athletes, who fail to report prior to the completion of the first attempt of their designated flight, **will forfeit their ability to compete in that event.**

i) Multi Events

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

(1) Order of Events

*It is recommended that the order of events in the Multi-Events remain as listed in this handbook.

*The order of events may change as deemed necessary by meet management.

TRIATHLON	
9 years & 10 years DIVISION	
BOYS	GIRLS
Shot Put (6 lbs.)	Shot Put (6 lbs.)
High Jump	High Jump
400m Dash	200m Dash

PENTATHLON	
11 years & 12 years DIVISION	
BOYS	GIRLS
80m Hurdles (8-30")	80m Hurdles (8-30")
Shot Put (6 lbs.)	Shot Put (6 lbs.)
High Jump	High Jump
Long Jump	Long Jump
1500 m Run	800 m Run

PENTATHLON	
13 years & 14 years DIVISION	
BOYS	GIRLS
100m Hurdles (10-33")	100m Hurdles (10-30")
Shot Put (4 kg)	Shot Put (6 lbs.)
High Jump	High Jump
Long Jump	Long Jump
1500 m Run	800 m Run

HEPTATHLON	
15-16 years GIRLS & 17-18 years WOMEN DIVISION	
DAY 1	DAY 2
100m Hurdles (10-33")	Long Jump
High Jump	Javelin (600g)
Shot Put (4 kg)	800m Run
200m Dash	
*The Heptathlon shall consist of seven (7) events, which shall be held on two (2) consecutive days in the order above.	

DECATHLON	
15-16 years BOYS & 17-18 years MEN DIVISION	
DAY 1	DAY 2
100m Dash	110m Hurdles (10-39")
Long Jump	Discus (1.6 kg)
Shot Put (12 lbs.)	Pole Vault
High Jump	Javelin (800g)
400m Dash	1500m Run
*The Decathlon shall consist of ten (10) events, which shall be held on two (2) consecutive days in the order above. The hurdle distance will be the same as in individual track events.	

(2) Rules and Regulations

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

- i. In the long jump, shot put, discus throw and the javelin throw, each competitor shall be allowed three (3) trials only.
- ii. In running events and hurdles, a competitor shall be disqualified on their second false start.

(3) Scoring Tables

Scoring of Combined (multi-event) events shall be in accordance with the current IAAF tables, the same as is in USATF Youth Track & Field. 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 12 Year Old Boys' 80 Meter Hurdles shall be multiplied by 1.13 prior to entering the tables; for the 12 Year Old Girls' 80 Meter Hurdles, multiply by 1.07.

(4) Points

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.

(5) Timing

In running events, each competitor shall be either hand timed by three (3) watches, or fully automatic timed (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.

3. Club Championship

- a) The AAU National Club Championship will be held each year at the ESPN Wide World of Sports Complex at *the Walt Disney World Resort*[®] 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 Track & Field Program. It also provides additional participation opportunities for individual athletes against national caliber competition.
- b) The AAU Club Championship is open to any athlete or club that is a current registered member or Club of the AAU, regardless of National affiliation.
- c) Teams/clubs will be scored to determine each age division winner and the overall National Club Champion. Scoring will be for eight (8) places, (10-8-6-5-4-3-1) in all events.
- d) Foreign athletes are not eligible to advance from the National Club Championships to the AAU Junior Olympic Games.
- e) The “move-up” process will be effective at the AAU Club Championships which assures that athletes that have previously advanced to the Junior Olympic Games will be moved out to assure that the next place finishers are advanced to the Junior Olympic Games.

4. West Coast National Championships

- a) The AAU West Coast National Championship is open to any athlete or club that is a current registered member or Club of the AAU
- b) 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.
- c) The “move-up” process will be effective at the AAU West Coast National Championship which assures that athletes that have previously advanced to the Junior Olympic Games will be moved out to assure that the next place finisher are advanced to the Junior Olympic Games.

5. Primary National Championship

- a) The Primary National Championship is open to any athlete that is a current registered member of the AAU. This event was created to all Primary age division athletes to compete in single age group competition.
- b) The following age divisions and events are used for the Primary National Championship program ONLY:

AAU Primary Program Age Divisions			
Age Group	2016	2017	2018
Primary Girls	2008	2009	2010
Primary Boys	2008	2009	2010
Sub-Primary Girls	2009	2010	2011
Sub-Primary Boys	2009	2010	2011
Pee Wee Girls	2010	2011	2012
Pee Wee Boys	2010	2011	2012
Sub-Pee Wee Girls	2011	2012	2013
Sub-Pee Wee Boys	2011	2012	2013

Primary Girls & Boys	
100m	4x100m
200m	4x400m
400m	Turbo Jav (300g)
800m	40m Hurdles (4 hurdles @ 24in.)
1500m	Triathlon
Long Jump	Girls (Long Jump, Shot Put, 100m)
Shot Put (4 lbs.)	Boys (Long Jump, Shot Put, 200m)

Sub-Primary Girls & Boys	
100m	4x100m
200m	4x400m
400m	Turbo Jav (300g)
800m	40m Hurdles (4 hurdles @ 24in.)
1500m	Triathlon
Long Jump	Girls (Long Jump, Shot Put, 100m)
Shot Put (4 lbs.)	Boys (Long Jump, Shot Put, 200m)

Pee Wee Girls & Boys	
55m	Long Jump
100m	Shot Put (4lbs.)
200m	4x100m
Triathlon – (Long Jump, Shot Put, 55m)	

Sub-Pee Wee Girls & Boys	
55m	Long Jump
100m	Shot Put (4lbs.)
200m	4x100m
Triathlon – (Long Jump, Shot Put, 55m)	

6. **Indoor Track & Field**
 a) **Authorized Individual Events**

8-Under DIVISION					
55m Dash	200m Dash	400m Dash	800m Run	Long Jump	Shot Put (4 lbs.)

9 years & 10 years DIVISIONS		
Track & Field Events		Multi Events (Triathlon)
55m Dash	1500m Race-walk	200m Dash
200m Dash	Long Jump	Shot Put (6 lbs.)
400m Dash	High Jump	High Jump
800m Run	Shot Put	
1500m Run		

11 years & 12 years DIVISIONS			
Track & Field Events		Multi Events (Pentathlon)	
		Boys	Girls
55m Dash	1500m Race-walk	55m Hurdles (5-30")	55m Hurdles (5-30")
200m Dash	Long Jump	High Jump	High Jump
400m Dash	High Jump	Shot Put (6 lbs.)	Shot Put (6 lbs.)
800m Run	Shot Put (6 lbs.)	Long Jump	Long Jump
1500 m Run		800m/1000m Run	800m Run
3000 m Run			
55m Hurdles (5-30")			

13 years & 14 years DIVISIONS			
Track & Field Events		Multi Events (Pentathlon)	
		Boys	Girls
55m Dash	3000m Race-walk	55m Hurdles (5-33")	55m Hurdles (5-30")
200m Dash	Pole Vault	High Jump	High Jump
400m Dash	Shot Put (6 lbs. Girls)	Shot Put (4 kg)	Shot Put (6 lbs.)
800m Run	Shot Put (4 kg Boys)	Long Jump	Long Jump
1500m Run	Long Jump	800m/1000m Run	
3000m Run	High Jump		
55m Hurdles (5-30" Girls)			
55m Hurdles (5-33" Boys)			

15-16 years & 17-18 years DIVISIONS			
Track & Field Events		Multi Events (Pentathlon)	
		Boys	Girls
55m Dash	3000m Race-walk	55m Hurdles (5-39")	55m Hurdles (5-33")
200m Dash	High Jump	High Jump	High Jump
400m Dash	Long Jump	Shot Put (12 lbs.)	Shot Put (4 kg)
800m Run	Triple Jump	Long Jump	Long Jump
1500m Run	Shot Put (4 kg Girls)	1000m Run	800m Run
3000m Run	Shot Put (12 lbs. Boys)		
55m Hurdles (5- 33" Girls)			

55m Hurdles (5-39" Boys)			

b) Authorized Relay Events

AGE DIVISION	RELAY EVENTS
8-Under, 9 years & 10 years	4 x 400m
11 years & 12 years	4 x 400m
13 years & 14years	4 x 400m
15-16 years	4 x 400m
17-18 years	4 x 400m

- (1) Participation of relay teams shall be limited to those clubs which hold current valid club membership in their home District of the Amateur Athletic Union, and must also show proof of club membership. All members of the relay team must be members of the club they represent, of the same age division and under.
- (2) Substitutions are subject to the same restrictions as in outdoor competition.
- (3) 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 8-Under, 10 Year Old, 12 Year Old, 14 Year Old, 15-16 Year Old, and 17-18 Year Old age divisions. 9 Year Olds may move up and run in the 10 Year Old Relay Division, 11 Year Olds may run up in the 12 Year Old Relay Division and 13 Year Olds may run up in the 14 Year Olds Relay Division. The 15-16 Year Old and 17-18 Year Old age divisions 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.

c) Indoor Meet Hurdle Races

Event	Age Division	# of Hurdles	Hurdle Height	To First Hurdle	Between Hurdles	Last Hurdle to Finish
55m	11 years (Girls & Boys)	5	30"	12m	7.5m	13m
	12 years (Girls & Boys)	5	30"	12m	7.5m	13m
	13 years (Girls)	5	30"	13m	8.5m	8m
	14 years (Girls)	5	30"	13m	8.5m	8m
	13 years (Boys)	5	33"	13m	8.5m	8m
	14 years (Boys)	5	33"	13m	8.5m	8m
	15-16 years (Girls)	5	33"	13m	8.5m	8m
	17-18 years (Women)	5	33"	13m	8.5m	8m
	15-16 years (Boys)	5	39"	13.72m	9.14m	4.72
	17-18 years (Men)	5	39"	13.72m	9.14m	4.72

d) Throwing Implements

- (1) Approved implements shall be furnished by the meet host, with the exception of pole vault poles. This had javelins mentioned here (not thrown at indoor).
- (2) 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.
- (3) Shot Put weights are as follows:

AGE DIVISION	WEIGHT
8-under(Girls & Boys)	4 lbs.
9 years (Girls & Boys)	6 lbs.
10 years (Girls & Boys)	6 lbs.
11 years (Girls & Boys)	6 lbs.
12 years (Girls & Boys)	6 lbs.
13 years (Girls)	6 lbs.
14 years (Girls)	6 lbs.
13 years (Boys)	4 kg
14 years (Boys)	4 kg
15-16 years (Girls)	4 kg
17-18 years (Women)	4 kg
15-16 years (Boys)	12 lbs.
17-18 years (Men)	12 lbs.

e) Eligibility / Age Divisions

- (1) Indoor Age Divisions are the same as Outdoor Track & Field.
- (2) Athletes who are eighteen (18) years of age through the final day of the National Indoor Track & Field Championships shall be eligible to compete in the 17-18 Year Old age division through that Track & Field meet
- (3) Participants must hold current membership in the Amateur Athletic Union.
- (4) Competitors are responsible for determining whether competing in this event will disqualify them from competing in events sponsored by their State High School Activities/Track & Field District.
- (5) Competitors must present proof of age and current AAU membership card at check-in.

f) AAU Indoor National Championship(s)

- (1) The Youth Track & Field Committee Chairman will select the National Meet Coordinator. The Chairman will also appoint the Awards Chair; Information Center Chief; Jury of Appeals; Protest Table; Referee, and have final approval of all other certified (USATF) officials selected to officiate.
- (2) **Awards**
Official AAU National Championship medals will be presented for the top place finishers in each individual event, the number of lanes will dictate the number of places given, based on number of lanes; however, only 1st – 3rd places in relays at all National Indoor Championships. The medals are provided for by AAU National Headquarters.
- (3) **National Records**
Official records will be maintained by the National Track & Field Committee for the National Championship meets only.
- (4) **Other**

1. The AAU National Office will determine the number of allowable entries based upon the facility to be used.
2. Multi-Event rules require a thirty (30) minute rest between each event.
3. The AAU Indoor season is from December 1 of each year through the first full weekend in March of each year.

7. Cross Country

a) **Authorized Age Divisions & Race Distances**

Age Division (Girls & Boys)	Race Distance
6 and under	1000m (1K) - exhibition
8-Under	2000m (2K)
9 years – 10 years	3000m (3K)
11 years – 12 years	3000m (3K)
13 years – 14 years	4000m (4K)
15-16 years	5000m (5K)
17-18 years	5000m (5K)

***Athletes who are still eighteen (18) years of age on the day of the AAU Cross Country National Championship Meet shall be eligible to compete in the 17-18 Year Old division.**

*** Competitors must compete in their own age divisions only. No athlete may compete in a younger or older division.**

*** The 15-16 Year Old and 17-18 Year Old age divisions will run a combined race. Teams can be formed using both age divisions. Team awards will be given to the Top 3 teams and awarded as the High School Men/Women Team Division. Individual awards will be given to both the 15-16 Year Old and 17-18 Year Old age divisions.**

b) **Individual Qualification and Advancement**

- (1) Individual qualification for the National Championship requires advancement through an AAU District Cross Country Qualifier. **ALL** athletes who participate in a District Championship Qualifier in each age division qualify for the AAU National Cross Country Championship but competition in the District Qualifier is mandatory unless a waiver is granted by the AAU Track & Field National Chair. Waiver requests are to be sent to aaawaivers@aausports.org
- (2) If a District does not conduct an AAU District Championship Meet, participation in a bordering District, which is conducting a District Meet, is permitted; otherwise, the athlete or club must be approved for the National Championship by the National Chairman.
- (3) Any High School athlete (K – 12th grade) that cannot compete in an AAU District Cross Country Championship must contact the National Chair for admittance into the AAU National Cross Country Championships. Requests for waiver are to be sent to aaawaivers@aausports.org

c) Team Eligibility and Advancement

- (1) Participation of Cross Country teams shall be limited to those clubs, which hold current valid membership in their home District 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 Track and Field competition.
- (2) **ALL** club teams per division that participate in the District Cross Country Championships may advance to the National Championships.
- (3) A team will consist of 5-8 runners. Only club members of a team participating in the District Championships advance to the National Championship Meet.

d) Team Scoring

- (1) No more than eight (8) athletes may start for a team.
- (2) The finishing position of an athlete shall be his/her 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 sixth member athlete finished first shall be given the higher place.
- (7) Each athlete that is a member of a team shall have a different color bib number than that of unattached athletes. (Remove as this is not done anymore.)
- (8) There will be ten (10) total races contested for the team competition consisting of the following age groups for both boys and girls: 8-Under, 9-10 Year Olds, 11-12 Year Olds, 13-14 Year Olds, and High School Women/Men (15-16 Year Old and 17-18 Year Old age divisions).
- (9) Competitors must compete in their own age divisions only. No athlete may compete in a younger or older division.

e) Awards

- (1) Awards may be given to the first twenty-five (25) places in each age division for the District meet. Medals may also be available for team members at the District level of competition.
- (2) AAU National Championship medals will be awarded to the top eight (8) individual places in each age division: 8-Under, 9 Year Old, 10 Year Old, 11 Year Old, 12 Year Old, 13 Year Old, 14 Year Old, 15-16 Year Olds, and 17-18 Year Olds. All remaining finishers will receive a medal or ribbon. All athletes will receive an AAU participation certificate.
- (3) The top three teams from each race will receive medals, as well as a team trophy. An overall team championship trophy will also be awarded.

f) Guidelines for Meet Operations

- (1) Owing to the extremely varying circumstances in which Cross Country running is practiced throughout the United States, especially in regard to different seasons and climatic conditions, it is impossible to lay down any rigid legislation governing terrain and climatic conditions. The Cross Country season should normally extend throughout the fall after the close of Track and Field season until the next AAU Cross Country National Meet. Cross Country is basically a

team sport, but participation is not limited to teams, and individual entries will be accepted.

- (2) The following guidelines, however, are being supplied to assist Districts in developing Cross Country running, both as a sport in itself and as a training adjunct to long distance running and Track and Field events.
 - (a) It is recommended that a facility near the running course be available for warmth and shelter in the event of bad weather.
 - (b) Meet headquarters and/or registration confirmation and packet pick-up should be designated in a brochure accompanying the entry form and housing information.
 - (c) Qualified medical personnel must be on hand at all times.
 - (d) The course **MUST** be marked the evening before.
 - (e) There shall be a course walk prior to the start of the first scheduled race. It is suggested the walks be arranged to accommodate early arrivals. The last walk through should not be any later than one hour, prior to start of the first race.
 - (f) It is suggested that you have separate leaders for each division when walking the course. (Keep in mind that the little kids get confused).
 - (g) A nearby warm-up area for the runners is to be provided.
 - (h) The course should not finish on an UPHILL or DOWNHILL area.
 - (i) 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.
 - (j) The course is to be marked off with ropes and/or cone markers. The ropes are to have some type of streamer in order for runners to see.
 - (k) Officials throughout the course, especially near gates and crucial running areas, should be easily recognized. (**SPECIAL OUTER GARB - BRIGHT COLOR**).
 - (l) An adequate number of course officials should be provided throughout the course so that flagrant 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.
 - (m) Parents, coaches and other athletes are **NOT ALLOWED** on the course at **ANY** time during the race itself that would cause them to interfere with the running of that race.
 - (n) 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.
 - (o) Because of the importance involved, the **FINISH LINE AREA** is extremely crucial. It is suggested that you have at least fourteen (14) watches in use (back-up, etc.). Besides the **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.
 - (p) It is suggested that a pamphlet be provided for a nominal fee that will provide a very detailed description of the various courses. In the event that a pamphlet is not provided with this information, you **MUST** provide **LARGE MAPS** in the registration area for the runners to review.
 - (q) 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.
 - (r) You **MUST** adhere to all the rules and regulations as set forth by the AAU National Sports Committee.

- (s) An adequate parking area should be provided adjacent to the course.
- (t) The meet director **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 district runners.
- (u) All District Meet Directors must use the same standardized entry blank furnished by the National AAU Office. 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.
- (v) There will be **NO** separate entry fee for teams.

g) National Meet Technical Details and Requirements

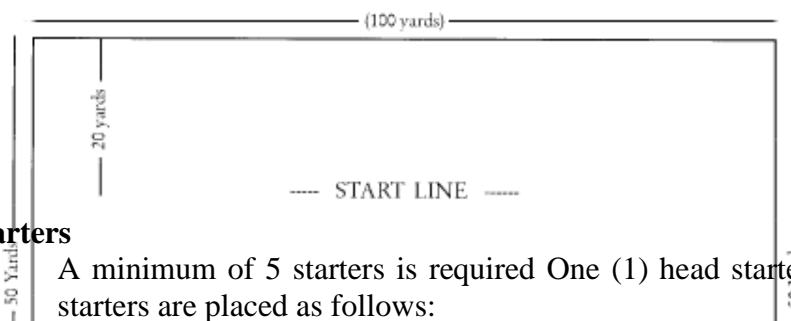
- (1) The starting line must be a minimum 100 yards in length.
- (2) The area around the starting line must be roped off at least 20 yards behind the start line and down each side of the start area for a distance of 50 yards. This will prevent parents and club coaches from disturbing the runners and interfering with the meet officials (Please see Figure I as follows for example).
- (3) Allocation of lanes for each of the 8 competitors shall be a minimum of six (6) feet.
- (4) Minimum length of straightaway after starting line to be 400m.
- (5) Minimum radius of any curve is 20 yards.
- (6) Length of minimum loop - 1500 yards.
- (7) A well-marked finish line (area) must be provided. Colorful flags and similar material are to be used throughout the area.
- (8) Finish line to be marked with califine type substance. Food coloring to be used in case snow is on the ground.
- (9) Minimum length of straightaway leading up to finish line to be at least 200m, with 400m being preferred.
- (10) **A photo finish system such as FinishLynx fully integrated with a chip transponder system shall be used at the finish line to identify athletes.**
- (11) **A frontal video camera such as IdentiLynx shall also be used as a means of reviewing the order of finish of competitors as they cross the finish line. All video recordings will become the property of the AAU Track & Field Committee upon completion of the meet.**
- (12) The course must be marked before the first course walk-through the day before the meet.
- (13) The course must be remarked at least two hours prior to the first race.
- (14) The course will not finish on an uphill or downhill area.
- (15) An adequate number of course officials that are easily recognized by their colorful attire must be provided throughout the course, especially near gates, turns and course changes, so that flagrancys and unsportsmanlike conduct can be handled.
- (16) The Referee and the Jury of Appeals must be set up **PRIOR** to the first race, so that questions and protest can be handled in an efficient and prudent manner. These officials are to be selected and appointed by the National Chairman.
- (17) Parents, coaches and other athletes are not allowed on the course at any time during the race itself that would cause them to interfere with the running of that race.
- (18) Medical Personnel must be at the competition during the entire run. Medical vehicles must be available.

(19) Due to variations in all Cross Country Courses the Games Committee may make modifications to above details to adapt to National Championship course.

h) Recommended Officials

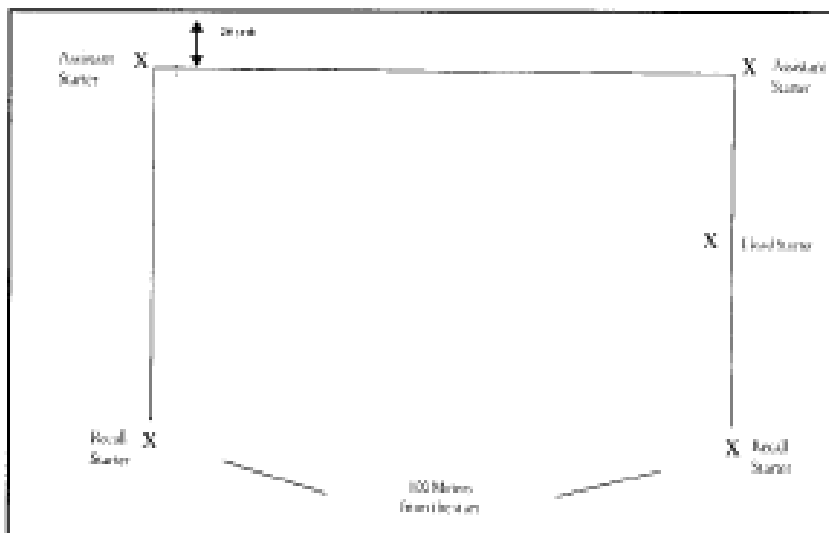
- (1) Meet Director
- (2) Referee
- (3) Head Starter
- (4) Clerk of Course
- (5) Assistant Starter – 4
- (6) Finish Line Officials – 4 each
- (7) Chute Inspectors – 15 each
- (8) Course Inspectors – 20 each
- (9) Jury of Appeals

i) Figure 1 - Starting Line:



j) Starters

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



k) Finish Chute

A minimum of four (4) finish chutes is required. Each one is to be a minimum of 170 feet in length. After the finish line has been established a minimum of 30 feet from the finish line, the chutes will begin. They are divided with two chutes separated from the other two.

IV. EXCERPTS FROM AAU CODE BOOK (Cannot be changed by Sport Committee)

A. AAU Membership - All participants must be a member of the AAU in order to participate in any AAU Licensed Event. Event Operators may not collect AAU membership money at any AAU Licensed event.

1. Membership Requirements -Membership in the AAU is a privilege granted by the AAU. The AAU at its sole discretion reserves the right to accept or reject applicants for membership.

- a) **Conditions for Membership.** Membership in any class may be granted only after an application is submitted and approved. By submitting an application, the applicant agrees to comply with all the provisions of the Constitution, Bylaws, policies, procedures and rules of the AAU.
- b) **Classes of Membership - Classes of membership in the AAU are as follows:**
 - 1) **District Member** – the organization chartered by the Congress to provide administrative services within a designated geographic area.
 - 2) **Club Member** – An organization or group that has been approved for membership after meeting the registration requirements of the Code.
 - 3) **Individual Member** – A person who has been approved for membership after meeting the registration requirements of the Code. Individual membership categories are:
 - (a) Youth Athlete
 - (b) Adult Athlete
 - (c) Non-Athlete
 - 4) **Affiliate Member** – An organization or group approved by Congress which is engaged in Track & Field or sports-related activities.

B. Use of Logos and Trademarks

1. The AAU name, mark, seal, logo, and other insignia (all "AAU marks") are protected through trademark registration and are defined as the intellectual property of the AAU. A user of the AAU's intellectual property must have prior and continued approval of the National AAU. Only those subordinates and affiliated organizations which are expressly authorized by the National AAU may use the intellectual property of the AAU. The National AAU may withdraw its approval to use its marks, in its sole discretion. Members shall immediately comply with notice to cease and desist from the use of the AAU's intellectual property. The unauthorized use of any of the intellectual property of the AAU is a violation of this policy and may subject the member/entity to penalties set out in the AAU Code.
2. Only chartered Districts, District Sport Committees and National Sport Committees may use the AAU marks in their name.
3. There are three (3) levels of AAU club membership. Level 1 AAU Clubs acquire no rights to use the AAU's intellectual property. Level 2 and Level 3 Clubs may use AAU's intellectual property for the promotion of its organization and/or Licensed AAU events only. Member clubs may not use the name AAU in their legal name.
4. In the event of a dispute or conflict as to a member's/entity's claim(s) to use any of the intellectual property of the AAU.

C. Event Licenses

1. No event shall be conducted under the auspices of the AAU unless a License has been issued for the activity. A License is the written approval of the AAU for the conduct of the activity.
2. Only AAU members may participate in licensed events unless otherwise provided in the Bylaws.
3. Licenses may be issued to any club in good standing. Any License may be reviewed within 15 days of submission by the District Sport Committee Director. If the License is reviewed and rejected, the Registrar shall notify the organization submitting the License.
4. No License shall take effect until the 15-day review period has expired, or until the Registrar processes the License following approval of the District Sport Committee Director. Beginning with the 2009 Membership year, all applications for License must be completed and submitted through the on-line process or the AAU National Office.
5. The National Registration Executive Committee has the authority to issue Licenses as follows:
 - a) For events in locations where there is no active District member.

- b) For events in Districts where there is no current active participation. (No District Championship in the prior membership year).
- c) For events directly sponsored by the National AAU or National Sports Committee.
- d) For inter-District league play.
- e) Review and approve any License rejected by the District.
- f) Licenses issued to one organization cannot be transferred to another organization.
- g) No License will be issued for any event where the word “Olympic” or any derivative thereof is used in any advertisements or notice in connection with the event except upon the specific written approval of the Board of Directors.
- h) Licenses must be reviewed and processed by the District Registrar and reported to the National Headquarters. A record shall be kept by each District of all Licenses issued.

D. District Sport Committee Bi-Annual Meeting

1. **District Sport Committee Bi-Annual Meeting** - It is the duty of the District Sport Committee to hold a bi-annual meeting, the date of which shall be approved by the District Executive Committee. [Not the Sport Committee Executive Committee]
2. **Notice of District Sport Meetings**- Notice of the bi-annual or special meetings of the District Sport Committee shall be issued (or issue approved) by the District Secretary, to clubs eligible to vote as of 30 days prior to the scheduled annual meeting.
 - a) **Quorum**. - Five (5) member clubs must be present to constitute a quorum of the Annual Sport Committee meeting.
 - b) **Voting** - Each member of a Committee shall have one vote unless the operating rules of the Committee provide for weighted voting. There shall be no voting by proxy. [A club may designate another representative for the club.]

E. Functions of District Sport Committees

1. **District Sport Committees**. In each approved AAU sport in which the District has athletes actively participating, there may be a Committee to manage competition within the District.
2. **Composition**. The District Sport Committee shall include the following :
 - a) Each club member which registers at least five individual members in the sport shall have one representative on the District Sport Committee;
 - b) District Sport Committee Officers and Chairmen of Committees as defined by that sport’s operating rules. [Added 10/07].
 - c) The Governor may appoint five (5) at-large members.
3. **Duties**. The duties of the District Sport Committee are to:
 - a) In even years, hold a Bi-Annual meeting, the date, time and location of which shall be approved by the District Executive Committee. [Added 10/08].
 - b) Adopt at the Bi-Annual Meeting, rules of operation of the Committee to be submitted to the Executive Committee for approval and which shall not conflict with the provisions of the AAU Constitution, Bylaws, National Policies or National Sport Committee Rules.
 - c) Determine whether to establish a Committee operating account and if so to comply with all relevant AAU procedures and policies.
 - d) Conduct of the District Championships.

F. Functions of the District Sport Director

1. **District Sport Director** - In each sport in which five or more club members have designated the sport as its primary sport, the Director shall be elected by the Committee at its Bi-Annual Meeting. When there are fewer than five clubs registered to the Sport, the Chair may be appointed by the Governor with the approval of the National Sport Committee Chair. The District Sport Director takes office upon election or upon appointment.
 - a) **Term** - The term of office for an elected District Sport Director shall be four (4) years to run concurrently with the District Officers. Once elected, each District Sport Director is

required to purchase a four (4) – year membership that will complete their entire term. The term of office for an appointed District Sport Director shall be one year or until such time as the Sport Committee meets the criteria to elect a Chair.

- b) **Vacancies** - A vacancy occurring in an elected District Sport Director position shall be filled in accordance with the Sport Committee operating rules. A vacancy occurring in an appointed District Sport Director position shall be filled by the Governor with the approval of the National Sport Committee Chair.
2. **Duties** – The Sport Committee Director shall:
 - a) Develop a budget for the Sport Committee to file with the District Executive Committee;
 - b) Perform the duties set forth in the Committee Rules of Operation.
 - c) Approve event Licenses in the sport.
 - d) Preside at Sport Committee meetings.
3. **Removal** – District Sport Directors may be removed as follows:
 - a) **By District Sport Committee** – An elected Sport Committee Director may be removed by a two-thirds (2/3) vote of the Sport Committee at the Bi-Annual meeting provided that the Notice of the meeting specifies that a motion to remove is on the agenda. [Rev. 10/07]
 - b) **By National Sport Chair** – Each National Sport Chair shall annually review the number of events held in their sport. If the number of Licensed events, excluding practice Licenses, are below five (5), the National Sport Chair may remove the District Director. If the District Governor does not agree with the removal, the President shall appoint an arbiter who will make the final decision. [Rev. 10/07]
 - c) **By National Board of Review** – An elected Sport Director may be removed by order of the National Board of Review following the filing of a complaint and the Board’s proceedings. [Added 10/07]

G. Membership and Residency

1. Adult members will not be bound by residence requirements.
2. Youth members must register in the District of their bona fide residency, except as follows:
 - a) A youth member who resides in the county of one District that adjoins a county of another District and who attends a school located in the adjoining county will have the option of registering in either District.
 - b) A youth member subject to a written joint legal custody arrangement whose custodians reside in different Districts shall have the option of registering in either District.
 - c) A bona fide student at an educational institution may be considered a resident of the District in which the institution is located.
 - d) Persons living outside the U.S. may register in the closest District or with the District where the competition they are first participating in will take place. The respective National Sports Committee rules shall govern their participation in AAU competitions.

H. Eligibility

1. A youth member may elect to participate in his or her District of bona fide residence or a District that geographically adjoins that District. Exception: In team sports a maximum of three (3) members may participate with a team in an adjoining District. [Team sports include baseball, basketball, field hockey, hockey, soccer softball and volleyball.]
2. **Club Attachment.** A youth member becomes attached to a club member when he/she competes with that club in any AAU Licensed event (practice not included). An athlete may attach to additional clubs if he/she participates in additional sports.
 - a) For team/club sports only. If an athlete participates in an AAU Licensed league for one group member (club), that athlete may elect to affiliate immediately with a second group member (club) for the purpose of qualifying for an AAU National Championship.

Participation may be simultaneous. A league is made up of teams/clubs that compete only among themselves for a defined period of time.

- 3. Transfers.** An attached youth member may transfer to another club in the same sport under the following conditions:
- a) If the youth member has not competed in any AAU Licensed events in that Sport for a period of sixty (60) days.
 - b) If the representative of the club to which an athlete is attached signs a release form permitting an immediate transfer. (Athletes released under this provision are subject to National Championship eligibility restrictions as adopted by National Sport Committees.) [Added 10/07]
 - c) When the transfer is for the purpose of competing with a team which has qualified for a National Championship as provided by National Sport Committee rules.
 - d) If the Registrar determines that the transfer is due to events outside the control of the athlete or that the transfer serves the best interest of the AAU.

V. APPENDIX

A. Executive Committee Directory:

AAU Track & Field Executive Committee			
Title	Name	Phone	Email
National Chair	Charles Oliver	865-207-4868	coachotrack@gmail.com
Vice-Chair/Administration	Jacques Raphael	352-895-6396	stone480@aol.com
Vice-Chair/Operations	Marchan Adkins	309-838-4130	marchan@adkinstrak.com
Secretary	Karen Hall	313-590-3204	khall@vistamaria.org
Budget Director	Marv Allen	515-252-0856	aaustarter@copper.net
Member At-Large	Neil E Chin Aleong	209-910-8357	neil@neccconsult.com
Member At-Large	Jud Teague	423-245-2080	jteague33@aol.com
Member At-Large	William Moore	757-593-6985	Coachwill.moore@gmail.com
Immediate Past National Chair	Roland Williams	443-907-8630	rewaau@comcast.net

B. AAU DISTRICTS:



Map #	District	District Sport Director
3	Adirondack (AD)	Mike Friello
56	Alaska (AK)	National Office
23	Arkansas (AR)	Willie Morris
48	Arizona (AZ)	Thomas Rogers
46	Central California (CC)	Guy Fowler
21	Central (CE)	Marchan Adkins
32	Colorado (CO)	John Martinez
5	Connecticut (CT)	Major Ruth
14	Florida (FL)	Jacques Raphael
50	Florida Gold Coast (FG)	Jacques Raphael
45	Georgia (GA)	Mavis Chubb
25	Gulf (GU)	Jerrome Forest
39	Hawaiian (HI)	National Office
40	Iowa (IA)	Marv Allen
35	Inland Empire (IE)	Paul Campbell
16	Indiana (IN)	Harold Edwards

41	Kentucky (KY)	Robert McCoy
18	Lake Erie (LE)	David Townsend
9	Maryland (MD)	Felix Rogers
19	Michigan (MI)	Darnell Hall
8	Middle Atlantic (MA)	Jose' A. Orlena
30	Minnesota (MN)	Melvin Anderson
28	Missouri Valley (MV)	Bobby Carter
31	Montana (MT)	Walt Egged
29	Nebraska (NB)	Dorthea Dunkin
2	New England (NE)	Curtis Jackman
7	New Jersey (NJ)	Charlene Hunter-Cumberbatch
42	New Mexico (NM)	Franks Munene
6	NY Metropolitan (MP)	Rhanda Hopkins
4	Niagara (NI)	Jim Peterson
13	North Carolina (NC)	Freddie Crawford
52	North Dakota (ND)	National Office
17	Ohio (OH)	DeCarlo Blackwell
27	Oklahoma (OK)	Andrea Troupe
37	Oregon (OR)	Chuck Wenger
22	Ozark (OZ)	Wanda McNeil
38	Pacific (PA) – California	Matt Williams
38	Pacific (PA) – Nevada	Ed O'Neil
36	Pacific Northwest (PN)	Alexander Oliver
44	Pacific Southwest (PS)	Elizabeth Tate
10	Potomac Valley (PV)	Tracey Wilkinson
61	Puerto Rico (PR)	National Office
55	South Carolina (SC)	John & Jennifer Nesbitt
54	South Dakota (SD)	Bob Johnson
15	Southeastern (SE)	Charles Oliver
24	Southern (SO)	Miguel Becerra
49	Southern Nevada (SN)	National Office
33	Southern Pacific (SP)	Gergory Butts
43	South Texas (ST)	Janis Henderson
26	Southwestern (SW)	Jo & Nicholson Scott
34	Utah (UT)	National Office
12	Virginia (VA)	William Moore
11	Western Pennsylvania (WP)	National Office
47	West Texas (WT)	National Office
51	West Virginia (WV)	William Ferrell
20	Wisconsin (WI)	Lee Bullock
58	Wyoming (WY)	National Office

C. Definitions/Glossary

The following definitions apply to all athletes, coaches, and member clubs.

1. **Practice** - For the purpose of AAU Licensing, “practice” means an organized and regularly scheduled session which is supervised at all times by a registered AAU coach and conducted for the purpose of preparing, training, instructing and conditioning AAU registered athletes for AAU competitions. Tryouts and scrimmages are included within the definition of the term “practice” as long as they meet all the requirements listed above.
2. **Supervision or Supervised** - Supervision or supervised means that an AAU registered coach is physically present at all times at the practice site and during practice sessions.
3. **Scrimmage** - A practice of an AAU club or individual AAU athletes with other AAU athletes or AAU Clubs. A scrimmage does not qualify as a practice if an admission is charged, or the officials are paid. Scrimmage results must not affect a club’s standings or rankings.
4. **Bona fide Residence** - “Bona Fide Residence” means the address of residency that is on file with the AAU National Office 30 days prior to the District Qualifier meet.
5. **Membership** - “Membership” 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 the member(s) to be spokesperson(s) on behalf of the AAU.
6. **Club** - “Club” means a membership class within the AAU. A club is 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.
7. **Assistance** - "Assistance" means the conveying of advice, information, or direct help by persons not participating in the event who are within a designated competition area, to an athlete during his/her competition in such event. Assistance includes, but is not limited to:
 - a. Pacing by a teammate or other person
 - b. Competitors joining or grasping hands with each other during a race.
 - c. Competitor using an aid during the race.
 - d. Communicating with a competitor through the use of a wireless or other technical device.
 - e. Coaching a competitor from a restricted area.
 - f. Verbal communication, from an individual who is not in the designated competition area for the event being competed, shall not be considered assistance.
8. **National Championship Meet** - The following meets are classified as National Championship Meets: AAU Northern Indoor National Championship, 14u Indoor National Championship, Indoor National Championship, AAU West Coast National Championship, AAU Primary Nationals, AAU Club Championships, AAU West Coast Junior Olympic Games, AAU Junior Olympic Games, AAU West Coast Cross Country Nationals, and AAU National Cross Country Championships.

D. National Committee Awards and Grant Programs:

- **The Don & Pat Kavadas Memorial Award**

The Don & Pat Kavadas Memorial Award is presented each year to an individual who has served and provided outstanding service to AAU Youth Track & Field. Before the Annual AAU National Convention, a nomination form is distributed to all District Sports Directors for their nominations. This form is then sent to the National Chairman for review and selection. Past recipients of the award are members of the selection committee.

- **The Col. William Tooke Memorial Award**

The Col. William Tooke Memorial Award is presented each year to an individual who has served and provided outstanding service to AAU Youth Track & Field. Nominations and selection for this award will be handled by the AAU Track & Field National Executive Committee prior to the Annual Convention.