



EVENT RULES

Track & Field

GENERAL INFORMATION

1. USA Track & Field Rules will govern all events, except as noted below.
2. In order to set an official masters record; the participant must be a member of USATF.
3. Age divisions may be grouped for the convenience of running the meet, but award will be given for place within your own age group.
4. If any participant is physically aided by another person during an event he/she shall be disqualified.
5. All races will be run as timed finals. Those requiring heats will be run in randomly drawn heats.
6. In case of a tie, USATF rules governing ties shall apply.
7. Two false starts by an individual disqualify him/her from that competition.
8. Maximum spike length shall be 1/4".

FIELD EVENTS

1. Each contestant gets three attempts (trials) in each event. Only one fair trial is required to place.
2. Trials shall be taken in order listed on sheet. Failure to take trial when called, results in pass (failure). Only exceptions are those who request to be excused for 10 minutes only to participate in another event.
3. Implements will be provided by the meet officials. Participants may elect to use own, however meet officials reserve the right to reject if disputed.
4. Weights: 1K= 2.2 pounds & 100 grams = 3.5 ounces
5. In case of a tie, the participant with the 2nd best result will be declared the winner. If a tie still persists, the 3rd best result will be determined the winner.

Shot Put: Touching ground outside of circle or top of toe board outside of circle or failure to leave by back half of circle.

- 2k for women 75+
- 3k for women 50-74 and men 80+
- 4k for men 70-79
- 5k for men 60-69
- 6k for men 50-59

Discus: Touching ground outside of circle or failure to leave by back half of circle.

- .75 for women 75+
- 1K for women 50-74 and men 60+
- 1.5K for men 50-59

Javelin: Any part of body breaks plane of scratch ring. Throwing javelin side arm or with spin.

- 400g for women 60+ and men 80+
- 500g for women 50-59 and men 70-79
- 600g for men 60-69
- 700g for men 50-59
- If javelin point does not stick in the ground, the throw will be measured from the handle.

Running Long Jump/Standing Long Jump

- Any part of takeoff foot/feet extending beyond scratch line
- Measure each trial in running/standing long jump.

Triple Jump

- Foul: Any part of takeoff foot/feet extending beyond scratch line.
- Measure each trial.

TRACK EVENTS

RACE WALKING

1. No electronic devices (headphones) can be worn. Race walking is a progression of rapid steps. These rapid steps must meet the following rules:
 - a. One foot must be on the ground at all times. This means that the lead foot must be in contact with the ground before the back foot can leave the ground. When a person loses contact with the ground (both feet off the ground at the same time) this is called lifting.
 - b. The leading leg must be straightened as the foot makes contact with the ground and must remain straightened until that leg passes under the body. Failure to comply with this rule is judged as a bent knee.
 - c. If a race walker fails to abide by either or both of these rules, he or she may be given a caution by one of the judges. Disqualification can occur after the competition if assembled judges agree. Flagrant violations will result in disqualification without any cautions.

POWER WALKING

1. No electronic devices (headphones) can be worn. Power walking is a progression of rapid steps. These rapid steps must meet the following rule:
 - a. One foot must be on the ground at all times. This means that the lead foot must be in contact with the ground before the back foot can leave the ground. When a person loses contact with the ground (both feet off the ground at the same time) this is called lifting and can result in disqualification.