

AMATEUR ATHLETIC UNION



2009 AAU ATHLETICS HANDBOOK

Cross Country – Multi-Event – Track & Field

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PART I: YOUTH ATHLETICS COMMITTEE

MISSION STATEMENT AND PURPOSE

The purpose of the Amateur Athletics Union (AAU) Athletics Program (Athletics Program) is to initiate, stimulate, and improve opportunities for amateur athletics (Cross Country, Track & Field and Multi-Events) competition; and to promote and develop leadership, sportsmanship, fitness, and athletic excellence. The Athletics Program is designed to provide for, and encourage, mass participation in the various athletic disciplines including Cross Country, Multi-Events (combined events), and Track and Field.

AAU has already taken steps to increase participation within the Athletic Program through the institution of single age divisions and the hosting of additional qualifying and National level competitions. We hope that these initial steps, and other planned endeavors, will stimulate and broaden the interests of young athletes in the Athletics Program and other sports offered through the AAU.

Governance & Administration

The Athletics Program is under the sole jurisdiction of the Amateur Athletic Union of the USA, Inc.

A. National Committee

The legislative body for the Athletics Program is the National Committee (Committee). The Committee is comprised of the elected or appointed Sport Directors from each district, and five at-large members appointed by the AAU President. The Committee shall meet annually during the AAU National Convention. (Note: A District Governor may appoint a representative from his/her district to replace a sport director who is unable to attend the annual meeting.) The Committee is represented between annual meetings by the AAU Athletics Executive Board.

B. National Chairman

The National Chairman (Chairman) is appointed by the AAU President. During AAU presidential election years, the National Committee shall conduct an election for the purpose of recommending a Chairman to the AAU President. The Chairman shall coordinate and manage the business of the Athletics Program in conjunction with the Executive Board.

C. Executive Board

- 1.** The Executive Board shall conduct the business of the Athletics Committee in accordance with the rules and regulations of the AAU generally, and specifically, the Athletics Program. It shall include the Chairman, two (2) Vice-Chairmen, a Secretary, a Budget Director, and four (4) Members-at-Large. During AAU Presidential election years, the Committee shall conduct an election for the two Vice-Chairmen, Secretary, and Budget Director. The four Members-at-Large shall be appointed by the Chairman.
- 2.** The Executive Board shall enforce the rules contained in AAU Athletics 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.

3. The Executive Board may conduct National and Regional Championships, and/ or other events, applying such qualification criteria and standards as to best promote the AAU Athletics Program.

D. Regional Directors

The Chairman shall appoint the Regional Directors, the number of which shall be at the Chairman's discretion. The Regional Directors will supervise Regional Championships and shall assist the Executive Board in the execution of its duties as directed by the Chairman.

Regional Directors

(Appointed by Chairman)

| | |
|------------|--------------------|
| Region 1 | Ron McBride |
| Region 2A | Jose Orlena |
| Region 2B | Reginald Wilkinson |
| Region 3A | Chad Culver |
| Region 3B | Ed Jinks |
| Region 4 | Robin Brown-Beamon |
| Region 5 | National Chairman |
| Region 6A | Joe DeRosa |
| Region 6B | Marchan Adkins |
| Region 7A | National Staff |
| Region 7B | Marv Allen |
| Region 8 | David Ramsey |
| Region 9A | |
| Region 9B | Miguel Becerra |
| Region 9C | Kenneth Jackson |
| Region 10A | Franks Munene |
| Region 10B | John Martinez |
| Region 11 | Arlyn Wohlleber |
| Region 12 | Mike Cunliffe |
| Region 13A | Guy Fowler |
| Region 13B | Michael Brunker |

District Sport Chairs

AD National Office
AR Larry Bryant
AZ John Martinez
CC Guy Fowler
CE Robert Pleticha
CO John Martinez
CT Major Ruth
FG Robin Brown-Beaman
FL Jaques Raphael
GA Ed Jinks
GU Lola Wesley
IA Marv Allen
IE Paul Campbell
IN Joe Mis
KY Robert McCoy
LE David Townsend
MA Larry Wilson
MD Felix Rogers
MI Darnell Hall
MN National Office
MP Brenda Brown
MT Walt Egged
MV Monroe Anthony
NC Bernard Parker
ND Leon House
NE Curtis Jackman
NI National Office
NJ Charlene Cumberbatch
NM Franks Munene
OH DeCarlo Blackwell
OK Andrea Troupe
OZ Laura Borman
PA Darrell Hampton
PN Sandi Jeffcoat
PS Gary Henderson
PV Tracey Wilkinson
SC Stanley Staggs
SD Arlyn Wohleber
SE Brian Buckner
SO Miguel Becerra
SP Aaron Craver
ST Augustus Bray
SW Nicholson Scott
VA Ron Bayton
WI Brian Schneider
WP Jeff Renwick
WT Connie Pardue
WV Paul Gilmer
WY National Office

PART II: GENERAL INFORMATION

A. AAU DEFINITIONS

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

1. **PRACTICE:** For the purpose of AAU sanctioning, "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 athlete's local school district 30 days prior to the District Championship 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.

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 Junior Olympic Games National Competition, AAU Club Championship National Competition, AAU Northern Indoor National Competition, AAU Southern Indoor National Competition and the AAU National Cross Country Championships.

B. MEMBERSHIP AND REGISTRATION

1. The fiscal and membership year for AAU is September 1-August 31.
2. An athlete must register in his/her District of “bona fide residence.”
3. By applying for membership, the applicant consents to being included in any random background check(s), if any, conducted by the AAU.
4. Membership is required of all persons who participate in the AAU in the following capacities. All such persons shall be current members of the AAU and shall have paid dues for the current year.

- Athletes**
- Coaches**
- District Officers**
- District Sport and Administrative Chairs and Committee Members**
- Members of the District Board of Managers**
- National Sport and Administrative Chairs and Committee Members**
- Members of the National Board of Directors**
- National Convention Delegates**
- National Officers**

5. In order to transfer representation from one club/organization to another, an athlete must serve **sixty (60) days** in an “unattached” status from the date of the last competition in which the athlete represented a club/organization, regardless of residency.

C. AGE DIVISIONS

The Athletics Program is comprised of nine age divisions. THE ATHLETES YEAR OF BIRTH SHALL DETERMINE THE AGE DIVISION THAT HE/SHE WILL COMPETE IN.

| <u>Division (Girls & Boys)</u> | <u>2008</u> | <u>2009</u> |
|---|--------------------|--------------------|
| Primary | 2000 & After | 2001 & After |
| Sub Bantam | 1999 | 2000 |
| Bantam | 1998 | 1999 |
| Sub Midget | 1997 | 1998 |
| Midget | 1996 | 1997 |
| Sub Youth | 1995 | 1996 |
| Youth | 1994 | 1995 |
| Intermediate | 1992-1993 | 1993-1994 |
| Young Men/Women | 1990-1991 | 1991-1992 |

*Athletes who are eighteen (18) years of age through the final day of the AAU Jr. Olympic Games National Championship shall be eligible to compete in the Young Men’s or Young Women’s age division.

D. 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.

E. PROOF OF AGE

Proof of age is required when purchasing AAU membership **on-site** at District, Regional and National **events** and whenever required and/or challenged.

Acceptable forms are:

1. Original Birth Certificate;
2. A notarized original birth certificate from the appropriate issuing authority;
3. A US Military Government Identification Card;
4. A valid passport (not expired) and/or;
5. 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.

F. PARTICIPATION

1. An individual athlete may elect to participate in his District of "bona fide residence" or a District, which geographically adjoins that District.
2. No athlete or club may participate in more than **one** District or Regional qualifying meet, to advance to the Regional and/or Junior Olympic Games
3. No athlete may compete in a younger or older age division in individual events. Athletes must compete in their own age division with the following exceptions:
For relays only, Sub-Bantam athletes may compete in the Bantam division; Sub-Midget athletes may compete in the Midget division; and Sub-Youth athletes may compete in the Youth division.
4. With limited exception, the Athletics 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 sanctioned 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, Regional, or National Championship meets other than the Club Championship.
5. 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.

G. ZERO TOLERANCE

The Athletics Program is a Zero Tolerance Program. We encourage all Youth Athletics Athletes to be **drug free** and to stress to everyone that drugs are illegal.

H. 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 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.

I. NATIONAL RECORDS

AAU Athletics National Records may only be established at AAU National Championship Meets. National Records shall be maintained for each individual national meet and shall be meet and event specific.

J. AWARDS

AAU event awards must be requested and purchased from the AAU National Headquarters for all sanctioned AAU Athletics qualifying competitions. The following must be submitted to the AAU National Headquarters in the time frame allowed;

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

K. NATIONAL CHAMPIONSHIPS

1. With the exception of the Junior Olympic Games and the Club Championship, the Chairman will select the National Meet Coordinator and Awards Chair for National Championship Meets. The Meet Coordinator will also appoint the Information Center Chief; Jury of Appeals; Protest Table; Referee and will have final approval of all other certified (USATF) officials.

2. All National Championship Meets, with the exception of the Junior Olympic Games and the Club Championship shall be under the direction of the Committee through its Chairperson and/or appointed representative.

3. In 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.

4. 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 contested on the track. This system shall be activated by the starter's pistol.

5. 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.

6. Throwing implements, starting blocks, and relay batons will be furnished by the national meet host and/or AAU Athletics 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**.

7. For Indoor National Championship meets, the AAU National Office will determine the number of allowable entries based upon the facility to be used.

L. ALL-AMERICAN RECOGNITION PROGRAM

In Cross Country, the top 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."

M. INSPECTION OF FACILITIES AND TRACK EQUIPMENT

Prior to Regional Championship competition, an inspection of the facility to be used shall be accomplished by the area coordinator for such Regional 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.

N. ENTRY FEES

Meet directors at the local, District, and Regional level are required to establish an entry fee structure not to exceed the following schedule listed below. This entry fee structure shall include Cross-Country, Multi-Event and/or Track and Field competitions and shall be strictly adhered to, without exception, at all sanctioned meets. National Championship meet entry fees are established by the National Committee on a year-to-year basis.

1. Local

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

2. District

Maximum of \$15.00 per athlete. No extra charge for additional events or relays. Late entry fee shall not exceed \$5.00 per athlete, plus the regular entry fee.

3. Regional

Maximum of \$20.00 per athlete. No extra charge for additional events or relays. Late entry fee shall not exceed \$5.00 per athlete, plus the regular entry fee.

4. National

To be established year to year by the National AAU office.

O. SCHEDULING OF RACES

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

P. ORDER OF RACES

All 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.

Q. 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.

PART III: COMPETITION RULES

A. EVENT LIMITATIONS

In track and field, a competitor in the Primary, Sub-Bantam, Bantam, Sub-Midget or Midget Divisions may enter a maximum of three (3) events. Competitors in the Sub-Youth, Youth, Intermediate, or Young Men's/Young Women's 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 Regional and National Championship meets are eligible to compete in only those events during the applicable meet.

B. AUTHORIZED INDIVIDUAL EVENTS

Unless otherwise noted, the following events are authorized for competition and MUST BE CONDUCTED AT DISTRICT, REGIONAL, AND NATIONAL CHAMPIONSHIP MEETS. Notwithstanding, at District Championship meets only, the Sport Director may elect to authorize the meet director to advance steeplechase, pole vault and/or javelin competitors if the facility and/or host team is unable to accommodate such event(s).

PRIMARY DIVISION

Track & Field

| | |
|----------------|----------------------------|
| 100 Meter Dash | Long Jump |
| 200 Meter Dash | Shot Put (4 lbs) |
| 400 Meter Dash | Turbo Javelin (500 grams)* |
| 800 Meter Run | |

X-Country

2 Kilometers

SUB-BANTAM & BANTAM DIVISIONS

Track & Field

| | |
|-------------|-----------------------|
| 100 M Dash | 1500 M Racewalk |
| 200 M Dash | Long Jump |
| 400 M Dash | High Jump |
| 800 M Run | Shot Put (6 lbs.) |
| 1500 Meters | Turbo Javelin (500g)* |

Multi Events

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

X-Country

3 Kilometers

SUB-MIDGET & MIDGET DIVISIONS

Track & Field

| | |
|----------------------|-----------------------|
| 100 M Dash | Long Jump |
| 200 M Dash | High Jump |
| 400 M Dash | Discus (1.0kg) |
| 800 M Run | Shot Put (6 lbs) |
| 1500 M Run | Turbo Javelin (500g)* |
| 3000 M Run | |
| 1500 M Racewalk | |
| 80 M Hurdles (8-30") | |

Multi Events X-Country

| | |
|----------------------|--------------|
| Pentathlon | 3 Kilometers |
| 80 M Hurdles (8-30") | |
| Shot Put (6 lbs.) | |
| High Jump | |
| Long Jump | |
| 800 M Run (G) | |
| 1500 M Run (B) | |

SUB-YOUTH & YOUTH DIVISION

Track & Field

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

Multi Events

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

X-Country

4 Kilometers

INTERMEDIATE & YOUNG MEN/WOMEN DIVISIONS

Track & Field

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

Multi Events

Decathlon (Boys) 5 Kilometers

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

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

Heptathlon (Girls)

First Day
 100 M Hurdles (10-33")
 High Jump
 Shot Put (4 kg.)
 200 M Dash

X-Country

5 Kilometers

Second Day
 Long Jump
 Javelin 600g
 800 M Run

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

C: AUTHORIZED RELAY EVENTS

Relays are conducted in the Primary, Bantam, Midget, Youth, Intermediate, and Young Men/Women divisions only. The Sub-Bantam Divisions may run in the Bantam Division, the Sub-Midget Division may run in the Midget Divisions and the Sub-Youth division may run in the youth division only in relays.

Track & Field

| | |
|-------------------------|--|
| Primary: | 4X100 Meter Relay |
| Bantam: | 4x100 - 4x400 Meter Relays |
| Midget: | 4x100 - 4x400 - 4x800 Meter Relays |
| Youth: | 4x100 - 4x400 - 4x800 Meter Relays |
| Intermediate: | 4x100 - 4x400 - 4x800 Meter Relays- (Sprint Medley - 200, 200, 400, 800 Club Championships Only) |
| Young Men/Women: | 4x100 - 4x400 - 4x800 Meter Relays (Sprint Medley - 200, 200, 400, 800 Club Championships Only) |

Qualification of a relay team at the District Championship 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 Olympics. Notwithstanding, the relay team member must be from the same club and of the same age division and gender. Athletes cannot represent their club as a member or as an alternate member on more than one relay team for the same relay event. Athletes listed on the Official Entry Form on team A can not compete on team B or C or vice-versa.

D. 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 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.

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. ADVANCEMENT

1. With limited exception, events offered at the AAU Junior Olympics MUST be contested at District and Regional meets in order to advance to the next level of competition.
2. A maximum of ten (10) athletes in each age division and each event may qualify from the District meet to the Regional meet. The Regional Coordinator will determine the exact number that may be advanced from the District Championship to the Regional Championship.
3. The top four (4) finishers in each event and each age division qualify from the Regional Championship to the AAU Junior Olympic Games.
4. The top four (4) finishers in each event and each age division qualify from the Club Championship to the AAU Junior Olympic Games.

5. 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.

6. Athletes may not be advanced in any level of competition without having successfully qualified through the required levels of the qualification rounds. **NO WAIVERS WILL BE GRANTED.** Required levels are the District to the Regional to the AAU Junior Olympics; and/or Club Championship to the AAU Junior Olympics.

G. HOST DISTRICT

The host District of the AAU Junior Olympic Games is allowed to enter six (6) athletes into the AAU Junior Olympic Games directly from their District Championship meet, providing the athletes meet all AAU requirements.

H. AAU NATIONAL CLUB CHAMPIONSHIP

This National Championship is open to any athlete or club that is a current registered member or Club of the AAU.

I. 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 twelve (12). When the number of competitors exceeds the numbered lanes, the excess competitors shall share the even-numbered lanes starting from lane 8 working into lane 2. Eight (8) competitors shall advance to the finals of the 800 meters.

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 800 Meters, and relays up to and including the 4x400 Meters, the number of competitors on the track in a race, at the start, shall not exceed the number of lanes on the track for that event, excluding all lanes which would not qualify for record purposes. As an exception, in the first round of the outdoor 800 Meters, up to 12 runners may start.

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.

- i. At least one half of the qualifiers for a succeeding round in any event shall be on the basis of time.

- ii. If more than 16 report for the 1500 Meter run, more than 18 report for the 3000 Meter run or the 2000 Meter Steeplechase, heats shall be run.
- iii. If heats are run as required in this section, then there shall be no more than 12 in the final run

8. For events of 800 meters or longer, timed finals may be run. In one day meets at the Regional and District levels, all events of 200 meters or longer may 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, 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. The one false start rule is in effect. An athlete becomes disqualified upon his/her second false start. False starts are charged to individuals, not the field.

12. Starting blocks are optional in the AAU Athletics program.

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.

J. 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 HANDTIMING IS USED FOR EIGHT LANES

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

41 or more requires quarterfinals following above pattern.

HANDTIMING FOR NINE LANES

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

55 or more requires quarterfinals following above pattern.

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

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

| | | | | | |
|-------|----|-----------------|---|-----------------|---|
| 65-72 | 9 | 2 + next 6 best | 3 | 2 + next 2 best | 8 |
| 73-80 | 10 | 2 + next 2 best | 3 | 2 + next 4 best | 8 |
| 81-88 | 11 | 2 + next 2 best | 3 | 2 + next 2 best | 8 |

6. To form subsequent heats:
 - a. Weight place first.
 - b. Weight time second.
 - c. Seed each group of place winners as a unit by 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 Part II Formation or Heats & Lane Assignments.
 - e. If all heats do not have an equal number of competitors, draw by lot to an assigned heat.
 - f. Heat order is drawn by lot.
 - g. For assigning lanes, two draws are made:
 1. Draw for lanes 3, 4, 5, and 6 for qualifiers with four best times.
 2. Draw for remaining lanes for remainder of qualifiers.

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

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

Indoor Meet Hurdles Races

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

Outdoor Meet Hurdles Races

| Events | Age Division | # of Hurdles | Hurdle Height | To First Hurdle | Between Hurdles | Last Hurdle to Finish |
|--------|--------------------|--------------|---------------|-----------------|-----------------|-----------------------|
| 80 M | Sub Midget (g & b) | 8 | 30" | 12m | 7.5m | 15.5m |
| | Midget (g & b) | 8 | 30" | 12m | 7.5m | 15.5m |
| 100 M | Sub Youth Girls | 10 | 30" | 13m | 8.5m | 10.5m |
| | Youth Girls | 10 | 30" | 13m | 8.5m | 10.5m |
| | Sub Youth Boys | 10 | 33" | 13m | 8.5m | 10.5m |
| | Youth Boys | 10 | 33" | 13m | 8.5m | 10.5m |
| | Inter. Girls | 10 | 33" | 13m | 8.5m | 10.5m |
| | Young Women | 10 | 33" | 13m | 8.5m | 10.5m |
| 110 M | Inter. Boys | 10 | 39" | 13.72m | 9.14m | 14.02m |
| | Young Men | 10 | 39" | 13.72m | 9.14m | 14.02m |

| | | | | | | |
|-------|-------------------|----|-----|-----|-----|-----|
| 200 M | Sub Youth (g & b) | 5 | 30" | 20m | 35m | 40m |
| | Youth (g & b) | 5 | 30" | 20m | 35m | 40m |
| 400 M | Inter. Girls | 10 | 30" | 45m | 35m | 40m |
| | Young Women | 10 | 30" | 45m | 35m | 40m |
| 400 M | Inter. Boys | 10 | 36" | 45m | 35m | 40m |
| | Young Men | 10 | 36" | 45m | 35m | 40m |

K. 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 eight (8) total from the same club, to be declared at the time of entry into each meet. **Once the entry has been forwarded to the National Director, no changes may be made for those names submitted.**
3. Clubs must qualify teams in the Regional meet or Club Championship in order to qualify for the National Championships.
4. All participating team members must wear jerseys (tops) of the same color. At Regional and National Championships, all participants shall wear shorts of the same color as well.
5. After a relay team has started in a competition, only **FOUR** alternate athletes may be used as substitutes in the composition of the team for subsequent rounds. Substitutions in a relay team may only be made from the list of athletes from the same club, declared for that relay event. The composition of the team and the order of running must be declared before the start of each round of the competition. Once an athlete, who has started in a previous round, has been replaced by a substitute, that athlete may not return to the team in that meet.
6. 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.

L. 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.

PART IV: FIELD EVENTS

A. THROWING IMPLEMENTS USED

| <u>AGE DIVISION</u> | <u>SHOT PUT</u> | <u>DISCUS</u> | <u>JAVELIN</u> |
|----------------------------|------------------------|----------------------|-----------------------|
| Primary (g & b) | 4 lbs | - | Turbo (500g) |
| Sub-Bantam (g & b) | 6 lbs | - | Turbo (500g) |
| Bantam (g & b) | 6 lbs | - | Turbo (500g) |
| Sub-Midget (g & b) | 6 lbs | 1.0 kg | Turbo (500g) |
| Midget (g & b) | 6 lbs | 1.0 kg | Turbo (500g) |
| Sub-Youth (g) | 6 lbs | 1.0 kg | 600 grams |
| Youth (g) | 6 lbs | 1.0 kg | 600 grams |
| Sub-Youth (b) | 4 kg | 1.0 kg | 600 grams |
| Youth (b) | 4 kg | 1.0 kg | 600 grams |
| Intermediate (g) | 4 kg | 1.0 kg | 600 grams |
| Intermediate (b) | 12 lbs | 1.6 kg | 800 grams |
| Young Women | 4 kg | 1.0 kg | 600 grams |
| Young Men | 12 lbs | 1.6 kg | 800 grams |

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

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

1. When there are more than eight competitors, each competitor shall be allowed three trials. The eight competitors with the best performances shall be allowed three additional trials. Ties for the qualifying position for the three additional trials shall be broken by applying Rule 74.3; USATF Rule Book.
2. When there are eight or fewer competitors, all shall be allowed six trials, even if none of the first three are fair. If there are more competitors than there are lanes on the track, each competitor must have a valid qualifying mark to advance to the finals.
3. For National and Regional 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.
4. The order of competition for the final three trials shall be in reverse order of the best performance in the first three trials.
5. Each competitor shall be credited with the best of all his/her attempts in the competition proper, including jumps or throws taken to break first-place ties.

6. All competitors shall take the first trials in order; then all shall take the second trials in like order, etc.

B. POLE VAULT

1. 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.**

2. 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 one inch in contrasting color located within or above the top handhold position with the exact position determined by the manufacturer.'

C. 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.**

PART V: MULTI-EVENTS

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.

A. ORDER OF EVENTS

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

TRIATHLON

Boys' and Girls' Sub-Bantam & Bantam Division

BOYS:

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

GIRLS:

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

PENTATHLON

Boys' and Girls' Sub-Midget & Midget Division

BOYS:

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

GIRLS:

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

Long Jump
1500 m run

Long Jump
800 m run

PENTATHLON

Boys' and Girls' Sub-Youth & Youth Division

BOYS

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

GIRLS

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

HEPTATHLON

Intermediate Girls and Young Women's divisions.

The heptathlon shall consist of seven (7) events, which shall be held on two (2) consecutive days in the following order:

FIRST DAY:

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

SECOND DAY:

Long Jump
Javelin (600 grams)
800 meter run

DECATHLON

Intermediate Boys and Young Men's Divisions.

The decathlon shall consist of ten (10) events, which shall be held on two (2) consecutive days in the following order:

FIRST DAY:

100 meter dash
Long Jump
Shot Put (12 lbs)
High Jump
400 meter dash

SECOND DAY:

110 meter high hurdles (10-39")
Discus Throw (1.6 kg - 3 lbs. 9 oz.)
Pole Vault
Javelin Throw (800 grams)
1500 meter run

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

B. RULES AND REGULATIONS

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

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

C. SCORING TABLES

Scoring of Combined (multi-event) events shall be in accordance with the current IAAF tables, the same as is in USATF Youth Athletics. Boys hurdle races shorter than 110 meters are scored

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

D. 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.

E. 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.

PART VI: NATIONAL INDOOR TRACK & FIELD CHAMPIONSHIPS

A: OFFICIALS

The Youth Athletics 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.

B: AGE DIVISIONS

The indoor program is divided into NINE (9) age divisions for both boys and girls. The year of birth will determine the correct age division for competition.

| <u>Division (Girls & Boys)</u> | <u>2008</u> | <u>2009</u> |
|---|--------------------|--------------------|
| Primary | 2000 & After | 2001 & After |
| Sub Bantam | 1999 | 2000 |
| Bantam | 1998 | 1999 |
| Sub Midget | 1997 | 1998 |
| Midget | 1996 | 1997 |
| Sub Youth | 1995 | 1996 |
| Youth | 1994 | 1995 |
| Intermediate | 1992-1993 | 1993-1994 |
| *Young Men/Women | 1990-1991 | 1991-1992 |

*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 Young Men's and Young Women's division through that Track & Field meet.

C: AUTHORIZED EVENTS

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

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

Triathlon: Sub Bantam & Bantam

Shot Put
High Jump
200 Meter Dash

Pentathlon: (all age divisions except Sub Bantam and Bantam):

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

D: ELIGIBILITY

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

E: 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.

F: RECORDS

Official records will be maintained by the National Athletics Committee for the National Championship meets only.

G: THROWING IMPLEMENTS

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

| | |
|---------------------------------|-------------|
| Primary Girls/Boys | 4 pounds |
| Sub-Bantam, Bantam Girls/Boys | 6 pounds |
| Sub-Midget, Midget Girls/Boys | 6 pounds |
| Sub-Youth, Youth Girls | 6 pounds |
| Sub-Youth, Youth Boys | 4 kilograms |
| Intermediate Girls, Young Women | 4 kilograms |
| Intermediate Boys, Young Men | 12 pounds |

H: HURDLE SPECIFICATIONS (55 Meters) (5 Hurdles)

| <u>Division</u> | <u>Height</u> | <u>To First Hurdle</u> | <u>Between Hurdles</u> | <u>Distance to Finish Finish</u> |
|--------------------------------|---------------|------------------------|------------------------|----------------------------------|
| Sub-Midget, Midget Girls/Boys | 30" | 12m | 7.5m | 13m |
| Sub-Youth, Youth Girls | 30" | 13m | 8.5m | 8m |
| Sub-Youth, Youth Boys | 33" | 13m | 8.5m | 8m |
| Intermediate Girls/Young Women | 33" | 13m | 8.5m | 8m |
| Intermediate Boys/Young Men | 39" | 13/72m | 9.14m | 4.72m |

I: RELAYS

- a. Participation of relay teams shall be limited to those clubs which hold current valid club membership in the 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.
- b. Substitutions are subject to the same restrictions as in outdoor competition.
- c. Athletes must compete in their own age division. No one may compete in a younger or older age division in individual events or relays, with the following exceptions: Relays are authorized only in the Primary, Bantam, Midget, Youth, Intermediate, Young Men and Young Women's divisions. Sub-Bantams may move up and run in the Bantam Relay Division, Sub-Midgets may run up in the Midget Relay Division and Sub-Youths may run up in the Youth Relay Division. Intermediate and Young Men/Young Women may not move up or down in relays or in any individual events. Any violation of the above rules will result in immediate disqualification from the meet being conducted at that time.

J: OTHER

- a. The AAU National Office will determine the number of allowable entries based upon the facility to be used.
- b. Multi-Event rules require a thirty (30) minute rest between each event.

- d. The AAU Indoor season is from December 1 of each year through March 1 of each year.

PART VII: AAU CLUB CHAMPIONSHIPS

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

1. All Track Clubs, regardless of National affiliation are eligible to participate. All athletes and clubs must be AAU registered for the current year.

2. 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) in all events.

3. **Foreign athletes are not eligible to advance from the National Club Championships to the AAU National Jr. Olympic Games.**

PART VIII: CROSS COUNTRY

A. INDIVIDUAL QUALIFICATION & ADVANCEMENT

1. Individual qualification for the National Championship requires advancement through an AAU District Cross Country meet. The top twenty (20) from the District Meet in each age division qualify for the National Meet.

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

3. 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.

4. 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 National meet. Please email requests to Tony Staley, tony@aausports.org.

B. TEAM ELIGIBILITY & 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. Maximum of three (3) club teams per division may advance from the District Cross Country Championships 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.

C. 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.
8. There will be twelve total races contested for the team competition consisting of the following age groups for both boys and girls; Primary (8 & Under), Bantam (9 & 10), Midget (11 & 12), Youth (13 & 14), Intermediate (15 & 16) and Young Women/Men (17 & 18).

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

D. AWARDS

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. AAU National Championship medals will be awarded to the first twenty-five (25) individual places based of year of birth for the Bantam, Midget & Youth division. Only the top 25 finishers in the Primary, Intermediate and Young Men/Women will receive AAU National Championship medals. Twenty-six (26) place thru fifty (50) will receive ribbons. All athletes will receive an AAU participation ribbon. The top three teams will also receive medals, as well as the first place team plaque.

E. GUIDELINES FOR MEET OPERATIONS

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.

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.

1. It is recommended that a facility near the running course be available for warmth and shelter in the event of bad weather.
2. Meet headquarters and/or registration confirmation and packet pick-up should be designated in a brochure accompanying the entry form and housing information.
3. Qualified medical personnel must be on hand at all times.

4. The course MUST be marked the evening before.
5. 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.
6. It is suggested that you have separate leaders for each division when walking the course. (Keep in mind that the little kids get confused.)
7. A nearby warm-up area for the runners is to be provided.
8. The course should not finish on an UPHILL or DOWNHILL area.
9. 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.
10. 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.
11. Officials throughout the course, especially near gates and crucial running areas, should be easily recognized. (SPECIAL OUTER GARB - BRIGHT COLOR).
12. An adequate number of course officials should be provided throughout the course so that flagrances and unsportsmanlike conduct can be handled. It is suggested that you have at least one official at every strategic point throughout the course (course change, turns, confusing gate, etc.). With this in mind, you should plan on at least 15 course officials in addition to the rest of your crew.
13. 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.
14. 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.
15. 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.
16. 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.
17. 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.
18. You MUST adhere to all the rules and regulations as set forth by the AAU National Sports Committee.

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

20. 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.

21. 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.

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

F. 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 400 yards.
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. Video camera and a FinishLynx system are required at the finish line.
10. TV monitor and VCR are required at the finish line to review the tape when required. All videotapes will become the property of the National AAU Athletics Committee upon completion of the meet. In addition, a tape recorder must be used to record the runner's bib numbers as they exit the finish chute.
11. The course must be marked before the first course walk-through the day before the meet.
12. The course must be remarked at least two hours prior to the first race.
13. The course will not finish on an uphill or downhill area.

14. 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 flagrancies and unsportsmanlike conduct can be handled.
15. 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.
16. 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.
17. Medical Personnel must be at the competition during the entire run. Medical vehicles must be available.

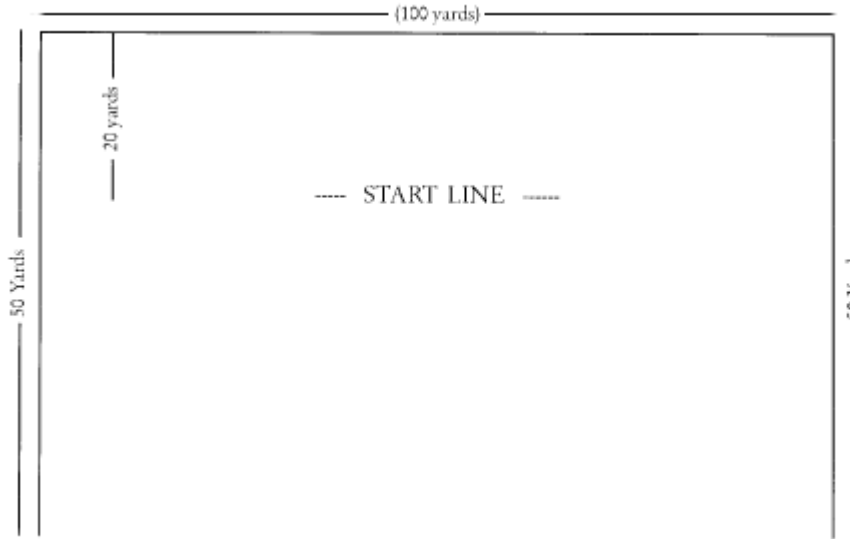
**Due to variations in all Cross Country Courses the Games Committee may make modifications to above details to adapt to National Championship course.

G. RECOMMENDED OFFICIALS

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

FIGURE I

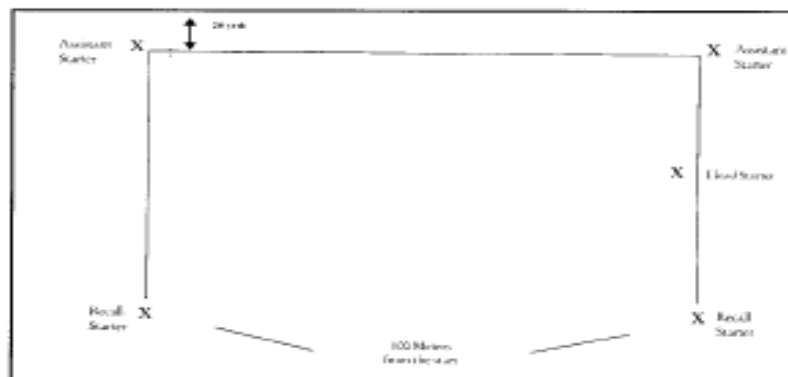
STARTING LINE



H: STARTERS

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

FIGURE II



I: 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.

PART IX: OPERATING POLICIES & PROCEDURES

A. ADVANCEMENT & QUALIFICATION DEFINITIONS

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.

B. DISQUALIFICATION CRITERIA

1. UNSPORTSMANLIKE CONDUCT

- a. 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.
- b. This rule shall apply to all coaches, athletes and other Club and/or team personnel.
- c. 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 Level and/or National Level. An inappropriate action at a District or Regional Qualifying Meet may be grounds for disqualification or expulsion of an athlete or relay team at the National Meet and/or the entire Athletics Program for a set period of time. Penalties may be imposed for violations of AAU's Athletics Rules, Ethical Policies, and Code or the competitive rules of the NGB.

2. EXCEEDING EVENT LIMITATIONS

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

3. 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.

4. PARTICIPATION RULE

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

5. INTERFERENCE

- a. 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.
- b. 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.
- c. 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.
- d. 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.

6. ILLEGAL IMPLEMENT

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

7. MEDICAL CLEARANCE

- a. 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.
- b. 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.

8. 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.*

C. INFRACTIONS COMMITTEE

1. The National Chair shall appoint a three-person committee to comprise the Infractions Committee, one of which shall serve as Committee Chair.
2. The Sport Committee has jurisdiction to determine all qualifications, requirements or terms necessary for participation in the national program.
3. 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.

4. 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 Athletics Chair. The Chair may act on the petition or refer it to the Infractions Committee for review.

Procedures of the Infractions Committee:

1. Infractions are to be reported to the Infractions Committee Chair in writing. The Chair may request the reporting party to provide additional information or evidence before initiating an investigation of the complaint. The Chair must determine whether there is probable cause to believe that an infraction has occurred over which the Sport Committee has jurisdiction. Complaints over which the Committee has no jurisdiction may be referred to the 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.

D. REGIONAL ALIGNMENT

The following regions are established for the conduct of regional competition for the AAU Youth Athletics Program.

REGION

- 1 New England, Adirondack, Niagara, Connecticut, NY Metropolitan, New Jersey.
- 2 a. Middle Atlantic, Maryland, Western Pennsylvania
- 2 b. Potomac Valley, Virginia
- 3 a. North Carolina, Southeastern
- b. South Carolina, Georgia
- 4 Florida, Florida Gold Coast
- 5 Hawaii
- 6 a. Ohio, Michigan, West Virginia, Lake Eric
- b. Kentucky, Indiana, Central
- 7 a. Minnesota, Wisconsin

- b. Iowa, Nebraska
- 8 Missouri Valley, Ozark, Oklahoma, Arkansas
- 9 a. South Texas, West Texas
 - b. Southern - (Mississippi, Louisiana)
 - c. Gulf, Southwestern,
- 10 a. New Mexico, Arizona
 - b. Rocky Mountain, Utah
- 11 Montana, North Dakota, South Dakota, Wyoming
- 12 Alaska, Inland Empire, Pacific Northwest, Oregon, Snake River
- 13 a. Central California, Pacific
 - b. Southern Nevada, Southern Pacific, Pacific Southwest
- 14 Mid-East and expatriate U.S. Citizens in surrounding countries including the Island of Cyprus.
- 15 Puerto Rico, Far East, U.S. Virgin Islands and expatriate U.S. citizens in the Caribbean

E. GUIDELINES FOR CONDUCTING ATHLETIC MEETS

MEET OFFICIALS

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

THE GAMES COMMITTEE

1. The administrative body 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 sanction for the meet from the proper authority, provide grounds and equipment, and determine the time schedule with the help of the referee and the clerk of 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;

F. 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 Athletics. 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 following are past recipients of the Don & Pat Kavadas Memorial Award:

1991 Don Kavadas
1992 W.M. Tooke
1993 Virginia Plihal & *Wayne Bly
1994 Larry Houston
1995 Larry Wilson
1996 Wm. Bill Long
1997 Joe Mis
1998 Charles Lewis
1999 Marian Tooke
2000 Gina Gaps
2001 Pat Kavadas & John Boyer
2002 Dr. Bobby Dodd
2003 Paul Campbell
2004 Guy Fowler
2005 Dave Davis
2006 Roland Williams
2007 Augustus LaBruce Bray

F. 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 Athletics. Nominations and selection for this award will be handled by the AAU Athletics National Executive Committee prior to the Annual Convention.

The following are past recipients of the Col. William Tooke Memorial Award:

2007 Larry Wilson