



# **2025 Amateur Athletic Union Track & Field Handbook**

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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**

- i. **Chair** – National Sport Chairs shall be elected by their National Sport Committee at the committee meeting during National Conventions in which National Officers are elected.
  1. **Terms are four (4) years**. Once elected, each National Sport Chair is required to purchase a four (4)-year membership or a membership that will complete their entire term.
  2. National election policies shall apply.
  3. National Sport Chairs may be removed for cause by a majority vote of the Board of Directors, subject to the Right of Appeal to the National Board of Review.
  4. The President, with the approval of a majority of the Officers may appoint a person to fill a vacant National Sport Chair position. The appointees will serve until the next regular or special meeting of the Sport Committee, at which time an election shall be held to complete the term.
5. **Duties of the Chair:**
  - a. Preside at meetings of the Committee.
  - b. Conduct the Business of the Committee, subject to the Committee's operating rules.
  - c. Prepare the budget, which shall be reviewed and approved by the National Treasurer.
  - d. Select delegates to Congress by the required deadline.

**b. National Sport Committee Composition**. The National Sport Committee will consist of the following all of whom must be at least 18 years of age:

- i. The elected or appointed Sports Director of each District or a representative designated by the District Governor;
- ii. National Sports Chair;
- iii. Members of the Executive Committee who are elected as provided by the sport operating rules;
- iv. One (1) appointed representative from each Allied member that registers members in the sport.

**c. Meetings**

- i. **Regular** –Regular sports committee meetings shall be in conjunction with the AAU Convention, and may be held as provided by National Policy.
- ii. **Special** – 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. Ten (10) days' notice is required and the notice shall state the purpose of the meeting.
- iii. **National Sport Executive Committee Meetings** – The National Chair shall determine the date and location of the Executive Committee Meetings.
- iv. **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 established by Code (Bylaw 9.5).
- v. National Executive Committee meetings may be held by telephone conference call if necessary. Minutes of said meetings shall be made available.

- d. **Voting**
  - i. At all meetings, only members of the Committee are permitted to vote. There shall be no voting by proxy. Each member of the Committee will have one (1) vote. Only representatives from Districts, Allied members, 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.
- e. **Quorum** – A quorum consists of the voting members of the Committee that are present at the meeting.
- f. **Duties** – A National Sport Committee has the duty to:
  - i. Adopt rules, procedures, and operating policies relative to the conduct of the sport to include competition rules, National Championships qualification criteria, and Committee governance, and submits them to the Board of Directors for approval. If the Committee has established an Executive Committee, that Committee may review and approve competition rules for the sport between meetings of the Committee.
  - ii. The National Sport Committee operating rules and procedures may only be amended by the National Sport Committee under the following procedure:
    - 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:
      - a. A District Sport Committee, after approval at its Biennial District Sport Committee meeting. Such approval must be reflected in the District Sport Committee meeting minutes.
      - b. The applicable National Sport Chair.
      - c. The National Sport Committee Executive Committee. Such approval 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. Other/Floor Amendment – 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.
  - iii. Conduct National Championships and other activities of the National Committee.
  - iv. Establish an Executive Committee, the composition of which shall be established in the Committee Operating Rules. The Executive Committee shall act on 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.
  - v. Create and maintain a National Sport Committee handbook in which the operating rules, procedures, and policies are set out. Handbooks shall be standardized for all sport committees.
- g. **Dissolution** – Upon the dissolution of any National Sport Committee, the net assets of the Committee shall be transferred to the general fund of the AAU.

**h. Executive Committee**

- i. **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.
- ii. During AAU Presidential Election years, the Committee shall conducted an election for the National Chair, two (2) Vice-Chairs, a Secretary, and Budget Director. The appointed Members-at-Large may only be removed for cause by a majority vote of the **elected** officers.
- iii. The immediate past National Chair shall serve of the Executive Committee until a different Chair is elected and/or appointed.
- iv. The Executive Committee shall enforce the rules contained in the AAU Track & Field Handbook, the AAU Code, and applicable United States of America Track and Field Association, Inc. (USATF) rules and regulation, as they apply to athletes, coaches, and clubs. Penalties may be imposed subject to the due process procedures of the AAU Code.
- v. 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.

**i. Compliance/Infractions Committee**

- i. The National Chair shall appoint a five-person committee to comprise the compliance/infractions committee. The National Chair shall serve as the committee chair.
- ii. The National Track & Field Committee and/or designee has jurisdiction to determine all qualifications, requirements, or terms necessary for participation in the national program.
- iii. 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.
- iv. 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.
- v. Procedures of the Infractions Committee:
  - 1. Infractions are to the report 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 where there is probably 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 probably 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 probably cause is found, the Chair of the Infractions Committee which 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 ten (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 communication by mail, email, 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**
  - i. 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.
  - ii. 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**
  - i. Except as provided in road races and 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.
  - ii. Any competitor competing to lose or to coach another competitor shall forfeit his/her right to be in the competition and shall be disqualified.
  - iii. 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.
  - iv. An athlete may not leave the immediate area of the event and engage in the 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 violations of any part of this Handbook, AAU Code, or USATF competition rules. In instances of alleged violations, Board of Review action may take against athletes, coaches, parents, and/or clubs according to the AAU Code.
- g. **Advancement & Qualification Procedures**
  - i. All events offered at the AAU Junior Olympic Games MUST be contested at Regional Qualifier meets in order to advance to the next level of competition.
  - ii. The top sixteen (16) finishers in each individual, relay, and multi-event shall advance from the District Qualifier to the Regional Qualifier. Competitors shall only advance from the District Qualifier into the Regional Qualifier in 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.

- iii. To advance to the AAU Junior Olympic Games from an AAU Track & Field Regional Qualifier, an athlete needs to finish in the top five (5) in a Running Event, top five (5) in a Field Event, top five (5) in a Relay, and top three (3) in Multi-Events.
- iv. The top eight (8) finishers in each event and each age division qualify from the Club Championship, Primary National Championship (combined results), AAU Las Vegas National Championship, and West Coast National Championship to the AAU Junior Olympic Games.
- v. 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.
- vi. 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.
- vii. **An athlete who qualifies to advance in any event at a District or Regional 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**

- i. 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.
- ii. A preliminary flight or heat is the first level of competition in any event which qualifies.
- iii. Educational Waivers – Any athlete scheduled to take a college entrance exam (SAT or ACT) will be waived into 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 the requested date on the waiver submission request form. Requests received after the requested date on the waiver submission form 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 Regional Qualifier.
- iv. 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.
- v. 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.
- vi. To apply for a waiver, you must:
  - 1. Download the [waiver request form](#).
  - 2. 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.
  - 3. Email [aaawaivers@ausports.org](mailto:aaawaivers@ausports.org) and attach the following documents:
    - a. Completed waiver request form (Incomplete waivers will not be accepted; waivers received after the deadline will not be reviewed).
    - b. 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.
  - 4. Waiver requests will only be accepted from the Head Coach or Club OR the parent of an unattached athlete.

5. Waiver submission does NOT guarantee approval.

6. There are NO injury waivers.

i. **Disqualification Criteria**

i. 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.

ii. This rule shall apply to all coaches, athletes, and other Club and/or team personnel.

iii. Engagement in unsportsmanlike conduct may result in disqualification from the 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 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**

i. 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.

ii. 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.

iii. 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.

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

v. **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**

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

i. **Guidelines for Conducting Athletic Meets**

1. Games Committee

a. The administrative bod of the meet is the Games Committee. It is responsible for the proper conduct of a track meet. It may consist of:

i. An individual (meet director or referee); or



- ii. District appointed individuals for qualifying and final district meets; or
  - iii. Individuals selected by the National Committee for the National meets.
- b. 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.
  - i. The Games Committee has the authority to determine the:
    - 1. Meet time schedule;
    - 2. Number of heats required;
    - 3. Number to qualify for the next round of competition;
    - 4. Method of exchanging the baton in relays not run in lanes;
    - 5. Starting height and successive heights of the crossbar;
    - 6. Location of throwing areas;
    - 7. Length of spikes and marking material used on all-weather surfaces;
    - 8. Order in which contestants take their trials;
    - 9. Time limitation, or number of warm-up opportunities in the field events;
    - 10. Time at which field events shall terminate.
  - ii. The Games Committee may also:
    - 1. Appoint the meet officials;
    - 2. Be the jury of appeals;
    - 3. Change the announced order of events, the number of heats, and numbers to qualify, if necessary;
    - 4. Authorize official pictures of the finish to assist in the final decision;
    - 5. Assign competitors to flights of three (3) to five (5) for preliminary competition when number of entries dictates;
    - 6. Determine the procedure for handling a lapped runner.
- ii. **Facilities/Competition Area**
  - 1. Inspection of Facilities and Track Equipment
    - a. 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.
- iii. **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.**
  - 1. 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.

2. Meet Referees – The Referee shall be knowledgeable and qualified to interpret the AAU Track and Field and Cross Country rule. 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 provisions, that provide each contestant a fair equal opportunity.

**iv. Awards**

1. AAU event awards must be requested and purchased from the AAU National Headquarters for all Licensed AAU Track & Field qualifying competitions.
  - a. AAU District Championship 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.
  - b. AAU Super Regional medals shall be used at any Licensed Regional Qualifying event. Medals will be awarded for 1<sup>st</sup> – 3<sup>rd</sup> places, including all participating members of relay teams. Medals must be purchased through the AAU medal program or the License shall be denied/voided.
  - c. The following must be submitted with the Medal Order Form:
    - i. 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)
    - ii. Copy of Official AAU License
    - iii. Method of Payment
2. All-American Recognition Program
  - a. In Cross Country, the top eight (8) individuals and first place team in each age division at the National Championship meet will be honored as “All-Americans”. At the National Indoor, 14U Indoor National Championships, Club Championships, West Coast National Championships, Las Vegas National Championships, and the AAU Junior Olympic Games in Multi-Events, as well as Track and Field, the top eight (8) individuals and the top eight (8) relay teams shall be designated as “All-Americans”.

- v. **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 any time during the meet. Protests relating to matters, which develop during the conduct of the meet, must be made to the Referee and 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 cash deposit. At the Regional Qualifier level, protests MUST be made in accordance with publicized procedures, with a \$75 cash deposit. At the National level, protests MUST be filed on official protest forms and accompanied by a cash deposit of \$150. 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.

- vi. **Schedule 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.
- vii. **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.
- viii. **Entry Fees**
  - 1. 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 meet entry fees are established by the National Committee on a year-to-year basis.
    - a. District – Maximum of \$25 per athlete. No extra charge for additional events or relays.
    - b. Regional Qualifier – Maximum of \$30 per athlete. No extra charge for additional events or relays.
    - c. National Championship – To be established year-to-year by the National AAU office.
- c. **Competition Rules**
  - i. **Rules** – Unless otherwise stated in the 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.
    - 1. Age Divisions – 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)	2024	2025	2026
8-Under	2016 & After	2017 & After	2018 & After
9 Years Old	2015	2016	2017
10 Years Old	2014	2015	2016
11 Years Old	2013	2014	2015
12 Years Old	2012	2013	2014
13 Years Old	2011	2012	2013
14 Years Old	2010	2011	2012
15-16 Years Old	2008-2009	2009-2010	2010-2011
17-18 Years Old	2006-2007	2007-2009	2008-2010

## 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.
  - i. Acceptable Forms:
    1. Original Birth Certificate;
    2. A notarized original birth certificate from the appropriate visiting authority;
    3. A US Military Government Identification Card;
    4. A valid passport (not expired) and/or;
    5. A valid US driver's license
  - ii. 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 conducted a District Championship. The AAU Track & Field Executive Committee through the National Chair as the authority to accept or not to accept the said District Championship as an athlete District Qualifier in the AAU Junior Olympic Games progression. The National Chair has the authority to approve additional District Qualifiers 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/her District of "bona fide residence" or a Neighboring District as defined by the AAU on [www.aausports.org](http://www.aausports.org). **District Championship 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 (athletes/teams) must compete in the Regional Qualifier in their designated area as defined by the AAU National Track & Field Chair.
  - i. No athlete may compete in a younger or older age division in individual events. The AAU Track & Field athletes must complete in their own age division with the following exceptions: **For relays only**, 9 Year Old athletes may compete in the 10 Year Old division; 11 Year Old athletes may compete in the 12 Year Old division; 13 Year Old athletes may compete in the 14 Year Old division.

- ii. 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, provide 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, Regional Qualifier, or National Championship meets other than the Club Championship.
  - iii. 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, 11 Year 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 as 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 jerseys/tops of the same color, front and back. At Regional Qualifier and National Championships, all team participants shall wear shorts of the same 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 be established at any licensed AAU event once the information is certified and verified. A National meet record may only be established at the AAU National Cross Country, AAU National Indoor Championships, AAU Las Vegas National Championship, West Coast Nationals, AAU Club Championships, and AAU Junior Olympic Games meets.

d. **Competition Types**

i. **National Championships**

- 1. AAU Cross Country, AAU Indoor National Championships, AAU Las Vegas National Championship, and AAU West Coast National Championship: The AAU National Track & Field Executive Committee through the National Track & Field Chair in cooperation 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 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.

2. 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.
3. 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.
4. 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.
5. In outdoor track and field, National Championship meets shall be contested on a 400-meter track with no fewer than eight (8) 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.
6. 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.
7. 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.
8. 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**.

ii. **Outdoor Track & Field**

1. Authorized Individual Events – Unless otherwise noted, the following events are authorized for competition and MUST BE CONDUCTED AT DISTRICT, REGIONAL 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 to the 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 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 Regional Qualifier.

8-UNDER DIVISION						
100m Dash	200m Dash	400m Dash	800m Dash	Long Jump	Shot Put (4lbs)	Turbo Javelin (300g)
1500m Run	4x100m Relay					

9 YEARS OLD & 10 YEARS OLD DIVISIONS		
Track & Field Events		Multi-Events (Triathlon)
100m Dash	1500m Race-walk	Shot Put (6lbs)
200m Dash	Long Jump	High Jump
400m Dash	High Jump	200m Dash (Girls)
800m Run	Shot Put (6lbs)	400m Dash (Boys)
1500m Run	Turbo Javelin (400g)	
4x100m Relay	4x400m Relay	

11 YEARS OLD & 12 YEARS OLD DIVISIONS		
Track & Field Events		Multi-Events (Pentathlon)
100m Dash	80m Hurdles (8-30")	80m Hurdles (8-30")
200m Dash	Long Jump	Shot Put (6lbs)
400m Dash	High Jump	High Jump
800m Run	Discus (1.0kg)	800m Run (Girls)
1500m Run	Shot Put (6lbs)	1500m Run (Boys)
3000m Run	Turbo Javelin (400g)	
1500m Race-walk	4x100m Relay	
4x400m Relay	4x800m Relay	

13 YEARS OLD & 14 YEARS OLD 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 (6lbs Girls)
800m Run	High Jump	Shot Put (4kg Boys)
1500m Run	Pole Vault	High Jump
3000m Run	Shot Put (4kg Boys)	Long Jump
200m Hurdles (5-30")	Shot Put (6lbs Girls)	800m Run (Girls)
100m Hurdles (10-33" Boys)	Discus (1.0kg)	1500m Run (Boys)
100m Hurdles (10-30" Girls)	Javelin (600g)	
4x800m Relay	4x100m Relay	
	4x400m Relay	

15-16 YEARS OLD & 17-18 YEARS OLD 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 (4kg Girls)	Shot Put (12lbs)	Shot Put (4kg)
3000m Run	Shot Put (12lbs Boys)	High Jump	200m Dash
3000m Race-walk	Discus (1.0kg Girls)	400m Dash	
110m Hurdles (10-39" Boys)	Discus (1.6kg Boys)	Day 2	Day 2
	Javelin (600g Girls)	110m Hurdles (10-39")	Long Jump
100m Hurdles (10-30" Girls)	Javelin (800g Boys)	Discus (1.6kg)	Javelin (600g)
	2000m Steeplechase (30" Girls/36" Boys)	Pole Vault	800m Run
400m Hurdles (10-30" Girls)	18 Hurdle Jumps	Javelin (800g)	
4x100m Relay	5 Water Jumps	1500m Run	
4x800m Relay	4x400m Relay		

## 2. Running Events

- a. Running events, where feasible in non-championship meets, will conform to these specifications.
- b. The 800m and 4x800m relay shall be run with a 1-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 the 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 800m, at the sole discretion of the National Championship Meet Director.
- c. Events up to and including 400m shall be run entirely in lanes.
- d. 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.
- e. In individual races up to and including in 400m, and relays up to and including the 4x400m, 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.
- f. Unless otherwise provided within the Rule, no fewer than three (3) athletes from any one heat shall advance to the next round of competition.
- g. In events of 1500m or longer, the Games Committee shall determine the number of qualifiers and the basis the 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.
    1. If more than 20 report for the 1500m run, more than 24 report for the 3000m or 2000m Steeplechase, heats shall be run.



2. If heats are run as required in this section, then there shall be no more than 12 in the final run.
  - h. At the District level, all events of 200m or longer may be run as timed finals. At the Regional Qualifier level, all events of 400m or longer will be run as timed finals.
  - i. 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.
  - j. In all races around turns not run in lanes (1500m and longer), the starting line shall be curved up 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.
  - k. 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.
  - l. 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 the 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.
  - m. Running Lanes
    - i. When a race is run in lanes, competitors are expected to run the entire race in their assigned lanes.
    - ii. Competitors, who inadvertently run out of their lanes on the straightaway, or in the lane outside on a curve, are not in violation provided they do not interfere with or impede another runner, or gain a material advantage.
    - iii. On the straightaway, a runner cannot gain an advantage but must finish in the assigned lane or face disqualification.
  - n. A competitor who runs around or trips the leg or foot below the horizontal plane of 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.
3. 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 division, 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	4x100m
10 Years Old	4x100m, 4x400m
12 Years Old	4x100m, 4x400m, 4x800m
14 Years Old	4x100m, 4x400m, 4x800m
15-16 Years Old	4x100m, 4x400m, 4x800m (Sprint Medley – 200, 200, 400, 800; Club Championship Only)
17-18 Years Old	4x100m, 4x400m, 4x800m (Sprint Medley – 200, 200, 400, 800; Club Championship Only)

- a. 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 competed in the District or Regional 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 there are already entered into the meet and changes will only be allowed to be made at onsite Packet Pick-Up.

#### 4. Relay Races

- a. 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 divisions and gender.
- b. 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.
- c. Clubs must qualify teams in the Regional Qualifier meet, AAU Primary National Championship, AAU Club Championship, AAU West Coast National Championship, or Las Vegas National Championship.
- d. All participating team members must wear jerseys (tops) and shorts (bottoms) of the same color at Regional Qualifiers and National Championships.
- e. After a relay team has started in a competition, only FOUR (4) alternate athletes may be used as substitutions in the competition 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. 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.
- f. 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.**

- g. 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 3200m relay at the National Championship may be run in sections or a time basis.
- 5. Steeplechase – The steeplechase shall be 2000m with 18 hurdle jumps and 5 water jumps each with an approximate interval of 78m. Each full lap (approximately 390m 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 68m 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.
  - a. **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 stimulating the difficulty of the water jump. Sand should be placed 12' out from the hurdles. In such cases, place three (3) hurdles across to get the required width of the typical barrier.

6. Outdoor Meet Hurdle Races

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

**7. Formation of Heats & Lane Assignments**

- a. 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.
- b. The declared contestants will be assigned to the 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 the heat.
- c. Lanes shall be drawn by lot. For all rounds, in the events not run in lanes, position at the starting line will also be drawn by lot.
- d. If all heats do not have an equal number of competitors, draw by lot to an assigned heat.
- e. For subsequent rounds, use the following appropriate chart to determine the number of heats required and method of selecting athletes.

<b>WHERE HAND TIMING IS USED FOR EIGHT (8) LANES</b>					
<b>Entries #</b>	<b>Trial Heats #</b>	<b>Qualifying #</b>	<b>Semi-Final Heats #</b>	<b>Qualifying #</b>	<b>Final #</b>
<b>1 to 8</b>	<b>0</b>	<b>-</b>	<b>0</b>	<b>-</b>	<b>8</b>
<b>9</b>	<b>0</b>	<b>0</b>	<b>2</b>	<b>3+ next 2 best times</b>	<b>8</b>
<b>10 to 16</b>	<b>0</b>	<b>0</b>	<b>2</b>	<b>4</b>	<b>8</b>
<b>17 to 24</b>	<b>3</b>	<b>5</b>	<b>2</b>	<b>4</b>	<b>8</b>
<b>25 to 32</b>	<b>4</b>	<b>4</b>	<b>2</b>	<b>4</b>	<b>8</b>
<b>33 to 40</b>	<b>5</b>	<b>3</b>	<b>2</b>	<b>4</b>	<b>8</b>
<b>*41 or more requires quarterfinals following above pattern.</b>					

<b>WHERE HAND TIMING IS USED FOR NINE (9) LANES</b>					
<b>Entries #</b>	<b>Trial Heats #</b>	<b>Qualifying #</b>	<b>Semi-Final Heats #</b>	<b>Qualifying #</b>	<b>Final #</b>
<b>1 to 9</b>	<b>0</b>	<b>-</b>	<b>0</b>	<b>-</b>	<b>9</b>
<b>10 to 18</b>	<b>0</b>	<b>0</b>	<b>2</b>	<b>4</b>	<b>8</b>
<b>19 to 27</b>	<b>0</b>	<b>0</b>	<b>3</b>	<b>3</b>	<b>9</b>
<b>28 to 36</b>	<b>4</b>	<b>4</b>	<b>2</b>	<b>4</b>	<b>8</b>
<b>37 to 45</b>	<b>5</b>	<b>3</b>	<b>2</b>	<b>4</b>	<b>8</b>
<b>46 to 54</b>	<b>6</b>	<b>3</b>	<b>2</b>	<b>4</b>	<b>8</b>
<b>*55 or more requires quarterfinals following above patterns.</b>					

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

- f. To form subsequent heats:
- i. Weight place first.
  - ii. Weight time second.
  - iii. Seed each group of a place winner as a unit by the times. Seed winners, then seed second places, etc. Work left to right, then right to left.
  - iv. If the members from the same club are not equally distributed, to adjust see Running Events Formation or Heats & Lane Assignments.
  - v. If all heats do not have an equal number of competitors, draw by lot to an assigned heat.
  - vi. Heat order is drawn by lot.
  - vii. For assigning lanes, two draws are made:
    1. Draw for lanes 3, 4, 5, and 6 for qualifiers with four (4) best times.
    2. Draw for remaining lanes for remainder of qualifiers.
  - viii. Where other than eight (8) or nine (9) lanes exist, modify procedures as appropriate.
  - ix. **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 received at the level in the same manner as ties for first place by competition only (do not flip coins). Refer to USATF Rule 74, Ties.

## 8. Field Events

## a. Throwing Implements Used

Age Division	Shot Put	Discus	Javelin
8-Under (Girls & Boys)	4lbs	-	Turbo (300g)
9 Years Old (Girls & Boys)	6lbs	-	Turbo (400g)
10 Years Old (Girls & Boys)	6lbs	-	Turbo (400g)
11 Years Old (Girls & Boys)	6lbs	1.0kg	Turbo (400g)
12 Years Old (Girls & Boys)	6lbs	1.0kg	Turbo (400g)
13 Years Old (Girls)	6lbs	1.0kg	600g
14 Years Old (Girls)	6lbs	1.0kg	600g
13 Years Old (Boys)	4kg	1.0kg	600g
14 Years Old (Boys)	4kg	1.0kg	600g
15-16 Years Old (Girls)	4kg	1.0kg	600g
15-16 Years Old (Boys)	12lbs	1.6kg	800g
17-18 Years Old (Women)	4kg	1.0kg	600g
17-18 Years Old (Men)	12lbs	1.6kg	800g
*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.			

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

- i. For Regional Qualifiers and National Championships, competition shall consist of three (3) preliminary attempts followed by three (3) final attempts (3 plus 3 rule). In all other competitions, the local games committee will determine whether to apply the “3 plus 3” rule or a total of four (4) attempts.
- ii. When there are eight (8) or fewer competitors, all shall be allowed six (6) trials, even if none of the first three (3) 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.
- iii. The order of competition for the final three (3) trials shall be in reverse order of the best performance in the first three (3) trials.
- iv. 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.
- v. All competitors shall take the first trials in order; then all shall take the second trials in like order, etc.

## c. Pole Vault

- i. 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.**
- ii. 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 weighted 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.

1. **Note: The manufacturers must include, on each pole, a pole rating that shall be a minimum of  $\frac{3}{4}$ " in contrasting color located within or above the top handhold position with the exact position determined by the manufacturer.**
  - iii. A competitor who has passed three (3) consecutive heights after competition has begun may be permitted one (1) 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.
  - d. 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 complete of the first attempt of their designated flight, **will forfeit their ability to compete in that event.**
9. Multi-Events – NOTE: In order to promote 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
    - i. It is recommended that the order of events in the Multi-Events remains as listed in this handbook.
    - ii. The order of events may change as deemed necessary by meet management.

TRIATHLON	
9 Years Old & 10 Years Old Division	
BOYS	GIRLS
Shot Put (6lbs)	Shot Put (6lbs)
High Jump	High Jump
400m Dash	200m Dash

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

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

<b>HEPTATHLON</b>	
<b>15-16 Years Old Girls &amp; 17-18 Years Old Women Division</b>	
<b>DAY 1</b>	<b>DAY 2</b>
<b>100m Hurdles (10-33")</b>	<b>Long Jump</b>
<b>High Jump</b>	<b>Javelin (600g)</b>
<b>Shot Put (4kg)</b>	<b>800m Run</b>
<b>200m Dash</b>	
<b>*The Heptathlon shall consist of seven (7) events, which shall be held on two (2) consecutive days in the order above.</b>	

<b>DECATHLON</b>	
<b>15-16 Years Old Boys &amp; 17-18 Years Old Men Division</b>	
<b>DAY 1</b>	<b>DAY 2</b>
<b>100m Dash</b>	<b>110m Hurdles (10-39")</b>
<b>Long Jump</b>	<b>Discus (1.6kg)</b>
<b>Shot Put (12lbs)</b>	<b>Pole Vault</b>
<b>High Jump</b>	<b>Javelin (800g)</b>
<b>400m Dash</b>	<b>1500m Run</b>
<b>*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.</b>	

- b. Rules & Regulations – 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.
- c. Scoring Tables – Scoring of Combined (multi-event) events shall be in accordance with the current IAAF tables, the same as in USATF Youth Track & Field. Boys hurdle races shorter than 110m are scored from the men's 110 Meter Hurdles tables. Girls hurdle races shorter than 100m are scored from the women's 100 Meter Hurdles tables. Times for the 12 Year Old Boys' 80m hurdles shall be multiplied by 1.13 prior to entering the tables; for the 12 Year Old Girls' 80m 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 (1) of the ten (10) 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 (3) watches, it is recommended that alternate lanes be used (2 – 4 – 6 – 8). If by FAT, all eight (8) 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.

**iii. AAU Club Championship**

1. The AAU Club Championships will be held each year in Florida. The AAU Club Championships have 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.
2. The AAU Club Championships is open to any athlete or club that is a current registered member or Club of the AAU, regardless of National affiliation.
3. 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.
4. Foreign athletes are not eligible to advance from the AAU Club Championships to the AAU Junior Olympic Games.

**iv. AAU Las Vegas National Championship**

1. The AAU Las Vegas National Championship will be held each year in Las Vegas, NV to place emphasis on increasing AAU brand awareness on the west side of the country and provide additional participation opportunities for individual athletes against national caliber competition.
2. The AAU Las Vegas National Championship is open to any athlete or club that is a current registered member or Club of the AAU.

**v. AAU West Coast National Championships**

1. The AAU West Coast National Championship is open to any athlete or club that is a current registered member or Club of the AAU.
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, (10-8-6-5-4-3-2-1) in all events.

**vi. AAU Primary National Championship & AAU West Coast Primary National Championship**

1. The Primary National Championship programs are open to any athlete that is a current registered member of the AAU. These events were created for all Primary age division athletes to compete in single age group competition.
2. The following age divisions and events are used for the Primary National Championship programs ONLY:

AAU PRIMARY PROGRAM AGE DIVISIONS			
Age Group	2025	2026	2027
8 Year Old Girls	2017	2018	2019
8 Year Old Boys	2017	2018	2019
7 Year Old Girls	2018	2019	2020
7 Year Old Boys	2018	2019	2020
6 Year Old Girls	2019	2020	2021
6 Year Old Boys	2019	2020	2021
5 & Under Girls	2020	2021	2022
5 & Under Boys	2020	2021	2022

8 YEAR OLD GIRLS & BOYS	
100m	4x100m
200m	4x400m
400m	Turbo Javelin (300g)
800m	40m Hurdles (4 hurdles @ 24in)
1500m	Triathlon
Long Jump	Girls (Long Jump, Shot Put, 100m)
Shot Put (4lbs)	Boys (Long Jump, Shot Put, 200m)

7 YEAR OLD GIRLS & BOYS	
100m	4x100m
200m	4x400m
400m	Turbo Javelin (300g)
800m	40m Hurdles (4 hurdles @ 24in)
1500m	Triathlon
Long Jump	Girls (Long Jump, Shot Put, 100m)
Shot Put (4lbs)	Boys (Long Jump, Shot Put, 200m)

6 YEAR OLD GIRLS & BOYS	
55M	Long Jump
100m	Shot Put (4lbs)
200m	4x100m
Triathlon – Long Jump, Shot Put, 55m	

5 YEAR OLD GIRLS & BOYS	
55M	Long Jump
100m	Shot Put (4lbs)
200m	4x100m
Triathlon – Long Jump, Shot Put, 55m	

## vii. Indoor Track &amp; Field

## 1. Authorized Individual Events

8-UNDER DIVISION						
55m Dash	200m Dash	400m Dash	800m Run	1500m Run	Long Jump	Shot Put (4lbs)

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

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

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

<b>15-16 YEARS OLD &amp; 17-18 YEARS OLD DIVISIONS</b>			
<b>Track &amp; Field Events</b>		<b>Multi-Events (Pentathlon)</b>	
		<b>Boys</b>	<b>Girls</b>
<b>55m Dash</b>	<b>3000 Race-walk</b>	<b>55m Hurdles (5-39")</b>	<b>55m Hurdles (5-33")</b>
<b>200m Dash</b>	<b>High Jump</b>	<b>High Jump</b>	<b>High Jump</b>
<b>400m Dash</b>	<b>Long Jump</b>	<b>Shot Put (12lbs)</b>	<b>Shot Put (4kg)</b>
<b>800m Run</b>	<b>Triple Jump</b>	<b>Long Jump</b>	<b>Long Jump</b>
<b>1500m Run</b>	<b>Shot Put (4kg Girls)</b>	<b>1000m Run</b>	<b>800m Run</b>
<b>3000m Run</b>	<b>Shot Put (12lbs Boys)</b>		
<b>55m or 60m Hurdles (5-33" Girls)</b>			
<b>55m or 60m Hurdles (5-39" Boys)</b>			

## 2. Authorized Relay Events

<b>Age Division</b>	<b>Relay Events</b>
<b>8-Under, 9 Years Old, 10 Years Old</b>	<b>4x200m, 4x400m, 4x800m</b>
<b>11 Years Old &amp; 12 Years Old</b>	<b>4x200m, 4x400m, 4x800m</b>
<b>13 Years Old &amp; 14 Years Old</b>	<b>4x200m, 4x400m, 4x800m</b>
<b>15-16 Years Old</b>	<b>4x200m, 4x400m, 4x800m</b>
<b>17-18 Years Old</b>	<b>4x200m, 4x400m, 4x800m</b>

- a. 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.
- 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 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, 13 Year Olds may run up in the 14 Year Old 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.

## 3. Indoor Meet Hurdle Races

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

## 4. Throwing Implements

- Approved implements shall be furnished by the meet host, with the exception of pole vault poles.
- 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.
- Shot Put weights are as follows:

Age Division	Weight
8-Under (Girls & Boys)	4lbs
9 Years Old (Girls & Boys)	6lbs
10 Years Old (Girls & Boys)	6lbs
11 Years Old (Girls & Boys)	6lbs
12 Years Old (Girls & Boys)	6lbs
13 Years Old (Girls)	6lbs
14 Years Old (Girls)	6lbs
13 Years Old (Boys)	4kg
14 Years Old (Boys)	4kg
15-16 Years Old (Girls)	4kg
17-18 Years Old (Women)	4kg
15-16 Years Old (Boys)	12lbs
17-18 Years Old (Men)	12lbs

## 5. Eligibility/Age Divisions

- Indoor Age Divisions are the same as Outdoor Track & Field.
- 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.
- Participants must hold current membership in the Amateur Athletic Union.

- d. 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.
- e. Competitors must present proof of age and current AAU membership card at check-in.
- 6. AAU Indoor National Championship(s)
  - a. 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.
  - b. Awards – Official AAU National Championship medals will be presented for the top 1<sup>st</sup> – 8<sup>th</sup> place finishers in each individual event and relays. The medals are provided by the AAU National Headquarters.
  - c. National Records – Official records will be maintained by the National Track & Field Committee for the National Championship meets only.
  - d. Other
    - i. The AAU National Office will determine the number of allowable entries based upon the facility to be used.
    - ii. Multi-Event rules require a thirty (30) minute rest between each event.
    - iii. The AAU Indoor season is from December 1 of each year through the second full weekend in March of each year.

**viii. Cross Country**

**1. Authorized Age Divisions & Race Distances**

AGE DIVISIONS (GIRLS & BOYS)	RACE DISTANCE
6 & Under	1000m (1K) – exhibition
8 & Under	2000m (2K)
9 Years Old – 10 Years Old	3000m (3K)
11 Years Old – 12 Years Old	3000m (3K)
13 Years Old – 14 Years Old	4000m (4K)
15-16 Years Old	5000m (5K)
17-18 Years Old	5000m (5K)

- a. 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.
- b. Competitors must compete in their own age division only. No athlete may compete in a younger or older division.
- c. 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 three (3) teams and awarded as the 15-18 Year Old age division.
- 2. Individual Qualification & Advancement
  - a. 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.

- b. 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.
  - c. Any High School athlete (K-12<sup>th</sup> 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.
3. Team Eligibility & Advancement
- a. 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.
  - b. **ALL** club teams per division that participate in the District Cross Country Championships may advance to the National Championships.
  - c. 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.
4. Team Scoring
- a. No more than eight (8) athletes may start for a team.
  - b. The finishing position of an athlete shall be his/her score.
  - c. The total of the position of the FIRST FIVE (5) MEMBERS of each team shall be that team's score.
  - d. 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.
  - e. TEAMS WITH FEWER THAN FIVE (5) FINISHERS shall not be scored as a team.
  - f. In case of a tie on points, the team whose sixth member athlete finished first shall be given the higher place.
  - g. 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 15-16 and 17-18 Year Old age divisions.
  - h. Competitors must compete in their own age divisions only. No athlete may compete in a younger or older division.
5. Awards
- a. 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.
  - b. AAU National Championship medals will be awarded to the top eight (8) individual places in each age division: 8-Under, 9-10 Year Olds, 11-12 Year Olds, 13-14 Year Olds, and 15-16 Year Olds, and 17-18 Year Olds. All athletes will receive an AAU participation certificate.
  - c. The top three (3) teams (8 members) from each race will receive medals, as well as a team trophy. An overall team championship trophy will also be awarded.

**6. Guidelines for Meet Operations**

- a.** 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.
- b.** The following guidelines, however, are being supplied to the 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.
  - i.** It is recommended that facility near the running course be available for warmth and shelter in the event of bad weather.
  - ii.** Meet headquarters and/or registration confirmation and packet pick-up should be designated in a brochure accompanying the entry form and housing information.
  - iii.** Qualified medical personnel must be on hand at all times.
  - iv.** The course **MUST** be marked the evening before.
  - v.** 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.
  - vi.** It is suggested that you have separate leaders for each division when walking the course (keep in mind that the little kids get confused).
  - vii.** A nearby warm-up area for the runners is to be provided.
  - viii.** The course should not finish on an UPHILL or DOWNHILL area.
  - ix.** 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.
  - x.** 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.
  - xi.** Officials throughout the course, especially near gates and crucial running areas, should be easily recognized (**SPECIAL OUTER GARB – BRIGHT COLOR**).
  - xii.** 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 a 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.
  - xiii.** 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.
  - xiv.** It is required to have the Referee and the Jury of Appeals set up **PRIOR** to the race, so that questions and protest can be handled in an efficient and prudent manner.



- xv. 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.
- xvi. 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.
- xvii. 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.
- xviii. You **MUST** adhere to all the rules and regulations as set forth by the AAU National Sports Committee.
- xix. An adequate parking area should be provided adjacent to the course.
- xx. 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.
- xxi. 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.
- xxii. There will be **NO** separate entry fee for teams.

**7. National Meet Technical Details and Requirements**

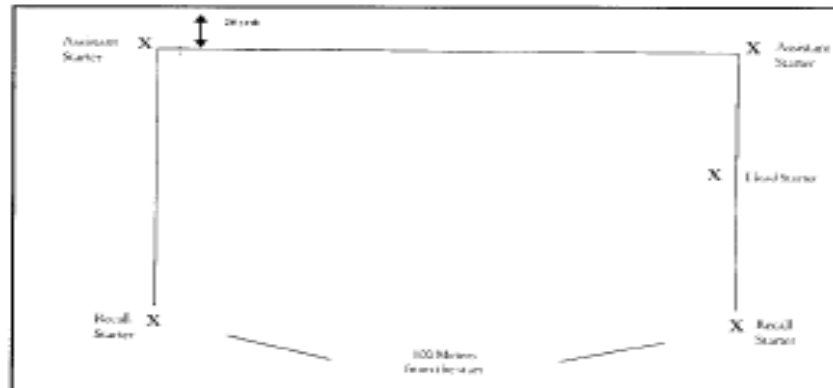
- a. The starting line must be a minimum 100 yards in length.
- b. The area around the starting line must be roped off at least 20 yards behind the start line and down each side of the start area for a distance of 50 yards. This will prevent parents and club coaches from disturbing the runners and interfering with the meet officials (please see Figure I as follows for example).
- c. Allocation of lanes for each of the eight (8) competitors shall be a minimum of six (6) feet.
- d. Minimum length of straightaway after starting line to be 400m.
- e. Minimum radius of any curve is 20 yards.
- f. Length of minimum loop – 1500 yards.
- g. A well-marked finish line (area) must be provided. Colorful flags and similar material are to be used throughout the area.
- h. Finish line to be marked with califine type substance. Food coloring to be used in case snow is on the ground.
- i. Minimum length of straightway leading up to finish line to be at least 200m, with 400m being preferred.
- j. **A photo finish system such as FinishLynx fully integrated with a chip transponder system shall be used at the finish line to identify athletes.**
- k. **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 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.**

- l.** The course must be marked before the first course walk-through the day before the meet.
  - m.** The course will not finish on an uphill or downhill area.
  - n.** 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 flagrant unsportsmanlike conduct can be handled.
  - o.** 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.
  - p.** 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.
  - q.** Medical Personnel must be at the competition during the entire run. Medical vehicles must be available.
  - r.** Due to variations in all Cross Country courses the Games Committee may make modifications to above details to adapt to National Championship course.
- 8. Recommended Officials**
- a.** Meet Director
  - b.** Referee
  - c.** Head Starter
  - d.** Clerk of Course
  - e.** Assistant Starter – 4
  - f.** Finish Line Officials – 4 each
  - g.** Chute Inspectors – 15 each
  - h.** Course Inspectors – 20 each
  - i.** Jury of Appeals
- 9. Figure 1 – Starting Line:**



10. Starters – A minimum of 5 starters is required one (1) head starter and starters are placed as follows:



11. 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. MEMBERSHIP

- a. **Individual Membership** – Membership is required of all persons who participate in the AAU in the following capacities:
- i. Athletes
  - ii. Coaches
  - iii. Club Contacts
  - iv. District Officers
  - v. District Committee Chairs, Sport Directors and Committee Members, Members of the District Board of Managers (Club Contact or Club Replacement Representative)
  - vi. National Committee Chairs and Committee Members
  - vii. Event Operator and Event Management listed on any event information
  - viii. Members of the Board of Directors
  - ix. Members of Congress
  - x. National Officers
- b. **Club & Individual Membership Application** – Applications for club and individual membership must be completed and submitted with the yearly membership fee. All club and individual memberships expire on August 31<sup>st</sup> of the membership year. All membership applications must be processed online or through the AAU National Office. [Rev. 10/07]
- i. Review and Approval. All Club and youth memberships are effective immediately upon receipt of the application and fees by the AAU, subject to the right of the Registrar to review the application. Individual Adult memberships are effective immediately upon receipt of the application fees by the AAU and successfully passing a criminal background check, subject to the rights of the Registrar to review the application. Within thirty (30) days of the receipt of the application, the Registrar may reject an application for good cause. Applications are automatically approved if not rejected within thirty (30) days. The decision of the Registrar to reject an application is subject to the appeal process established by Article III of the Constitution.

**c. Membership & Residency**

- i. Adult members will not be bound by residence requirements.
- ii. Youth members may, with the approval of the National Sport Committee, register in the District of their bona fide residency, or the District that their club/team is registered except as follows:
  - 1. 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.
  - 2. A youth member subject to a written joint legal custody arrangement whose custodians reside in the different Districts shall have the option of registering in either District.
  - 3. A bona fide student at an educational institution may be considered a resident of the District in which the institution is located.
  - 4. The National Board of Review shall determine issues of residency.
- iii. Persons living outside the US may register online or through the AAU National Office. The respective National Sports Committee rules shall govern the participation of non-US residents in AAU competitions.

**d. Use of Marks & Logos**

- i. AAU Registered Marks – 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 without the proper and continued approval of the National AAU. Only those subordinates and affiliated organizations which are expressly authorized by the National AAU to use the intellectual property of the AAU as approved by the policy set and approved by the BOD shall use the marks. The National AAU may withdraw its approval to use its marks, at any time 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. If granted approval/permission to use any of the AAU marks, the limited right to use the marks shall be non-exclusive and the user shall not acquire any ownership in or of such mark(s). These marks must not be used in promoting non-AAU events.
  - 1. Only chartered Districts, District Sport Committees and National Sport Committees may use the AAU marks in their name.
  - 2. There are three (3) levels of AAU club membership. Level 1 AAU member Clubs acquire no rights to use the AAU’s intellectual property. Level 2 and Level 3 Clubs are authorized to use AAU’s registered marks only as follows:
    - a. For the purpose of promoting an AAU Licensed event.
    - b. For the purpose of promoting the club’s AAU-related activities.
    - c. Neither members nor clubs may use the name AAU in their legal name, domain name, email, or any other name without the express written consent of the National AAU.

**e. Event License**

- i. No event shall be conducted under the auspices of the AAU unless a written license has been issued for the activity. A license is the written approval of the AAU for the conduct of the activity.
- ii. Only AAU members shall be allowed to participate in licensed events unless otherwise provided in the Bylaws.

- iii. A license may be issued to any club in good standing and which meets the membership criteria. A license application should be reviewed by the District Sport Committee Director or the Governor if there is no District Sport Director. If the license application is rejected, the applicant shall be notified.
  - iv. No license shall take effect until approved or until the 15-day review period has expired.
  - v. The National Registration Executive Committee has the authority to:
    - 1. Issue a license in an unchartered District.
    - 2. Issue a license for events in location where there is no active District member.
    - 3. Issue a license for events in Districts where there is no current active participation (no District Championship in the prior membership year).
    - 4. Approve international competition.
    - 5. Issue a license for events directly sponsored by the National AAU or National Sports Committee (the National Sport Committee shall consult with the District Sport Director and Governor prior to seeking an event license).
    - 6. Review and approve any licenses rejected by the District.
    - 7. Revoke an approved license for good cause.
  - vi. Event licenses issued to one organization cannot be transferred to another organization.
  - vii. No event 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.
- f. **District Sport Committees** – In each approval AAU sport in which the District has athletes actively participating, there may be a Committee to manage competition within the District.
- i. **Competition** – The District Sport Committee shall include the following:
    - 1. Each club member which registers at least five (5) individual members in the sport shall have one (1) representative on the District Sport Committee;
    - 2. District Sport Committee Officers as defined by that sport’s operating rules;
    - 3. The Governor may appoint two (2) at-large members.
  - ii. **Duties** – The duties of the District Sport Committee are to:
    - 1. In even years, hold a Biennial Meeting, the date, time, and location of which shall be approved by the District Executive Committee. [added 10/08]
    - 2. Adopt at the Biennial 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.
    - 3. Determine whether to establish a Committee operating account and if so to comply with all relevant AAU procedures and policies.
    - 4. Provide for the conduct of the District Championship(s).
    - 5. If the District Sport Committee is organized as an administrative club under the AAU, it shall annually file the Location of Assets Report with the District Office, and forward a copy to the National Office.
  - iii. **District Sport Director** – In each approved sport in which the District has athletes actively participating, there may be a Director.
    - 1. Election – In each sport committee in which five (5) or more club members have designated the sport as its primary sport the Director shall be elected by the Committee at its Biennial Meeting. The District Sport Director takes office upon election.

2. Appointment – When there are fewer than five (5) clubs registered to the Sport, the Sport Director may be appointed by the Governor with the approval of the National Sport Committee Chair. The District Sport Director takes office upon appointment.
3. Term of Office
  - a. 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 or a membership that will complete their entire term.
  - b. The term of office for an appointed District Sport Director shall be one (1) year; or until removed by the Governor; or until the Sport Committee has met the criteria to elect a Director.
  - c. **Vacancies** – A vacancy occurring in a District Sport Director position shall be filled by the Governor with the approval of the National Sport Committee Chair.
  - d. If a District Sport Director vacancy occurs, or if a sport reaches the five-club threshold, between a scheduled election year and the next Biennial Meeting, there shall be an election at the interim Biennial Meeting for a director to serve until the next regularly scheduled election. All notice and nomination requirements must be complied with.
4. Duties – The Sport Committee Director shall:
  - a. Develop a budget for the Sport Committee to file with the District Treasurer;
  - b. Perform the duties set forth in the Committee Rules of Operation.
  - c. Review and Approve, or for a reasonable cause, deny event licenses in the sport.
  - d. Maintain the records of the District Sport Committee, including but not limited to the minutes of all meetings, the budget, location of assets report (if required), and the District Sport Committee operating rules. [Added 10/08]
  - e. Preside at Sport Committee meetings.
  - f. Prepare, or have prepared, meeting minutes (which shall be approved at all District Sport Committee meetings). Forward a copy of all minutes to the National Office and District Secretary no later than 30 days following the District Sport Committee Meeting.
  - g. File a copy of all records requested by the District Secretary or the AAU National Office Compliance Department no later than 30 days following District Sport Committee meetings.
  - h. At the conclusion of service as Sport Director turn over all records to the successor to the position.
5. 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 Biennial meeting provided that the Notice of the meeting specifies that a motion to remove is on the agenda.
  - 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 days of activity (excluding practice licenses), are below the minimum established by the Sports Council, the National Sport Chair may remove the District Director with the consent of the Governor. If the District Governor does not agree with the removal, the President shall appoint an arbiter who will make the final decision which shall be binding.

- 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.
  - d. By the National Board of Review Chair after the failure of the District Director to file minutes, reports, and records as required by this article.
- 6. Meetings
  - a. Notice – Notice of the Biennial Meeting of the District Sport Committee will be given to all clubs with members registered in the Sport.
    - i. Timing of Notice – Notice shall be sent not less than thirty (30) or more than sixty (60) days (prior to the election).
  - b. Quorum – Five (5) member clubs with voting eligibility must be present to constitute a quorum of the Biennial Sport Committee meeting.
- 7. Voting – Each club which has registered at least five (5) individual members in the sport during the current year shall appoint one (1) representative to serve on the District Sport Committee. The representative shall be designated on the club membership application.
  - a. The club by written notice to the District Sport Director may withdraw its representative and submit a new club representative. Written notice to the District Sport Director of the withdrawal and replacement must be received seven (7) days prior to the meeting. The Club Replacement shall be at least eighteen (18) years of age as of the date of the meeting.
  - b. There shall be no voting by proxy.
  - c. Each member of the Sports Committee shall have one vote.

**g. Eligibility**

- i. A youth member may, with the approval of the National Sport Committee to elect to participate in his/her District of bona fide residence or a District that geographically adjoins that District or District that their club/team is registered. Exception: In team events, the National Sports Committee shall determine the number of youth members permitted to participate on a team from an adjoining District.
- ii. **Club Attachment** – A youth member becomes attached to a club member when he/she competes with that club in any AAU authorized event (practice not included). A youth member may be attached to only one (1) club with the following exceptions:
  - 1. An athlete may attach to additional clubs (one (1) in each sport) if he/she participates in additional sports.
  - 2. Participation in an AAU authorized league does not create club attachment.
- iii. **Transfers** – Athletes who transfer under the section are subject to National Championship eligibility restrictions as adopted by National Sport Committees. After a youth member becomes attached to a club, he/she may only transfer to another club in the same sport as follows:
  - 1. If the youth member has not competed in any AAU authorized events in that Sport for a period of sixty (60) days no permission is necessary.
  - 2. If the representative of the club to which an athlete is attached signs a release form permitting an immediate transfer (athletes who transfer under this provision are subject to National Championship eligibility restrictions as adopted by National Sport Committees). [Added 10/07]
  - 3. 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.

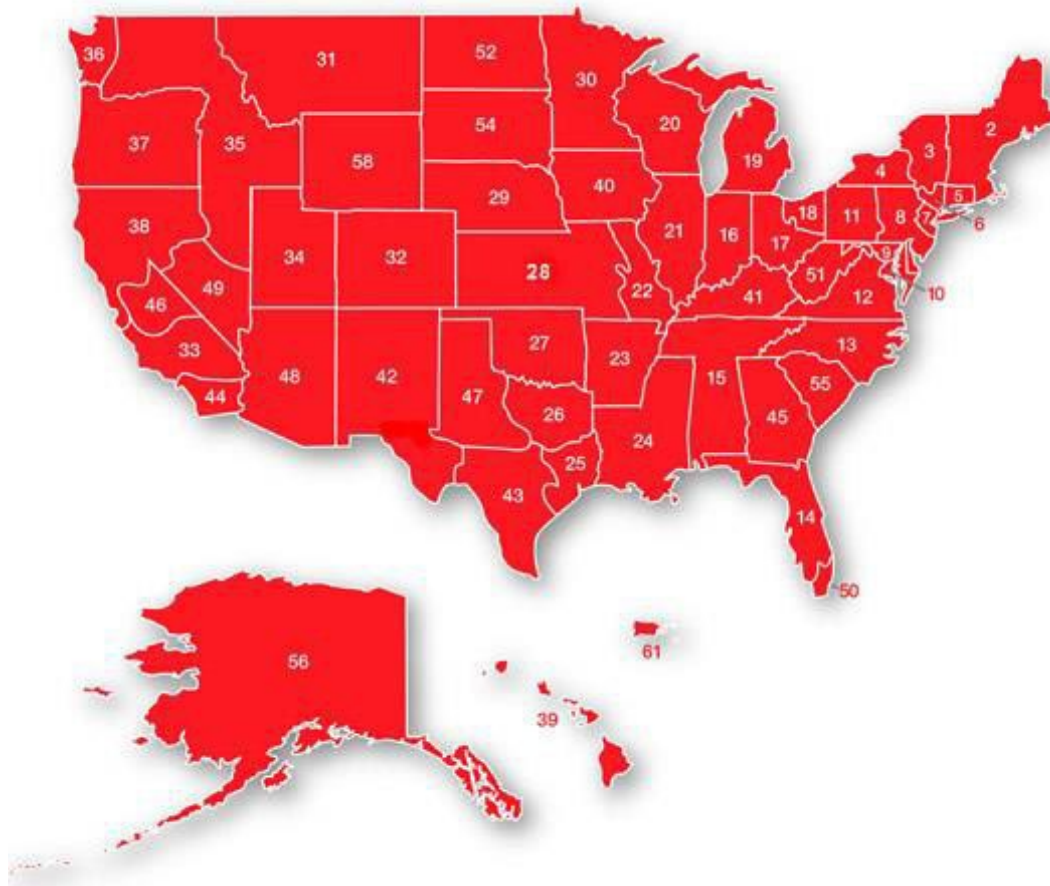
4. If the Registrar determines that the transfer is due to events outside the control of the athlete or that the transfer serves the best interest of the AAU.

## V. APPENDIX

### a. Executive Committee Directory

AAU TRACK & FIELD EXECUTIVE COMMITTEE			
Title	Name	Phone	Email
National Co-Chair	Marchan Adkins	309-838-4130	<a href="mailto:marchan@adkinstrak.com">marchan@adkinstrak.com</a>
National Co-Chair	Karen Hall	313-590-3204	<a href="mailto:hallkarentlu@gmail.com">hallkarentlu@gmail.com</a>
Vice Chair-Administration	Marchan Adkins	309-838-4130	<a href="mailto:marchan@adkinstrak.com">marchan@adkinstrak.com</a>
Vice Chair-Operations	Reggie Williams	954-602-4935	<a href="mailto:reggieaautrack@gmail.com">reggieaautrack@gmail.com</a>
Secretary	Karen Hall	313-590-3204	<a href="mailto:hallkarentlu@gmail.com">hallkarentlu@gmail.com</a>
Budget Director	Marv Allen	515-252-0856	<a href="mailto:aaustarter@copper.net">aaustarter@copper.net</a>
Member At-Large	Karen Fowler	209-765-4021	<a href="mailto:oakdalegal@yahoo.com">oakdalegal@yahoo.com</a>
Member At-Large	Lamont Smith	817-733-2702	<a href="mailto:lsmith4430@gmail.com">lsmith4430@gmail.com</a>
Member At-Large	William Moore	757-593-6985	<a href="mailto:coachwill.moore@gmail.com">coachwill.moore@gmail.com</a>
Member At-Large	Yolanda Freeman	614-378-2152	<a href="mailto:yfreeman.aau@gmail.com">yfreeman.aau@gmail.com</a>
Member At-Large	Darnell Hall	313-445-4002	<a href="mailto:dhall400m@gmail.com">dhall400m@gmail.com</a>
Immediate Past National Chair	Roland Williams	443-907-8630	<a href="mailto:rewaau@comcast.net">rewaau@comcast.net</a>

### b. AAU Districts





Map #	District
3	Adirondack (AD)
56	Alaska (AK)
23	Arkansas (AR)
48	Arizona (AZ)
46	Central California (CC)
21	Central (CE)
32	Colorado (CO)
5	Connecticut (CT)
14	Florida (FL)
50	Florida Gold Coast (FG)
45	Georgia (GA)
25	Gulf (GU)
39	Hawaiian (HI)
40	Iowa (IA)
35	Inland Empire (IE)
16	Indiana (IN)
41	Kentucky (KY)
18	Lake Erie (LE)
9	Maryland (MD)
19	Michigan (MI)
8	Middle Atlantic (MA)
30	Minnesota (MN)
28	Missouri Valley (MV)
31	Montana (MT)
29	Nebraska (NB)
2	New England (NE)
7	New Jersey (NJ)
42	New Mexico (NM)
6	NY Metropolitan (MP)
4	Niagara (NI)
13	North Carolina (NC)
52	North Dakota (ND)
17	Ohio (OH)
27	Oklahoma (OK)
37	Oregon (OR)
22	Ozark (OZ)
38	Pacific (PA)
36	Pacific Northwest (PN)
44	Pacific Southwest (PS)
10	Potomac Valley (PV)
61	Puerto Rico (PR)
55	South Carolina (SC)
54	South Dakota (SD)

15	Southeastern (SE)
24	Southern (SO)
33	Southern Pacific (SP)
43	South Texas (ST)
26	Southwestern (SW)
34	Utah (UT)
12	Virginia (VA)
11	Western Pennsylvania (WP)
47	West Texas (WT)
51	West Virginia (WV)
20	Wisconsin (WI)
58	Wyoming (WY)

**c. Definitions/Glossary** – The following definitions apply to all athletes, coaches, and member clubs.

- i. **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.
- ii. **Supervision or Supervised** – Supervision of supervised means that an AAU registered coach is physically present at all times at the practice site and during practice sessions.
- iii. **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.
- iv. **Bona fide Residence** – “Bona Fide Residence” means the address of residency that is on file with the AAU National Office thirty (30) days prior to the District Qualifier meet.
- v. **Membership** – “Membership” is an agreement to participate under the rules, regulations, Code, policies, and procedures of the AAU. Membership entitles participation, it does not create agency, nor authorize the members(s) to be spokesperson(s) on behalf of the AAU.
- vi. **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.
- vii. **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:
  1. Pacing by a teammate or other person.
  2. Competitors joining or grasping hands with each other during a race.
  3. Competitor using an aid during the race.
  4. Communicating with a competitor through the use of a wireless or other technical device.
  5. Coaching a competitor from a restricted area.
  6. Verbal communication, from an individual who is not in the designated competition area for the event being competed, shall not be considered assistance.
- viii. **National Championship Meet** – The following meets are classified as National Championship Meets: AAU Northern Indoor National Championship, AAU 14U Indoor National Championship, AAU Indoor

National Championship, AAU West Coast National Championship, AAU West Coast Primary Championship, AAU Primary Nationals, AAU Club Championships, AAU Las Vegas National Championship, AAU Junior Olympic Games, and AAU National Cross Country Championships.

**d. National Committee Awards & Grant Programs:**

- i. 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.
- ii. 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.