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*Dates to  
Remember*

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**Indiana Officials  
Awards and  
Training Jan.**

**9,2022 Site TBD**

USATF Indiana  
Master Indoor TBD

USATF Indiana  
Youth

Championships  
TBD

USATF Indiana  
Master

Championships  
TBD

Region 7

Championships  
TBD

**NCAA**

**Championships  
Indoor**

Division I Indoor  
T&F: March 11-12,  
Birmingham,  
Alabama

Division II Indoor  
T&F: March 11-12,  
Pittsburgh,  
Kansas

Division III Indoor  
T&F: March 11-12,  
Winston-Salem,  
North Carolina

**NCAA Outdoor**

Division I Outdoor  
T&F East Prelim:  
May 26-28,  
Bloomington,  
Indiana

## Mikes Laps

Mike's Laps- Happy Holidays from the Indiana Association Officials Committee. Indoor Season is right around the corner! We hope you are ready to go out and provide your skills for the benefit of our athletes. The last weekend, Dick Boyd and I were at the USATF National Annual Meeting in Orlando, FL. It was a wonderful learning experience for the both of us. We now are looking forward to sharing with you our takeaways, new rule changes, training opportunities for our members, and the good news of being an Official for USATF. The Official's Committee has tentatively set January 9, 2022, as our Clinic and Awards Presentation. The site is yet to be determined. This will be a hybrid meeting, allowing you to either be in-person or online. We are expecting the day to go from 1:00 to 5:00 pm EST. Mark your calendars. For the new year, we will be offering a 30-minute clinic each month for our members, this will occur every 2<sup>nd</sup> Sunday of the month. The committee has come to the realization that at times we just talk about training, but we are not offering enough opportunities. Training presentation clinics will diverse, covering a minutia of track and field disciplines. If you have any suggestion for a clinic topic...please shoot them to any members of the Officials Committee. If you have any suggestions for clinicians, or, if you would like to present a 30-minute clinic on any topic (Track & Field) please let the Officials Committee know this as well.

**January Clinic – January 9, 2022 – Dick Boyd – Newly adopted/ Changes in the Rules of Competition for 2022**

**February Clinic – February 13, 2021 – Alf Mendel – Long Jump/Triple Jump Clinic**

**March Clinic – March 13, 2022 – Para Athlete Officials Clinic – Richard Roberts/ Mike Trego**

Have a Merry Christmas and a Happy New Year!

Mike

## Meet Jimmy Hutton



Jimmy grew up in Austin, Indiana where he graduated from High School in 1986. After high school Jimmy enlisted in the Army, serving 23 years, and retired with a rank of Sergeant 1<sup>st</sup> class. Jimmy served as a medic and served in several deployments where he has been awarded the Purple Heart.

After retiring from the Army Jimmy enrolled at Indiana University, graduating in 2014 with a Bachelor of General Studies. He continued his education at American Military University graduating with a master's degree in American History.

Division I Outdoor  
T&F West Prelim:

May 26-28,  
Fayetteville,  
Arkansas

Division I Outdoor  
T&F Finals: June 8-  
11, Eugene,  
Oregon

Division II Outdoor  
T&F: May 26-28,  
Allendale,  
Michigan

Division III Outdoor  
T&F: May 26-28,  
Geneva, Ohio

### **NAIA**

### **Championships**

Indoor March 3-5,  
Brookings, SD

Outdoor May 25-  
27, Gulf Shores, AL

### **USATF**

### **Championships**

Indoor and

Combined Indoor  
Feb 26-27

Spokane, WA

USATF Youth

National Indoor

March 18-20 Staten  
Island, NY

USATF Master

Indoor March 18-20  
New York, NY

USATF Outdoor

and U20 TBD

USATF Youth

Nationals June 21-  
26 Jacksonville, FL

USATF Junior

Olympics July 25-

31 Sacramento, CA

Jimmy became a USATF Level 2 Endurance Coach in 2019 and a Level 2 Jumps Coach in 2021. Then in 2021 he became a certified official as well.

Returning to Austin High School, he coached high jump for 5 years. While teaching special education at Scottsburg Elementary School, Jimmy has been an assistant jumps coach for Hanover College the past couple of years. Jimmy worked his first association meet this fall at the Association Cross Country Meet and looks forward to helping out as much as he can. Welcome Jimmy to USATF Indiana.

## **Awards and Training**

The plans for the Awards Ceremony will be held on Sunday January 9<sup>th</sup>. The location is yet to be determined. The plan to be at a location near Indianapolis. The meeting will be hybrid. You may attend in person or online. Light snacks will be served. Longevity awards for last 2021 and 2022 will be awarded. The Keith Mitchell Field Event Official of the Year, Dave Bowers Track Official of the Year and the Marshal Goss Official of the year will be awarded.

The clinic portion will consist of a review of the new rules adopted by World Athletics and USATF from the annual meeting.

Click [here](#) to register.

## **Training Schedule for the First Quarter**

**January Clinic – January 9, 2022 – Dick Boyd – Newly adopted/ Changes in the Rules of Competition for 2022**

**February Clinic – February 13, 2022 – Alf Mendel – Long Jump/Triple Jump Clinic**

**March Clinic – March 13, 2021 – Para Athlete Officials Clinic – Richard Roberts USATF PARA Committee Chair Southern California/ Mike Trego**

## **Certification Cards**

The second round of cards have now been sent out. Be sure to look over your card and if you find something that is incorrect be sure to contact Mike. They are coming in waves. If you have not received yours, contact Mike.

USATF Masters  
July 28-31  
Lexington, KY  
**World Athletic  
Championships**  
Outdoor July 15-24  
Eugene, OR

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*Quick links*

[Indiana Officials](#)  
[USATF National  
Officials Committee](#)  
[USATF Indiana](#)  
[NCAA Track &  
Cross Country](#)  
[Best Practices](#)  
[USATF Rule Book](#)  
[NCAA Rule Book](#)  
[Paralympic Rule  
Book](#)  
[TFO Training  
Associates](#)  
[Junior Officials  
Program](#)

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## Great Online Video Training Opportunities by World Athletics.

World Athletics has developed a series of great training videos that we are able to access. Topics include: Verticals, Horizontals, Throws, The Start, Combined Events, The Finish, The Race, Hurdles and Steeplechase Races, Relay Races and even Carbon Emissions.

Each event has a series of mini lessons ranging from 3-5 minutes long. For example, the high jump has 11 videos taking you through setup and how to conduct a jump off. Remember some rules vary between WA, USATF, NCAA and NFHS.

Click [here](#) to access the site. You will need to create a free account. This will give you access to the video trainings, their newsletter, and many other interesting features. Be sure to take advantage of these.

## USATF Rule of the Month

This year was a Law and Legislation year at the Annual Meeting, however there were 6 items tabled in rules from last year. These tabled items as well as new rules passed by World Athletics were discussed for possible adoption. Discussed were 30 possible rule changes for 2022. Out of those 30 items: 4 were withdrawn, 1 rejected and 24 recommend for approval. The preliminary score card and items can be found [here](#). The final scorecard and items that have been amended can be found [here](#). At the Awards meeting we will go over each of the items. The scorecard was approved at the closing ceremony delegates.

In the meantime, let's do a short discussion of item number 17. This is the one that created the most discussion at the annual meeting.

Item 17 in a short synopsis stating that an athlete on the curve will be able to touch the inside line 1 time without disqualification. If the athlete steps over the line the athlete is disqualified. Athletes were very supportive of this change. Item f states this, but also states that this is a carry to all subsequent rounds. Ex. An athlete steps on the line in the trials of the 400, then is clean in the quarter finals and then steps on the line in the semi's. The athlete would be disqualified.

### Indiana Track and Field HOF

Visit the Indiana Track & Field & Cross Country Hall of Fame Museum. Terre Haute. One Great Experience. Visit their website at by clicking HOF.

### European Athletics Newsletter

Our colleagues in European Athletics have published a newsletter for their officials. You can see the second edition here. It provides helpful information that supplements the valuable content you find each month in our NOC Newsletter.

Section g talks about the relays. It states that you can step on the line 1 time per event in any round by any athlete. Ex. Round 1 runner 2 steps on the line and runner 4 steps on the line the relay team is disqualified. Ex. Round 1 runner 2 steps on the line, is replaced in the semi's and runner 2 steps on the line the relay team is disqualified.

There is an exception for youth in that there is only carry over to another round. Ex. A youth runner steps on the line once in round 1, round 2 and round 3 they would be ok. They must step on the line twice in the same round to be disqualified.

Now that is probably as clear as mud. If you have any immediate questions let me know and we can talk it out. We will discuss this and the other adopted changes in more detail January 9<sup>th</sup> as well as future newsletters.

### NCAA Rule of the Month

Rule 7 Section 4. Legal Running—Legal Running in Lanes.

Article 1. In all races started in lanes, competitors shall keep within their assigned lanes from start to finish, or for the in-lane portion. However, without material advantage gained and no other runner being obstructed, a competitor may run outside his or her assigned lane in the straightaway or outside the outer line of the lane on a curve.

Legal Running Without Lanes.

Article 2. The following situations shall constitute legal running in non-laned track events:

A competitor may run anywhere on the track any pace or any change of pace as long as he or she does not use any body or arm action to impede another runner's progress.

A competitor may pass another runner legally on either the right or left side.

A competitor may cut in front of another runner, provided that the overtaking runner has one full stride. This also applies to the curved-line start.

A competitor who is lapped in a distance race shall run a normal course

## Indiana Track & Field and Smiles by Amazon

Help out USATF Indiana by signing up for Amazon Smiles, if you already have not signed up. The instructions can be found on the following pages.

**Note 1:** If a runner is required to withdraw, the runner shall exit to the inside of the track.

**Note 2:** The game committee has the authority to determine the number of lapped runners who shall remain in the competition.

### Rule 7 Section 5

**Article 1.** When a competitor commits a flagrant infraction in a race to aid a teammate, all persons from the offending team in that event shall be disqualified. Interference by a coach or a teammate not in the event shall also apply. Such an infraction shall be reported by the umpire and ruled on by the referee.

**Note1:** The violations listed in this section are in addition to those of assistance in Rule 6-3.1.

**Note 2:** Due to the narrow lanes, races are more subject to collisions and unintended obstructions. Umpire and referee discretion is advised

**Article 2.** The referee, after consulting with the appropriate officials, shall disqualify a competitor who:

Flagrantly impedes another runner;

In a race run on a curve, steps on or over the lane line to the left with two consecutive steps of either both feet or a single foot;

Does not start and finish within his or her assigned lane; or

In a race starting but not finishing in lanes, does not cross the break line within his or her assigned lane.

**Note:** The referee, after consulting with the appropriate officials, shall not disqualify a competitor who is pushed or forced another runner to step on or over the curb without material advantage gained.

## NFHS Rule of the Month

### Rule 5 Section 12

**Art. 1...**When a race is run in lanes, competitors are expected to run the entire race in their assigned lanes. Competitors who inadvertently run out of their lanes on a straightaway or in the lane to their outside on a curve are not in violation provided they do not interfere with another runner. A competitor shall be considered to be out of the lane when:

- a. Without being fouled and while running around a curve, steps on or over the inside lane line or curb for three or more consecutive steps with either or both feet.
- b. While running on a straightaway, runs in an adjacent lane and interferes with another competitor.
- c. While running around a curve, runs over the outside lane line and interferes with another competitor.
- d. He/she does not finish the race in the assigned lane, or if while a member of a relay team, does not make the pass in the assigned lane.
- e. He/she takes one or more steps inside the assigned lane line at the break line.

**PENALTY:** Disqualification from the event.

**Aft.2...**The break line is a place in each lane, usually at the pint of curve, that marks the end of the lane stagger. It may be a solid line painted on the track or designated by a flag or pylon located on the inside lane boundary of each lane. When utilized, competitors shall run the entire distance to the break line in their assigned lanes before. Breaking to the pole position.

#### **Section 13 Infractions for races not run in lanes**

**Art.1...**Any competitor shall not deliberately run on or inside the track curb (or painted line), and thereby gain an advantage by improving position or shortening the course.

**Art. 2...**A competitor shall not, when running around a curve, step on or over the curb, or painted curb line, for three or more consecutive steps with either or both feet.

**PENALTY:** (Articles 1,2) Disqualification from the event.

**Art. 3...** A competitor may leave the track to retrieve a dropped relay baton provided no interference occurs and no advantage gained.

**Art. 4...**In a race involving a curve where lanes are not specified, a competitor may move toward the inside or outside of the track provided he/she is one full running stride, approximately 7 feet, in advance of the competitor whose path is crossed. It is not a foul if a competitor crosses to the inside or outside if this action does not interfere in any way with another competitor.

## How About Some Trivia

**Jesse Owens was probably the first black athlete to come to the attention of the world when he competed in the 1936 Summer Olympics and won four gold medals. Of the following events, which one did Owens not win the gold? Your options. 4 by 200, 200, 100, long jump**

**Which Kenyan athlete broke four separate world records in one year, but never competed at the Olympic Games?**

**Who in 1988 broke the women's 100m record with a time of 10.49 secs?**

**How fast did Roger Bannister run when he went under four minutes for the first time in the mile?**

**Scroll down for the answers.**

**Answer: 4x200m relay**

James Cleveland 'Jesse' Owens won the 100m, 200m, long jump and 4x100m relay (team) gold medals. Owens was the first male African-American athlete to be sponsored when Adi Dassler (founder of Adidas) convinced him to wear Adidas shoes.

Owens struggled after the Olympics when commercial offers never materialised and his amateur status was withdrawn. He made a living as a sports promoter, then as a dry cleaner and gas station attendant. After filing for bankruptcy, Owens worked as a US 'goodwill ambassador'.

Jesse Owens died of lung cancer in 1980.

**Answer: Henry Rono**

Born in Kenya Henry Rono, like many other African athletes, attended University in America, in his case Washington State University where he was coached by John Chaplin. In 1978, in the space of 81 days, he broke the world record for the 10,000 metres, 5000 metres, 3000 metres steeplechase and 3000 metres flat. That same year he took gold for Kenya at the Commonwealth Games in the 5000 metres and 3000 metres steeplechase. Although he continued competing at top level for the next four years he never again achieved the dominance he had in 1978. He never competed at an Olympics because Kenya boycotted the 1976 and 1980 Games and by 1984 he was too old to compete at that level.

The three incorrect choices are all Kenyan distance runners. Samson Komobwa held the 10,000 metres world record in 1977.

**Answer: Florence Griffith Joyner**

She started her career at the age of 7.

**Answer: 3:59.4**

The first person to run exactly 4 minutes for the mile was Derek Ibbotson