

**Up Coming
National Meets**

**USATF Indian Awards
Marion University**-January 6,
2:00 pm
**USATF Cross Country
Championships -
Mechanicsville, VA**- January
20
**USA Master Indoor
Heptathlon Championships
Kenosha, WI**- January 20-21
**US Olympic
Marathon Team
Trials Orlando**-
February 3
**USATF Combined
Indoor
Championships
Indianapolis-
January-27-28**
**USATF Mid-West
Indoor
Championships
Indianapolis**-March 2
**USATF Youth
National Indoor
Championship
Louisville**-March 8-10
**USATF Master
Indoor
Championships
Chicago**-March 21-24
**USATF Indiana JO
Association Meet
Indiana State**-June
21-22
**USA Olympic Team
Trials Eugene**- June
21-30
**USATF Youth
Outdoor
Championships New
York, NY**-June 26-29
**USATF Region VII
Outdoor
Championships
Indiana State** July 11-
14
USATF Master

Mikes Laps –This is that time of the year to check your Membership status and when that status expires. We currently have 51/103 of our total VALID Officials membership that have their membership expire on 12/31/2023. (That’s about 50% of our total!!!). There are 14 Officials on the INVALID list whose membership is also up on January 1...let me say that again...JANUARY 1. If you are one of these you need to get online at usatf.org...and go to the membership site. Select either the ADULT INDIVIDUAL MEMBERSHIP (for \$55.00) and Renew your membership for one year (12/31/2014) OR you can scroll further down the page and select the Officials 4 year membership (\$200.00) and save yourself \$5.00 per year. So as the wise man from the south says, “Get er done”.

I learned at the Annual Meeting that the NOC is currently working with the NCAA in producing a training and certification program for officials to work a NCAA meet. This would include NCAA Championship meets. All the details have not been worked out at this time, however there is a possibility that the NCAA is considering background checks and SafeSport certification. The NOC is working on having the USATF background check and SafeSport certification meet this requirement for the NCAA. There may also be a NCAA rules review dedicated to the NCAA rulebook. The point of bringing this up at this time is a USATF certified official is likely to have a majority of or all the requirements to work NCAA meets completed. This could prove an advantage to you. Therefore, be sure to stay three step compliant (Membership/ Background Check/ SafeSport Trained) and you will likely be ahead of the game. So, let’s get this done ASAP...renew your membership today and stay on the VALID LIST. Also remember that if you were selected for a Championship meet and you are on the invalid list you won’t be able to officiate at the meet. HINT!
HINT!

Mike

**Mark March 2nd for the Mid-West Master
Championships at the Fair Grounds
Mark June 21-22 on your calendar for the 2024 Indiana
Association JO Track and Field Meet at Wabash and
July 11-14 for the Region 7 meet at Indiana State**

Outdoor Championships
Sacramento-July 18-21
USATF Junior Olympics College Station-July 22-28
USA Master National Throws Championships
Slippery Rock, PA-September 14-15



USATF Indiana Association Cross Country and Region 7 meets hosted by Indiana

This year's Indiana Association Meet was a huge success. The masters start off the day followed by the youth. There were over 600 athletes scheduled to compete at the Blue River Cross Country Course in Shelbyville. This turned out to be one of the largest association meets in the country.

The Region 7 meet will be held at the Lavern Gibson Championships Cross Country Course in Terre Haute, IN there were over 500 athletes scheduled to compete. Each athlete having the dream of attending the JO Cross Country Meet at E.P. "Tom" Sawyer State Park in Louisville KY. Illinois brought its largest contingent in years.

The weather cooperated for both meets, which brought out the best in all of the athletes. A huge thank you goes out to Paul Sargent, Stu Goble and Randy Stafford for their efforts in the meet setups. Thank you to all of the officials that worked the two meets. It has been said many times, "without you the meet would not happen".



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](#)

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.

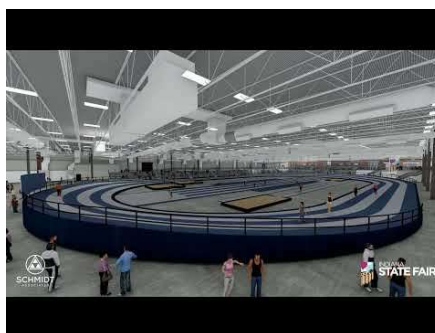
Do you receive the USATF NOC Newsletter? If not subscribe [here](#).

Matt Merrill found a USATF Indiana XL Red Polo Shirt in his shop that he has left with us. The shirt is \$25.00. If you are interested contact Dick Boyd at usatfindianaboyd@gmail.com

Congratulations Mike Trego on Receiving the John Davis Humanitarian Award at the 2023 Annual Meeting in Orlando



The John Davis Award is presented annually to recognize the humanitarian efforts of an official who provides leadership, sets an example, and goes out of their way to help in the development of others in the USATF officials organization. Congratulations Mike.



Officials Selected for National Championships

At the conclusion of the NOC meeting the selections for the National Meets were made. This year the Indiana Association was well represented within these selections.

The Indoor Combined Championships will be hosted by Indiana at the Indiana Farm Bureau Fall Creek Pavilion. Selected are: Sean Bruening, Brittany Wright-Starters, Dick Boyd-Head Pole Vault, Paul Sargent, Bob Flott, Fred Kem-Combined Team

The U20 selections of which the site and date has not been announced include Sean Bruening-Clerk, Brittany Wright-Clerk Alt, Dick Boyd-Head Pole Vault, David Fry-Pole Vault, Stu Goble-Hammer, Paul Sargent-Javelin, Mike Trego-Javelin Alt.

The Olympic Trials to be held in Eugene, OR are Mike Trego-Javelin, Stu Goble-Hammer Alt., Dick Boyd-Pole Vault Alt.

Congratulations to all.



NAIA Outdoor Championships are returning to Indiana Wesleyan again this spring

As an official in Indiana, Ohio, Michigan, Kentucky and Illinois you have to be smiling. If you want to work a national championship this is the year to apply as the NCAA DI Regional is hosted in Lexington and the NAIA is hosted at Indiana Wesleyan. Indiana Wesleyan is again hosting the NAIA. Many of the Kentucky officials that worked at Wesleyan last year will be working in Lexington this year. The dates are May 22-24. If you have not already filled out the application, consider filling it out. The application can be found [here](#).



The Indiana Farm Bureau Fall Creek Pavilion is Hitting the Ground Racing

The Indiana Farm Bureau Fall Creek Pavilion at the Indiana Fair Grounds is going to host a national championship in its first season of use. The USATF Combined Championships will be the first of many Championships to be held here. USATF Masters and the NCAA are also booking dates for events here in the near future. Everyone is looking forward to the Grand Opening of the facility in January.



Call for Officials at the MAC

This spring the MAC Outdoor Championships at Northern Illinois University in Dekalb, IL on Thursday/Friday/Saturday, May 9/10/11. Officials needed are:

- Head Finish Line
- Head Umpire
- Umpire
- Decathlon Crew
- Heptathlon Crew
- Long/Triple Jumps
- Hammer
- Shot Put

Hotel, meals and a stipend will be provided.

Mike Powers is the Officials Coordinator. If you are available, please contact him at:

Michael Powers
205 Aldrin Ave
Batavia, IL 60510
mtpowers1955@att.net
630-234-2848

Oregon Zoom Training Sessions

Scott Phoenix, Certification Chair for the Oregon Association has been setting up training zoom meetings as he did last year. Currently he has three scheduled. The topic of the three are rules. Mark Kostek will be discussing NCAA Rules, Dick Boyd USATF Rules and Julie Cochran NFHS Rules. You are invited to attend one or all three. As the others are released we will let you know.

The Oregon Association is inviting you to a scheduled Zoom meeting.

Topic: [NCAA Rules w/ Mark Kostek](#)

Time: [Jan 9, 2024 6:00 PM Pacific Time](#)

<https://us02web.zoom.us/j/86516503333?pwd=K1U5SGRacUOzRGYvMWVtanpoVC9hUT09>

Meeting ID: 865 1650 3333

Passcode: 106798

The Oregon Association is inviting you to a scheduled Zoom meeting.

Topic: [USATF Rules w/ Dick Boyd](#)

Time: [Jan 10, 2024 5:30 PM Pacific Time](#)

Join Zoom Meeting

<https://us02web.zoom.us/j/83533969016?pwd=SjcyNGU2c0E5Z2pZVFB4TnphazBRUT09>

Meeting ID: 835 3396 9016

Passcode: 302473

The Oregon Association is inviting you to a scheduled Zoom meeting.

Topic: [NFHS Rules w/ Julie Cochran](#)

Time: [Jan 16, 2024 5:30 PM Pacific Time](#)

Join Zoom Meeting

<https://us02web.zoom.us/j/84744054735?pwd=aUpHMnVDQXRQOGhtTkRQcjkxZ3ZzUT09>

Meeting ID: 847 4405 4735

Passcode: 558872

Officials Store

New items are continuing to be added to the Officials Store. Remember just because it is in this store does not make it part of the official uniform. Some of the new items are being discussed as a possibility of being part of the Official Uniform possibilities. The officials store can be found [here](#).

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 NFHSA.

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

The online rulebook for 2024 should be available shortly after the first of the year. The printed version should be available around the time of the USATF Indoor Championships, which would make it mid-February. Last year we made a group order at the Youth Indoor. This will be done again if there is interest. An email has been created to gather responses if you are interested in being a part of the group order. Send your request to usatfrulebook@gmail.com At this time we are not sure of the cost but last year we were able to get them for half price which was \$10.00.

To be sure uses standard markings with their results Rule 132.4 has been amended to the following.

Rule 132.4

The following standard markings should be used in the preparation of start lists and results where applicable.

Did not start—DNS	Qualified by place in track events—Q
Did not finish—DNF	Qualified by time in track events—q
Disqualified—DQ	Qualified by standard in field events—Q
No valid trial recorded—NM	Qualified by performance n field events--q
Valid trial in High Jump/Pole Vault—O	Advanced to next round by Referee—qR
Valid trial in other field events—measurement	Advanced to next round by Jury of Appeal—qJ
Failed trial in a field event—X	Advanced to next round by draw--qD

Forgoes or a Passed trial in a field event—‘-‘	Bent knee—‘>’
Lane violation noted without DQ-L	Loss of contact—‘-‘
Lane infringement-L Rule 163.5	Yellow Card—YC Second Yellow Card—YRC
Retired from a Field or Combined Event—r	Red Card—RC

NOTE: A competitor shall be regarded as DNS if:

- (a) After his/her name having been included on the start list for an event, he/she does not report to the Call Room for the event.
- (b) Having passed through the Call Room he/she does not make any attempt in a field event or does not attempt to make a start in a running or race-walking event; or
- (c) If Rule 200.8 applies.

Combined events: Rule 200.8

A competitor failing to attempt to start or take a trial in any event of the competition shall not be allowed to participate in any following events. Such competitor shall not be included in the final placing or scoring, but shall have his/her performances before withdrawing recorded in the results of the competition. Any competitor deciding to withdraw from competition shall immediately inform the Referee of his/her decision to do so.

NCAA/NAIA Rule of the Month

The rulebook for the NCAA will be in the second year of a two year cycle. Therefore, the rulebook used last year will be used again this year, with no new rules.

Rule 15 Section 2. Starting Violations/Procedures

Starting Violations/Procedures Competitor Violations ARTICLE 1.

Violations and resulting procedures at the start of a race include:

- a. If a competitor at the start of a race uses tactics obviously intended to disconcert an opponent, the competitor shall be warned by the starter and, if such action is repeated, shall be disqualified.
- b. A false start may be charged to a runner who fails to comply promptly with the command “On your marks” or with the various requirements of the command “Set” after being warned.
- c. If a competitor commences the starting motion after assuming a full and final set position and before the report of the pistol/starting device, it shall be considered a false

start and the competitor shall be disqualified unless the starter has cancelled the start.
d. If a member of the start team signals a recall, then after consulting with all members of the start team, the head starter shall give one of the following visual indications by the raising of the appropriate card while standing in front of the athlete(s) who were responsible for causing the recall:

1. Green – if no violation was deemed to have occurred.
2. Yellow – warning to an athlete that they will be disqualified if they commit the same action again.
3. Red – the offending athlete has been disqualified.

e. In a Combined Event, a competitor shall be warned for the first false start and disqualified only after they have been charged with two false starts

Note 1: In races in which starting blocks are used, commencement of the start is defined as movement resulting in one or both hands losing contact with the ground, or one or both feet losing contact with the foot plates of the starting blocks.

Note 2: In races in which the games committee requires the use of a WA-approved start information system, the competitor shall have both feet in contact with the pedals of the starting blocks before the set command. Compliance is mandated to fulfill the requirements of the start when utilizing the WA-approved start information system.

National Federation Rule of the Month

The new printed rulebook sighted at the annual meeting. The assumption that it is now available.

5-7-4c,d NOTE (NEW), 8-4-4 NOTE 2 (NEW): Extraneous motion before the device is fired does not necessarily require a false start to be charged unless the runner leaves their mark with hand or foot after the set command or leaves their mark with a forward motion without the starting device being fired.

Rationale: The change makes it clearer as to the definition of a false start and how it should be consistently officiated.

How About Some Trivia?

1 | **The second event on day one of the decathlon is the long jump. What did the athletes in this original sport have to once carry in each hand while jumping?**

2. **Similar to most distance jumping events, what do triple jumpers typically land on during their last jump?**
3. **"I am a discus thrower who represents Estonia. I won the gold medal at the 2008 Summer Olympics in Beijing and was World Champion in 2007 in Osaka. What is my name?"**
4. **Canadian sprinter Ben Johnson lost Olympic and World Championships records after being disqualified for doping. Johnson emigrated to Canada in 1976 from which country?**
5. **Which Ethiopian athlete won double gold (5000 metres and 10,000 metres) at the Moscow Olympics?**

Scroll down for the answers.

1. Answer: **A ten pound weight**

The long jump is the only original jumping sport played today that was also played way back in the ancient Olympics as well. Based on training for warfare, the purpose of the long jump was to enable soldiers to jump streams and other obstacles. Because they carried weapons whilst doing so, this was emulated in the ancient sport with competitors having to carry a weight of approximately 10 pounds in each hand, and swing their arms through with the jump. Far from being cruel, however, those weights gave athletes the ability to jump further.

2. Answer: **Sand**

For men, the sand pit usually starts about 13 meters (42 feet) from the initial takeoff point. Sand is a good absorber of shock on the knees. A harder landing surface wouldn't provide adequate support to mitigate injuries.

3. Answer: **Gerd Kanter**

Gerd Kanter was born on May 6th 1979 in Tallinn, Estonia. He was the 2007 World Champion in Osaka, defeating Robert Harting of Germany (silver) and Rutger Smith of the Netherlands (bronze). A year later Kanter won the gold medal at the 2008 Summer Olympics in Beijing, the first Estonian athlete achieving this. His fellow Estonian Aleksander Tammert had previously won the bronze medal at the 2004 Summer Olympics in Athens.

Kanter also qualified for the 2012 London Summer Olympics. He won the bronze medal. In 2012 and 2013 he also won the Diamond League, a series of fourteen events in track and field.

4. Answer: **Jamaica**

Benjamin Sinclair Johnson was born in Falmouth, Jamaica. He won two Olympic bronze medals in the 1984 games (100m and the 4x100m relay) before eventually being disqualified and losing his 1988 Olympic gold medal (100m). After several failed drug tests, Johnson was eventually banned for life from competing

internationally. He could technically race in Canada, but nobody would race against him as they could also face suspension..

5. Answer: **Miruts Yifter**

Yifter made his Olympic debut at the 1972 Munich Games, where he won a bronze medal in the 10,000 metres. Ethiopia, along with other African countries, boycotted the 1976 games, but he made up for any disappointment this caused him with convincing wins at both distances in 1980. His ability to swiftly change pace to a blistering sprint earned him the nickname "Yifter the Shifter".

The three incorrect choices are all Ethiopian distance runners. Abebe Bikila was the first black African to win Olympic Gold, which he achieved in 1960 for the marathon, which he ran in bare feet..