

AAU MASTERS RULES SECTION II MASTERS ATHLETIC PROGRAM RULE 250

1. The Masters Athletic Committee shall conduct and supervise a program for track and field, long distance running, and race walking for men over the age of forty and women over the age of thirty.

2. The AAU general rules shall govern all Masters competition unless otherwise provided in this rule.

3. Masters competition shall be open to all men over the age of forty and women over the age of thirty in Masters events. All Masters who comply with Article 54 of the AAU Code and Rule 53 of the I. A. A. F. shall also be eligible to compete in Open Competition. Competing in Masters competition shall not preclude an athlete from competing in Open competition if otherwise eligible.

4. There shall be the following competitive divisions:

- a. Men - Div. IA 40-44; IB 45-49; IIA 50-54; IIB 55-59; IIIA 60-64; IIIB65-69; IVA 70-74; IVB 75+
- b. Women - Div. I 30-39; Div. II 40-49; Div. III 50-59; Div. IV 60+.

5. The age of the individual on the date of competition shall determine his division. An individual may compete in a younger age category provided he enters that particular event in one division only.

6. The Divisions in paragraph 4 for men must be held in National and Regional Track and Field Championships. In Race Walking and Long Distance Running the Committee may divide the age groups by ten years instead of five. This must be done at the time a Championship meet is awarded. If no action on this point is taken then the five year grouping for men shall apply.

The Divisions in paragraph 4 for women may be further subdivided to five year groupings, if justified by the number of competitors. This determination shall be made at the time a Championship is awarded.

The age divisions for Association Championships shall be determined by the Association. The age divisions for non-championship events shall be determined by the meet director.

7. The meet director shall have the authority to request proof of age and/or a medical certificate attesting to the competitor's physical ability to compete. In addition a hold harmless waiver shall be signed by each competitor

8. Hurdle and weight standards :

Men:	Div. I	Div. II	Div. III	Div. IV
Hurdles	39"	36"	33"	33"
Shot Put	16 lbs.	12 lbs.	8 lbs.	8 lbs.
Javelin	800 grams	800 grams	600 grams	600 grams
Discus	2 kilograms	1.6 kilograms	1 kilogram	1 kilogram
Hammer	16 lbs.	16 lbs.	8 lbs.	8 lbs.

9. Metric distances shall be used for all National Outdoor Track & Field, Race Walking and Long Distance Running events unless changed at the time the Championship is awarded by the National Committee. The Indoor National Championships shall be held at the following distances: 50 yard; 300 yard; 600 yard, 1000 yard, one mile; two mile; two mile walk unless changed at the time the Championship is awarded.

10. There shall be a 400 meter relay; 1600 meter relay; and 3200 meter relay at the National Outdoor Track & Field Championships. At the discretion of the meet director these relays may also be held for Divisions II, III & IV in any combination of age groups. There shall be a mile relay and a two-mile relay held in the Indoor National Track & Field Championships.

11. There shall be a Decathlon Championship, a Penthlon Championship and a Weight Penthlon Championship.

12. In Long Distance Running there shall be the following Masters Championships:

- 10 kilometer cross country
- 15 kilometer cross country
- 15 kilometer
- 20 kilometer
- 25 kilometer
- 30 kilometer
- 50 kilometer
- Marathon
- one-hour (postal)
- 50 mile

Any of these Championships may be run in conjunction with an Open Event at the same distance. Women Masters shall compete in all of these events and receive Championship awards.

13. In Race Walking there shall be the following Masters Championships:

- 20 kilometer
- 25 kilometer
- 30 kilometer
- 35 kilometer
- 40 kilometer
- 50 kilometer
- 75 kilometer
- 100 kilometer

Any of these Championships may be run in conjunction with an Open Event at the same distance. Women Masters shall compete in all of these events and receive Championship awards.

14. The National Committee may hold Championship events not noted in paragraphs 9 through 13.

15. National Masters Athletic Committee.

A. Functions:

- a. To develop and implement the National Masters program
- b. To award National Masters Championships
- c. To establish rules and regulations for Masters competition
- d. To approve of Masters records
- e. To establish entry fees and assessments regarding Masters events.
- f. To select representative(s) to the I.A.A.F.

B. Composition

- a. Chairman - to be elected by closed majority vote of the National Committee at the Convention.
- b. Vice-Chairman - to be elected by closed majority vote of the National Committee at the Convention.
- c. Secretary-Treasurer - to be appointed by the Chairman.
- d. Association Chairmen for Masters Athletics
- e. Chairman of the Long Distance Running Masters Sub-Committee of the National Masters Athletic Committee.
- f. Chairman of the Race Walking Committee Masters sub-committee of the National Masters Athletic Committee.
- g. Chairman of the Women's Committee, sub-committee of the National Masters Athletic Committee.
- h. Past National Masters Chairman.
- i. Regional Masters Chairmen
- j. Records Committee Masters Chairman
- k. Rules Committee Masters Chairman
- l. Standards Committee Masters Chairman
- m. two members at large from each Region to be selected by the Regional Councils.
- n. Chairman of the Track & Field Committee

16. National Masters Athletic Executive Committee

A. Functions

- a. To implement the policies of the National Committee
- b. To conduct the affairs of the Committee between Committee meetings and to

take emergency action.

F. Composition:

- a. Chairman
 - b. Vice-Chairman
 - c. Secretary Treasurer
 - d. Each Regional Chairman
 - e. Long Distance Running; Men's Track & Field; Women's Track & Field; and Race Walking sub-committee Chairmen.
 - f. Past National Chairmen shall be non-voting members.
- C. Voting
- Voting can be done by telephone or via the mails, at the discretion of the Chairman.

17. Regional Councils

A. Functions

To conduct the program within their respective Regions not in contradiction with the AAU Code and these Rules. Each Region can establish its own By-Laws.

B. Composition of each Region.

The National Committee shall determine the jurisdiction of each Region. Modification in the composition of the Regions shall be voted on at the National AAU Convention. The delimitation of each Region shall be by AAU Associations.

1. Eastern: Maine, New England, Adirondack, Niagara, Conn., Metropolitan, New Jersey, Middle Atlantic, South Atlantic, Potomac Valley, Allegheny
2. Southeastern: Virginia, North Carolina, Florida, Southeastern, West Virginia Florida Godd Coast
3. Mid-Western: Lake Erie, Ohio, Indiana, Michigan, Wisconsin, Central, Kentucky,
4. Mid-American: Arkansas, Ozark, Oklahoma, Missouri Valley, Mid-Western, Minn. Iowa, North Dakota, South Dakota
5. Southwestern: Southern, Gulf, Southwestern, New Mexico, South Texas, West Texas, Border
6. Northwest: Wyo., Montana, Inland Empire, Pacific Northwest, Oregon, Inter-Mountain, Alaska
7. West: Pacific, Central Calif., Southern Nevada, Southern Pacific, Hawaii, Far East, Ariz.

18. Standing Committees

- a. Executive Committee
- b. Men's Track & Field Committee
- c. Woman's Masters Committee
- d. Long Distance Running Committee
- e. Race Walking Committee
- f. Records Committee
- g. Standards Committee
- h. Sports Rules Committee.

19. Selection of Committee Chairmen.

The Chairman shall appoint the chairmen of the Records, Standards and Sports Rules Committees. The Chairman may initially appoint a temporary Chairman to the other committees but the committees themselves shall elect their own Chairmen at their discretion.

20. Proxy Voting

Any member of the National Committee may give a written proxy to the Secretary Treasurer designating an authorized representative to appear and vote on his behalf.

21. Meetings: in addition to the AAU Convention

Masters Track & Field shall have a meeting at the National Outdoor Championships. The meeting shall be open to all Masters. Race Walking and Long Distance Running shall arrange to have a meeting at one of their National Championships in which the athletes can participate.

22.

Entry fees.

The National Committee shall determine the amount of the entry fee for each National Championship. The Regional Councils shall determine same for the Regional Championships and the Associations for the Association's Championships

23. Site selection

Site selection for Track & Field shall be made at the Outdoor National Championships for both the Indoor and Outdoor Championships. Site selection can be made as far as three years in advance.

Site selection of Race Walking and Long Distance Running shall be made at the Convention.

It is the stated policy of the National Committee to try to have the various Championships shifted throughout the country. All things being equal, a Region that has not had a particular championship shall be given greater consideration than a Region that has already held such a Championship.