



The Equipment and Facilities Specifications Newsletter

An official copyrighted publication of the Equipment and Facilities Specifications Subcommittee
of the National Officials Committee in its 18th Year of Publication

WELCOME TO NEW SUBSCRIBERS

This Newsletter is a semi annually educational tool for Weights and Measures, Technical Managers, interested Throws Officials, and certification chairs. Input and suggests are always welcome. This copy is being sent to about 650 officials around the world. Welcome to our new subscribers this year.

Last Name	First Name	Association
Hodge	Daniel	Montana
Rowland	Michael	North Carolina
Ostling	Carl	Oregon
Gresham	George	Utah
Hall	Pamela	Nevada
Miks	Richard	Nevada
Glover	Callie	Ozark
Halsell	Kelven	Pacific Northwest
Stoklosa	Stephen	Connecticut
Vince	Andrew	Florida
Baker	Kenneth	Nevada

IF YOU KNOW SOMEONE WHO COULD BENEFIT BY GETTING THIS INFORMATION, PLEASE SEND HIS OR HER ADDRESS OR E-MAIL ADDRESS TO THE EDITOR. LIKewise, IF YOU ARE NO LONGER INTERESTED IN BEING ON OUR MAILING LIST, ALSO LET ME KNOW. FOR FASTER DELIVERY AND FOR UPDATES IN BETWEEN NEWSLETTERS SEND ME YOUR E-MAIL ADDRESS. IF YOU'RE GETTING THIS BY MAIL, I DON'T HAVE YOUR CURRENT E-MAIL ADDRESS.

RECERTIFICATION FOR NEW OLYMPIAD & RENEWING NEWSLETTER SUBSCRIPTION

As it is the end of the Olympiad you will need to get recertified. There is a new review for W&M officials as well as for Technical managers. They are available from your local certification chair and are on line at www.usatfofficials.com under Certification. If you get recertified as a W&M official then you will continue to get this newsletter, no action need on your part. **However, for others who currently receive this newsletter but are throwing officials or technical official, you will need to send me your name and current email or address and requesting that you continue to receive the newsletter.** I take this opportunity at the end of each Olympiad to purge my file of those no longer interested in receiving the newsletter. You need to do this before the first of the year to insure that you don't get left out.

E&FS's ANNUAL CONVENTION MEETING

The convention will held in Reno and our annual meeting will held on Thursday afternoon, December 4, from 3-4:20 PM. The draft agenda is:

Introductions

Approval of 2007 Meeting Minutes

Agenda Review and Approval

Old Business

Status of Action Items/Goals from 2008 Implement Problems/Reports in 2008

New Business

Rules Changes for 2009

Goals for 2009

Action Items for 2009

Any additions or suggestions are welcome. The meeting is open to any official or person interested in Implement Inspection or specifications. Of particular interest this year will be a discussion of the revised Weight Specifications as well as other rule changes impacting this area of the sport. See section on Rule changes below.

THE TRAINING CENTER

This is a regular feature of this newsletter, where we discuss the method of measuring an implement, venue or a track facility. Your comments or areas of interest are welcome. It is through this kind of dialogue that we learn from each other and improve our skills. Send the editor your stories and questions.

T Checking of Shot:

The shot is one of the easiest implements to check. The following sections in ordered so that the more likely reasons for a shot to fail are checked first in order to minimize your time on equipment that will not pass.

1. Weigh the shot. This is the commonest reason for failure. Be careful to have something to keep the shot from rolling off the scale or off the table.
2. Check the shot for a removable hex nut for weight adjustment. Make sure it is tight so it can't be tampered with. Make a mark across one side of the nut to indicate the location of the nut when it was checked so you can see if it has been tampered with.
3. Pick up the shot. It should not have indentations other than the weight marking. Look for out of roundness, finger holds, or cracks. These are more easily seen if you are using rings to check the diameter. Make sure it is clean of any foreign substance that might affect the weight. If there is a significant indentation that might help with gripping or there is significantly damages so it might be dangerous then impound the implement. This is the second most common reason for failure. But it is subjective.
4. Check the minimum and maximum diameter in at least three locations. If all pass, pass the implement. If you get one or more failures, then check at least two more locations. If you can't get at least three acceptable measurements impound the implement.

5. If it passed all the tests then mark it. Mark it at a place where the paint is less likely to come off like at the weight mark or the hex screw. Then place it with the approved implements for the day. This is the recommended procedure but if you are short of help you may need to return it to the athlete to take to the competition site. If you are impounding an implement let the athlete know when he or she can pick up the implement after the event. Record the reason for impounding any implement in your notebook and place a piece of tape on the implement indicating why it was rejected. This will save you time if there is a protest or the coach or referee become involved. If the implement is light and it is a cast shot I will mark the implement as light so that it doesn't appear at the next meet. Athletes often go in and pick up a shot without knowing they are getting a light practice shot.

6. Take the implements out to the competition area about 10 minutes before the warm-up time for the competition is scheduled or have an event official pick them up from you.

Taping: The IAAF took a bold step this spring and eliminated the restrictions on taping for **all field events**. The new rule approved by the Council in May allows any type of taping except that fingers must be able to move independently, i.e. no taping of two fingers together. Otherwise taping on hands or back of hands or connections to wrists is now considered legal. I discussed this with the head of the Technical Committee when I was in Beijing and that is their intent. There are currently two proposed rule changes being presented at the convention. One copies the IAAF rule and the other restricts taping on the hand. We will have to see which is adopted by USATF. In any case there will continue to be a difference between what is allowed in NCAA and other jurisdictions.

PROPOSED RULE CHANGES AFFECTING W&M OR THROWS

This is a Rules Change year for USATF. The rule changes for NCAA and the NFHS have been available on the officials' website since mid July at www.usatfofficials.com under Rules. **The only significant NFHS change for W&M or throws is:**

6-4-9c, 6-5-9c A competitor in the throwing events may enter and exit the circle without a foul providing it occurs within the time allowed for the trial and before the competitor starts his/her attempt beginning with the pause.

Rationale: The competitor should be able to exit the circle and return to dry his/her hands, clean his/her shoes, wipe off the throwing implement etc. without penalty providing the throw is completed within the allotted time which begins when the competitor is called "up."

The following were the proposals to the NCAA: There may be some minor word changes in the final version.

Item 6 – Amend Rule 2-8.3, 2-9.3, 2-10.5, 2-11.6 as follows:

The specifications below are reprinted for reference purposes only, and may not be all inclusive.

Rationale: Some officials have taken the NCAA printed specifications to literally.

Item 7 – Amend Rule 2-9.3 as follows:

Thickness at 6mm from outer edge		
(Minimum)	12mm	12mm
(Maximum)	13mm	13mm

Rationale: USATF and IAAF conformance. This provision was inadvertently omitted in the last printing.

Item 8 – Amend Rule 2-10.3 as follows:

The handle may be either of single- or double-loop construction, but it must be rigid and without hinging joints of any kind and made so that it cannot stretch (~~(appreciably while being thrown)~~) more than 3 millimeters under a tension load of 3.8kN. It must be attached to the wire in such a manner that it cannot be turned within the loop of the wire to increase the overall length of the hammer. The handle may have a curved or straight grip with ~~((a maximum inside perimeter width of 130 millimeters and))~~ a maximum inside perimeter length of 110 millimeters. The sides of the handle may be straight or ~~((slightly curved where the sides meet the grip))~~ curved but cannot exhibit any loss of rigidity which would result in an increase in the overall length while being thrown.

Rationale: USATF and IAAF conformance. There is no longer a restriction on the width of the handle or the shape of the sides. The focus is on control of total length. Consistency in rules promotes fewer errors by officials.

Item 27 – Amend Rule 5-9b as follows:

... (e.g. gloves, tape or adhesive substance);

Rationale: Provides better guidance in applying the rule.

Item 39 – Amend Rule 6-8.1 as follows:

... A competitor must start from a stationary position inside the circle. Cart wheeling techniques are not permitted.

Rationale: USATF and IAAF conformance. Consistency in rules promotes fewer errors by officials.

Item 40 – Amend Rule 6-11.1 as follows:

A legal hammer throw shall be made from the circle and shall land within the legal sector. A competitor must start from a stationary position inside the circle. There are no other restrictions on the positions and actions of the thrower. A competitor may interrupt...

Rationale: This condition for circle throws was not as clearly specified as in the shot and discus.

Item 50 – Amend Rule 10-7.1 as follows:

Where indoor facilities dictate, synthetic-covered implements with internal movement may be used. Only one type of implement shall be used in a competition

Rationale: To insure that all competitions are conducted with consistency

The proposed changes for USATF are:

Item 58 – Amend Rule 187.3 as follows and renumber:

No device of any kind, which in any way assists a competitor when making a throw, shall be allowed.

(a) The taping of ~~((individual fingers or))~~ multiple fingers together is not allowed. ~~((However, taping of individual fingers is permissible in the Hammer and Weight Throws. The use of tape on the hand shall not be allowed except in the case of need to cover an open cut.))~~ The use of tape on the wrist is allowed. The tape should be shown to the Chief Judge of the event before the event starts.

(b) If taping is used on the hand and fingers, it may be continuous provided that as a result no two or more fingers are taped together in such a way that the fingers cannot move individually.

~~((d))~~ A belt of leather or other suitable material may be worn at the waist by a competitor to protect the spine or back from injury.

~~(e) In the Javelin Throw, a competitor may wear elbow protection.~~

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(f) A competitor may wear other protection, such as a knee support, provided it is approved by the Games Committee prior to the start of competition or Referee during the competition.)

Reason: Conforming to an IAAF change. Items (d), (e) and (f) are moved to Rule 144.3

Item 61 – Amend Rule 188.3 as follows:

NOTE 2: Indentations due to a weight stamp on cast shots or engraving of weight or size should not normally be considered reasons for disqualification of a shot for roughness or hand holds.

Reason: To clarify that such shots are normally considered legal if they meet all the other specifications.

Item 62 – Amend Rule 188.4 as follows:

*The maximum diameter for all outdoor shots used in USATF Masters competition shall be 130mm for men and ~~((420mm))~~ 110mm for the women ~~((4 kg))~~.

~~((** For Masters competition, the minimum weight is 5.450 kg.))~~

Reason: WMA Conformance and clarity that there is an exemption in USA competitions for men. The ** does not apply to Masters.

Item 63 – Amend Rule 189.3 Table as follows:

In the 0.75kg column: Outside Diameter max. mm from ~~((469))~~ to 182*;
Thickness at center max. mm from ~~((37))~~ to 39*;

Reason: The 0.75kg discus was designed for bantam children and is too small for the hands of masters' throwers whose hands do not get smaller as they get older. 0.75kg implements are available in the same size as 1kg implements, so they are already available.

Item 65 – Amend Rule 195 as follows:

3. **Construction** - The weight shall consist of three parts: a head (ball), a handle, and a connection assembly which may contain a harness.

4. **Head** - ~~((The head shall be a solid sphere or a spherical bladder. (a) The solid sphere shall be made of a metal not softer than brass, or of a shell of such metal or plastic filled with lead or other material, which will not deform on impact. If a filling is used, it must be inserted in such a manner that it is immovable and that the center of gravity shall be not more than 9mm from the center of the sphere. The maximum diameter of a sphere with a shell of plastic shall be no more than 15mm larger in diameter than the corresponding all metal implement and may only be used for indoor competitions. See table in 195.8 for specifications.~~

~~((b) Where indoor facilities dictate and for weights lighter than 56 lbs., a spherical bladder head may be used. The spherical bladder shall be made of a synthetic material which will return to its shape after impact. The bladder shall be filled with lead shot or other suitable material. The bladder shall surrounded by a harness and have no maximum diameter requirement.))~~

The head shall be a sphere. The sphere shall be (a) made of solid metal not softer than brass or (b) manufactured from a shell of such material, or a suitable polymer, entirely filled with lead or other material inserted in such a manner that the material is immovable. The center of gravity shall be not more than 6mm from the center of the sphere. A filled implement may deform upon impact, but must return to the shape of a sphere after such impact. See table in Rule 195.8 for specifications.

6. **Connection** - The handle shall be connected either directly to the head or to a harness.

(a) The direction connection shall be by means of no more than two steel links (loops), whose diameters shall not exceed 9.5mm. ~~((The handle shall be connected to the steel links by a loop; a swivel may not be used.))~~



For the solid implement, the handle shall be connected to a steel link. A swivel may not be used at this connection. The head may be connected to the links by means of a swivel that may be either plain or with ball bearings ~~((for the solid sphere implement))~~.

For the ~~((plastic filled))~~ polymer shell implement, a swivel is allowed between the ~~((ball))~~ head and the handle without the use of links.

(b) The connection to a harness ~~((for the bladder type implement shall))~~ may be by means of no more than two steel links (loops), whose diameter shall not exceed 9.5mm and a swivel ~~((may be placed between the two links. The harness shall have a minimum of four straps, sewn together to form a sling))~~. Netting of any kind shall not be used to form the harness. The harness must not stretch or show any evidence of elasticity where the overall length of the implement would increase while being thrown ~~((or malformation after the implement has been thrown))~~. A protective sleeve may be used around the links and/or swivel.

7. Length -

NOTE 2: An implement presented for inspection must be measured for length with all components at their maximum lengths as designed by the manufacturer. The Connection cannot be switched to shorten or elongate the length. Implements shall not be altered or adjusted once inspected and approved for competition.

Reason: This recommendation from the work group is designed to clearly define what is allowable for the implement.

Item 67 – Amend Rule 202.3 Table as follows:

For Women, add a 25# column and delete the 300# column.

For Women 70+, add an 'x' for 25# and delete the 'x' for 56#.

Reason: Brings this age group into line with the pattern for all other age groups for the Ultraweight Pentathlon (weight, superweight, next three weights up the ladder)

Item 83 – Amend Rule 301 as follows:

YOUTH DIVISION Hammer (B-4kg, G-3kg)

Reason: Coaching in the Youth Division is provided in the other three throwing events, and there is evidence to support introducing the Hammer for 13-14 year olds. It will afford greater opportunity to obtain college scholarships and greatly assist in becoming Olympic quality. It is becoming increasingly popular with younger athletes. Boy and girl hammer throwers sufficiently advanced for inclusion on the national high school boys and girls top 50 ranking lists (120+ girls and 150+ boys) are training and competing in 24 states. Many other boys and girls 13 to 14 years of age of lesser throwing ability than those on the ranking lists are training and competing in additional states. The inclusion of the 4 kg hammer for boys and the 3 kg hammer for girls is to conform to IAAF recommendations for this age group.

Item 101 – Amend Rule 332.3(g) Table as follows:

Add a new row for Men:

Ages	Shot	Discus	Hammer	Javelin	Weight
40-49*	6kg	1.75kg	6kg	800g	15.88kg (35 lb)

* Implements specified for this age group are not WMA approved and may be used by agreement only.

Reason: The 1.75kg discus was not an available implement at the time of the adoption of the original rule for this age group. The levels of participation and fairness, as witnessed by the age grading calculations, indicate that this needs to be done.

If you have any information on equipment that you have purchased or built to help with your weight and measure or technical managers' activities, please pass along the information. One of our goals is to disseminate that kind of information.

As part of my trip to Beijing, I did take pictures of the Implement inspection equipment they were using.



Javelin Table and Shot Rings



Javelin Balance



Hammer Stretcher



Discus Templates



Implement Storage

See Newsletter 17-2 for implement templates used at the World Masters last year in Italy.

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CERTIFICATION

How do I become certified Implement Inspector or a Technical Manager or recertified if I have let my membership lapse? Currently USATF is the only organization having a national training and certification program for Track and

Field officials (particularly in the area of Implement Inspector or Technical Manager). You can become an USA Track & Field official by contacting your local association. To find out whom to contact, send the editor a note and he will send you your local contact name and the Weights & Measures open book review. This review is intended to test you on your knowledge of Implement Inspection techniques and Implement specifications so that you can be certified in this specialty. It covers all of the rulebooks. See the next article on the handbook. If you would like to have a clinic let the editor know. He can try to get some nearby clinicians to help out. There is also a review for becoming a Technical Manager. Both specialties have monographs which explain their duties. If you're interested in the Technical Manager's specialty contact George Kleeman for more details. The reviews are as well as the monographs are available on the Officials website at www.usatfofficials.com under Certification.

UPDATED W&M HANDBOOK FOR 2008

There has been another update of the W&M Handbook (30 pg.) in 2008. The latest version is now available and can be downloaded at no cost from the USATF Officials website at <http://www.usatfofficials.com/training/WMManual2008.pdf>. The 2009 version which will include the 2009 rule changes will be available about the first of February. Look for it on line.

History of W&M in the US

Spurred by a talk by Eric Zemper on the history of Rules given at the Olympic Trials, I have begun to collect information on the history of Implement Inspection in the United States. If you have any knowledge of when and who started to do implement inspection in your association, I would appreciate an email or letter giving me some details. I have some limited details concerning people and equipment used in the Pac 10, West Coast and New England but need information on the rest of the country. I have started to compile the history of implement specifications as recorded in the various rulebooks. It has been an interesting exercise. If any of you know of a printed history please let me know. Thanks for your help. I hope to have a draft available for review at the Reno Convention.