

A. Competition Rules

1. Rules – Unless otherwise stated in this 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.

2. Age Divisions

(1) The Athletics 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)	2013	2014	2015
8-Under	2005 & After	2006 & After	2007 & After
9 years	2004	2005	2006
10 years	2003	2004	2005
11 years	2002	2003	2004
12 years	2001	2002	2003
13 years	2000	2001	2002
14 years	1999	2000	2001
15-16 years	1997-1998	1998-1999	1999-2000
17-18 years	1995-1996	1996-1997	1997-1998

3. Proof of Age

a) Proof of age may be required at District, Regional qualifier and National Championship events and whenever required and/or challenged.

(1) Acceptable forms:

- (a) Original Birth Certificate

- (b) A notarized original birth certificate from the appropriate issuing authority;
- (c) A US Military Government Identification Card;
- (d) A valid passport (not expired) and/or;
- (e) A valid US driver's license.

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.