



USAS Rule Update

Rules listed below are effective March 2015

USAS 8.4.1.1 Exception to this rule: USAS competitions will allow the use of "tennis elbow" straps which may be placed on the competitor's forearm. The placement of the strap on the forearm will be at the competitor's discretion, but it cannot be placed at a location where it would provide support for or further stabilize either the wrist or elbow joint. Competitors wishing to use these straps during any competition designated for USAS Team selection (including National, Development, Junior Team, World Cup Team, or World and Olympic Team selections) may, but will not be considered for the team selection.

USAS 6.17.1.12

- d) In USAS competitions where Finals are held, athletes MAY NOT remove their safety flags until the command Preparation and Sighting Time....Start or the command Preparation Begins Now.



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