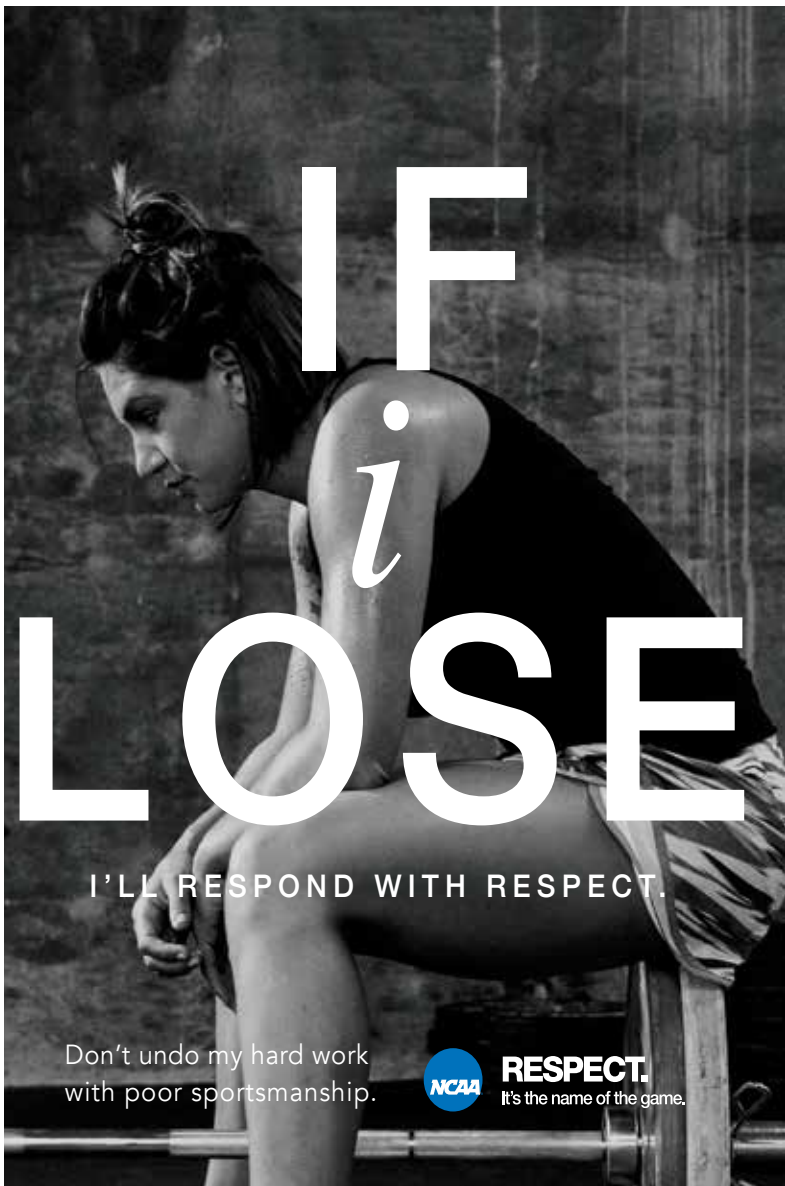




# ***CROSS COUNTRY/ TRACK AND FIELD***

***2019 AND 2020 RULES***



# IF *i* LOSE

I'LL RESPOND WITH RESPECT.

Don't undo my hard work  
with poor sportsmanship.



**RESPECT.**

It's the name of the game.

IF YOU THINK YOU OR YOUR TEAMMATE HAS HAD A  
**CONCUSSION**

**DON'T HIDE IT. • REPORT IT. • TAKE TIME TO RECOVER.**



**IT'S BETTER TO MISS ONE GAME THAN THE WHOLE SEASON.  
WHEN IN DOUBT, GET CHECKED OUT.**

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**2019 and 2020  
NCAA MEN'S AND  
WOMEN'S TRACK AND  
FIELD AND CROSS  
COUNTRY RULES**

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**NATIONAL COLLEGIATE ATHLETIC ASSOCIATION**



[ISSN 0736-511X]  
THE NATIONAL COLLEGIATE ATHLETIC ASSOCIATION  
P.O. BOX 6222  
INDIANAPOLIS, INDIANA 46206-6222  
317-917-6222  
[WWW.NCAA.ORG](http://WWW.NCAA.ORG)  
OCTOBER 2018

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PRINTED IN THE UNITED STATES OF AMERICA

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# Contents

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	<i>page</i>
NCAA Men's and Women's Track and Field Rules Committee .....	<u>6</u>
Major Rules Changes for 2019 and 2020.....	<u>7</u>
Significant Editorial Changes .....	<u>8</u>
Points of Emphasis.....	<u>9</u>
Code of Conduct .....	<u>10</u>
Official NCAA Track and Field Rules	
Rule 1—Construction of Facilities.....	<u>12</u>
Rule 2—Equipment.....	<u>32</u>
Rule 3—Meet Personnel .....	<u>43</u>
Rule 4—The Meet.....	<u>55</u>
Rule 5—Running Events .....	<u>65</u>
Rule 6—Field Events .....	<u>83</u>
Rule 7—Scoring, Records .....	<u>99</u>
Appendices	
Appendix A—Scoring Tables for Indoor Combined Track Events.....	<u>104</u>
Appendix B—NCAA Championship Qualifying.....	<u>111</u>
Appendix C—NCAA Guidelines for Concussion Management.....	<u>112</u>
Appendix D—NCAA Lightning Guidelines .....	<u>114</u>
Appendix E—NCAA Tobacco Policy.....	<u>115</u>
Appendix F—Accommodations for Student-Athletes with Disabilities .....	<u>116</u>
Index to Rules.....	<u>117</u>

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# NCAA Men's and Women's Track and Field Rules Committee

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The chart below lists the members of the committee who voted on and approved the rules included in this edition of the book. This information is being included for historical purposes.

Name	Institution or Conference	Term Expiration
Marc Davis	Troy University	Aug. 31, 2018
Brad Herbster	University of Texas, Austin	Aug. 31, 2019
Jonathan Hird	University of Massachusetts, Dartmouth	Aug. 31, 2020
Mark Kostek*	Secretary-Rules Editor	Aug. 31, 2020**
Mike Mead	Clayton State University	Aug. 31, 2021
Larry Mortensen	Adams State University	Aug. 31, 2020
Bert Rogers	Marquette University	Aug. 31, 2020
Daniel Rose, chair	U.S. Coast Guard Academy	Aug. 31, 2019
Sean Simmons	Robert Morris University	Aug. 31, 2021

*\*Non-voting member*

*\*\*Eligible for reappointment*

For a complete and current listing of the NCAA Men's and Women's Track and Field Rules Committee, please go to: [www.ncaa.org/playingrules](http://www.ncaa.org/playingrules).

Those seeking interpretations of rules may contact:

Mark Kostek

NCAA Men's and Women's Track and Field/Cross Country

Secretary-Rules Editor

[kostekmt@gmail.com](mailto:kostekmt@gmail.com)

[515-208-8300](tel:515-208-8300)

[Interpretations and other rules information are available at www.ncaa.org/playingrules.](http://www.ncaa.org/playingrules)

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# Major Rules Changes for 2019 and 2020

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*Each changed or altered segment is identified in the rules by a shaded background.*

*Rule-Section.Article*

- 1-1.6 Revise cone placement requirements for indoor track.
- 1-1.6 Require newly constructed or resurfaced outdoor tracks to have a curb beginning Jan. 1, 2021.
- 1-9.f Allow hammer cage configurations to be more restrictive than minimum standards.
- 2-2.2 Require starters to utilize start information system data to determine false starts.
- 3-2.y Add approval of video review equipment to duties of games committee.
- 3-2.z Add approval of usage of a start information system to determine false starts to duties of games committee.
- 4-3.1 Implement a penalty for competitors who are not in compliance with the uniform rule.
- 4-3.2 Clarify the uniform rule.
- 5-8.4 Clarify the use of self-adhering tape and use of tacks when appropriate as relay markers.
- 5-8.5 Revise the relay exchange zone.
- 6-1 Revise the time limits for field events.
- 6-1.8.a.5 Prohibit a thrower from having anything in their non-throwing hand during an attempt.
- 6-10.2 Reduce the number of required landing sector judges for the javeline from two to one.



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# Significant Editorial Changes

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*These are additions/clarifications/deletions to the rules book. Some have been part of past interpretations or custom, while others are minor editorial changes to clean up language and eliminate wordiness.*

<i>Rule</i>	<i>Explanation</i>
1-1.3	Clarify who is allowed to survey and certify a track facility.
1-1.11	Clarify sprint relay 30-meter exchange zone.
1-1.12	Delete sprint relay acceleration zone.
Figure 20a	Correct error of rim from 8 mm to 6 mm.
3-18	Delete language that all subsequent competitors shall be notified of final lap in same manner.
4-1.2	Clarify Championship events.
4-1.3	Delete requirement for minimum number of competitors (refer to Qualifying Criteria).
4-1.4	Delete requirement for minimum number of events (refer to Qualifying Criteria).
4-1.11	Clarify the publishing of entries by meet directors.
4-1.14	Delete requirements for acceptable entries.
4-1.17	Add smart watches to list of electronic devices that shall not be used in the competition area.
5-1.3	Clarify use of starting blocks by games committee.
5-2.1 Note	Clarify what constitutes a false start.
5-6.2.d	Add “deliberately” to clarify the violation.
5-10.5.b	Relocate to 5-10.7.b (“Requirements for Heats/Final - Indoor”).
6-1.18	Relocate last sentence (“An official should be present at all field events to monitor all warm-ups”) to first sentence.

---

# Points of Emphasis

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**Follow the Rules as Written.** NCAA member institutions are required to conduct their contests according to these rules. Violations are subject to NCAA enforcement procedures. While the rules are intended to provide direction and be as concise as possible, they are not meant to be comprehensive or cover all situations. Rules may not be altered, unless flexibility is indicated in a rule. A rule that provides a recommendation or indicates that a provision should be followed is one for which the rules committee believes the provisions of the rule are expected to be followed except where extraordinary, normally non-controllable, circumstances exist.

**Publishing Entries (Rule 4-1.11).** The rules committee is concerned about entry marks and wants to emphasize that the meet director shall publish, as part of the online information for the competition, a ranked list of event entries disclosing all performances used to determine entry in each event and the source of those performances.

**Misconduct.** The committee wants to send a reminder that misconduct is any act of dishonesty, unsporting conduct, unprofessional behavior or breach of law occurring at the locale of the competition or warm-up that discredits the event or intercollegiate athletics. This also includes the intentional false reporting of marks for entry purposes. Acts of misconduct are subject to reprimand or ejection by the referee or meet management.

**Starting Blocks and Approved Start Information System.** The games committee may require the use of specific starting blocks and also may approve the use of a start information system that will be used to detect false starts.

**Assistance.** The committee continues to be concerned about violations of the assistance rule and would like to emphasize the following: On the report of an official, or from a properly filed protest, the referee shall warn or disqualify a competitor who is determined to have been directly or unduly aided by a coach, a teammate not in the event, or a non-competitor associated with the competitor's team, or a competitor who is indirectly aided from inside the competition area by a coach, a teammate not in the event, or a noncompetitor associated with the competitor's team.

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# Code of Conduct

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NCAA member institutions are required to conduct their contests according to these rules. Violations are subject to NCAA enforcement procedures. While the rules are intended to provide direction and be as concise as possible, they are not meant to be comprehensive or cover all situations. Rules may not be altered, unless flexibility is indicated in a rule. A rule that provides a recommendation or indicates that a provision should be followed is one for which the Rules Committee believes the provisions of the rule are expected to be followed except where extraordinary, normally non-controllable, circumstances exist. The NCAA Men's and Women's Track and Field Rules Committee, which is responsible for these rules, recognizes that the rules are neither perfect nor complete.

Decisions made by applying these rules and those situations not covered by these rules must be reached consistently within the spirit of fair play and safety, specifically:

**Officials**—Knowing rules and being just, objective and courteous, while firm in enforcing rules. Acts of dishonesty, unsporting conduct or unprofessional behavior are unacceptable in track and field and cross country and subject to reprimand and/or removal by the referee or meet management.

**Spectators**—Acting in a sporting manner at all times. A spectator who acts in an unsporting manner may be removed from the premises. The referee or meet management shall be responsible for any removal.

**Coaches and Institutional Representatives**—Doing the utmost within the rules to help athletes perform their best, placing honor and team well-being above victory. Acts of dishonesty, unsporting conduct or unprofessional behavior are unacceptable in track and field and cross country and subject to reprimand and/or removal by the referee or meet management.

**Athletes**—Asking no unfair advantage, resorting to no questionable practices and doing nothing small or mean to gain an end. Athletes should display sportsmanship in the finest sense, always honoring teammates and opponents with their best effort, accepting victory with pride and humility, while accepting defeat with goodwill. Acts of dishonesty, unsporting conduct or unprofessional behavior are unacceptable and subject to warning, disqualification and/or removal by the referee or meet management.

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# The Rules

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NCAA track and field and cross country rules have been designated as either administrative rules or conduct rules. Typically, administrative rules are those dealing with preparation for the competition. Conduct rules are those that have to do directly with the competition. No conduct rule may be changed. All NCAA member institutions are required to conduct their intercollegiate contests according to these rules.

The following are administrative rules. All other rules are conduct rules.

Rule 1/Construction of Facilities – All Sections

Rule 2/Equipment – All Sections

Rule 3/Meet Personnel – All Sections

Rule 4/The Meet – All Sections

Rule 5/Running Events

Section 1, Article 3 – Starting Blocks

Section 8, Article 2 – Relay Substitution

Section 8, Article 3 – Common Relay Events

Section 10 – Running Event Procedure and Qualifying

Section 11 – Formation of Heats/Assignment of Lanes

Section 12 – Timing

Rule 6/Field Events

Section 2 – Competition Procedures

Section 3 – Alternate Procedures

Rule 7/Scoring, Records

Section 2, Articles 2, 3, 4, 5, 6, 7 – Records

Some of the NCAA track and field and cross country rules reference publications of the International Association of Athletics Federations (IAAF). Information on IAAF publications is available at [www.iaaf.org](http://www.iaaf.org).

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# RULE 1

## Construction of Facilities

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The facilities specifications listed in this rule represent the minimums necessary to host intercollegiate track and field and cross country. Technical information on construction, layout and marking is contained in detail in the International Association of Athletics Federations' (IAAF) Track and Field Facilities Manual. The tolerances listed in this manual are acceptable. The American Sports Builders Association Construction and Maintenance Manual is available as a resource.

Track calculations and measurements, to verify compliance with NCAA rules, must be metric. Imperial distances, used within these rules for convenience, are conversions from, approximations of and less accurate than the stated metric values.

*Note: Figures are not drawn to scale.*

### SECTION 1. The Track and Runways

#### The Area

ARTICLE 1. With respect to grade or slope:

- a. The maximum lateral inclination permitted for the outdoor oval track across the full width of the track, preferably toward the inside lane, across all separate indoor and outdoor straightaways and across all runways, should not exceed 1:100, one percent (1%). The maximum lateral inclination permitted for a flat indoor track, across the full width of the oval toward the inside lane, shall not exceed 1:1,000, one-tenth of one percent (0.1%). Any indoor facility that exceeds this inclination shall be defined as banked. The inside edge of the curb or lane line shall be horizontal throughout the length of the outdoor or indoor track.
- b. The maximum overall downward inclination permitted in the running direction for the track, the running direction for all runways and the throwing direction for all landing sectors shall not exceed 1:1,000, one-tenth of one percent (0.1%). Inclination shall be measured by comparing the start and end points of the races that use a straightaway or a portion of the oval, the last 20 meters of the javelin runway, the start and end points of other runways, not to exceed 40 meters, and the full graded length of each landing sector. In addition, for indoor facilities, the maximum downward inclination permitted in the running direction shall not exceed 1:250, four-tenths of one percent (0.4%), between any two points.
- c. In the high jump approach and takeoff area, the maximum overall downward inclination of the last 15 meters shall not exceed 1:250, four-tenths of one percent (0.4%), in the running direction toward the center of the crossbar.
- d. The surface of a throwing circle shall be level.

ARTICLE 2. a. The standard outdoor running track shall be 400 meters in length, not enclosed within a covered structure and not less than six lanes wide.

- b. The standard indoor running track shall be 200 meters. This distance may be reduced or exceeded. Indoor tracks that are equal to or exceed the standard outdoor running track length shall not be considered an indoor track. The indoor track should have at least six lanes. The length of any indoor track constructed after January 2004 shall not exceed 300 meters.
- c. Indoor tracks, runways and takeoff areas should be covered with synthetic material or have a wooden surface. These surfaces should be able to accept 6 millimeter (¼ inch) spikes for synthetic surfaces and 3 millimeter (⅛ inch) spikes for wood. Where technically possible, runways shall have a uniform resilience.
- d. The track shall normally consist of two parallel straights and two semicircular curves of equal and consistent design.
- e. An indoor track may be banked. The angle of banking should not be more than 18 degrees for a 200-meter track. This angle may vary based upon the size of a track. The angle of banking in all lanes should be the same at any cross section.
- f. Lanes shall be marked on both sides by white lines 5 centimeters wide. The lanes shall be numbered with lane one on the left when facing the finish line.
- g. No lane around a full curve with a constant running radius exceeding 50 meters shall be eligible for an NCAA record or NCAA championship qualifying. The inside radius of the curves on a 200-meter indoor track should be at least 18 meters and not more than 21 meters.
- h. Whenever possible, there should be an obstacle-free zone on the inside and on the outside of the track at least 1 meter wide. For indoor facilities, all events should be unobstructed by facility limitations (that is, shortened runways, bleacher seats, overhead beams, etc.). At least 9.14 meters (30 feet) of overhead clearance should be provided without obstruction (lights, beams, ceiling, etc.).

### **Surveying**

ARTICLE 3. Tracks shall be surveyed by a competent surveyor such as, but not limited to, a registered land surveyor, professional engineer, or Certified Track Builder (CTB). All measurements shall be certified after initial construction and after each resurfacing. This shall also apply to each assembly of an indoor facility and the addition of any new track markings. This certification shall be maintained and made available upon request.

The surveyor's written certification shall list the exact distance or inclination measurements for the following:

- a. Levels of the track, runways, approaches and landing surfaces;
- b. Permanent track, runway, approach and landing surface measurements;
- c. Start and finish lines;
- d. Track lanes;
- e. Baton-passing zones;
- f. Steeplechase water-jump pit;
- g. Hurdle placements; and
- h. Throwing surfaces — the shot put, hammer and discus circles.

### **Track Markings**

ARTICLE 4. The following international color code should be used when marking an indoor or outdoor track:

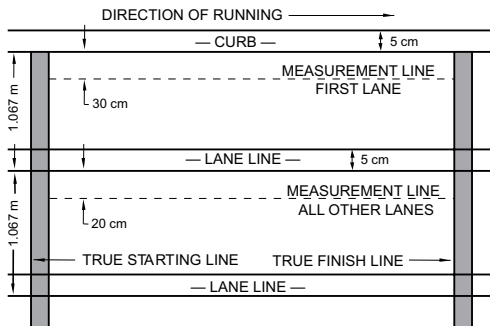
- a. Starting line (white) — 55/60 Meters, 55/60 Meter Hurdles, 100 Meters, 100/110 Meter Hurdles, 200 Meters, 300 Meters, 400 Meters, 1500 Meters, Mile, 3000 Meters, Steeplechase, 5000 Meters, 10,000 Meters;
- b. Starting line (white with green insert) — 800 Meters, one-turn stagger;
- c. Starting line (white with red insert) — 4x200 Meter Relay, four-turn stagger;
- d. Starting line (white with blue insert) — 4x400 Meter Relay, three-turn stagger;
- e. Multiple waterfall starting lines (white);
- f. Finish line (white) — all;
- g. Relay exchange zones — 4x100 Meter Relay (yellow), 4x200 Meter Relay (red), 4x400 Meter Relay (blue);
- h. Hurdle locations — 100 Meter Hurdles (yellow), 110 Meter Hurdles (blue), 400 Meter Hurdles (green), Steeplechase (black); and
- i. Break line (green).

### Measuring Distances

ARTICLE 5. The distance to be run in any race shall be measured from start to finish between two theoretical hairlines. In races run on straightaway courses, the distance shall be measured in a straight line from the starting line to the finish line. In races around a curve, lane one, and all distances not run in lanes, shall be measured 30 centimeters outward from the inner edge of the track if designed for and surveyed based on the existence of a regulation curb. If not so designed, lane one shall be measured 20 centimeters from the left-hand lane line.

For all races in lanes around one or more curves, the distance to be run in each lane, except lane one, shall be measured 20 centimeters from the outer edge of the lane line that is on the runner's left. See Figure 1.

*Note: A competent surveyor should determine the lane staggers since the staggers are not the same for races run entirely in lanes and races that use a break line. Additional variation occurs as the actual length of the straightaway varies. Tables for in-lane race staggers and break line race staggers with varying straightaways are available on the NCAA playing rules website at [www.ncaa.org/playingrules](http://www.ncaa.org/playingrules).*



**Figure 1—Track Measurements**

### Cones and Curbing

ARTICLE 6. A track surveyed based on the existence of a curb shall, at a minimum, have the full curves bordered by a curb of suitable material

approximately 5 centimeters high and at least 5 centimeters wide. The edges of the curb shall be rounded. See Figure 1.

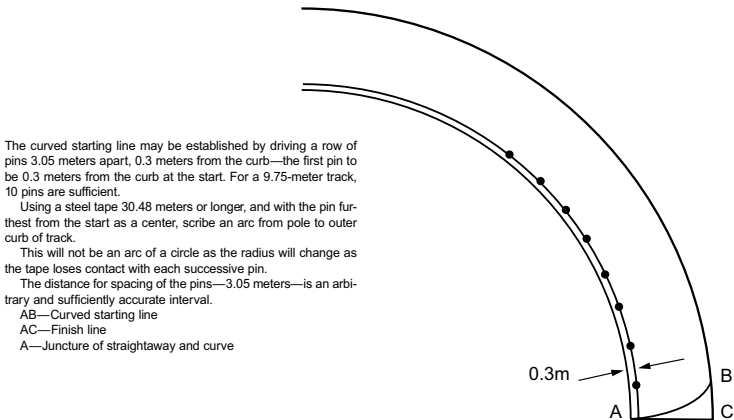
Cones may be used to replace a curb temporarily when the curb interferes with other events, but not as a substitute for a curb. If a section of the curb must be temporarily removed for any reason, its place shall be marked by a white line 5 centimeters wide and by cones at least 15 centimeters high. The cones shall be placed on the track on top of the line so that the outward face of the cone coincides with the edge of the white line closest to the track. The cones shall be placed at intervals not exceeding 4 meters.

For world, American and NCAA outdoor championship records, a regulation curb must be in place. For outdoor and indoor championship qualifying on a track surveyed for a curb, a regulation curb must be in place. For indoor records and all championship qualifying on a track surveyed for no curb, the inside white line must be marked additionally with cones. Beginning December 1, 2018, all newly constructed or resurfaced indoor tracks shall be surveyed for a curb and shall have a regulation curb in place for competition. Beginning January 1, 2021, all newly constructed or resurfaced outdoor tracks shall be surveyed for a curb and shall have a regulation curb in place for competition.

**Visible Starting Line**

ARTICLE 7. A visible starting line, 5 centimeters wide, shall be marked on the track just within the measured distance so that its near edge is identical with the exactly measured and true starting line. See Figure 1.

The visible starting line for all races not run in lanes (including the 800 Meters, when alleys are used) shall be curved so that all competitors run the same distance going into the curve. See Figure 2. The curved start line may extend beyond the outer-most lane, provided the same start surface is available.



**Figure 2--Curved Starting Line**

**Visible Finish Line**

ARTICLE 8. A visible finish line, 5 centimeters wide, shall be marked on the track just outside the measured distance so that its edge nearer the start is identical with the exactly measured and true finish line. See Figure 1.

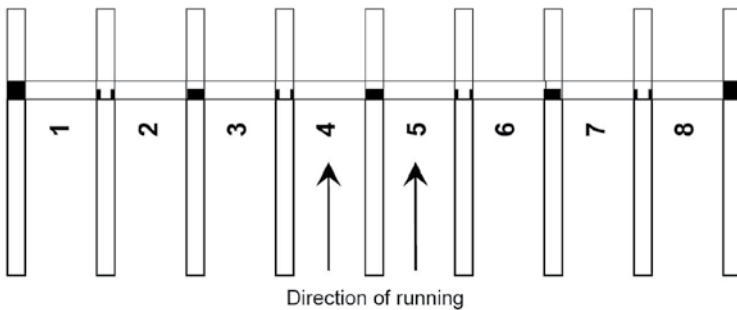


Lane numbers of reasonable size shall be placed at least 15 centimeters from the common finish line.

A section of the intersection of each lane line and the finish line shall be painted black in a pattern to assist photo-finish lane identification and camera alignment. Figure 3 is an example.

Except where their use may interfere with fully automatic timing devices, two white posts may denote the finish line and be placed at least 30 centimeters from the edge of the track. The finish posts shall be of rigid construction, approximately 1.4 meters high and 5 to 8 centimeters in diameter.

*Note: A common finish line is recommended for all races. Lines in the finish area should be kept to a minimum. If additional lines are necessary, the lines should be of a less conspicuous color than the finish line, so as not to cause confusion.*



**Figure 3--Finish-Line Intersection Example**

### Running Lanes

- ARTICLE 9. a. In all race distances up to and including 400 meters, each contestant shall have a separate lane marked by white lines of paint or suitable substance 5 centimeters wide. See Figure 1.
- b. Lanes on an outdoor facility shall have equal width, with a minimum of 1.067 ( $\pm 0.01$ ) meters (42 inches) and a maximum of 1.22 ( $\pm 0.01$ ) meters (48 inches), including the white line to the right.
- c. Lanes on an indoor oval shall have equal width, with a recommended minimum of 0.914 ( $\pm 0.01$ ) meters (36 inches), including the white line to the right.
- d. Lanes on an indoor straightaway shall have equal width, with a recommended minimum of 1.067 ( $\pm 0.01$ ) meters and a maximum of 1.22 ( $\pm 0.01$ ) meters, including the white line to the right. There should be a minimum of 3 meters behind the start line and 10 meters beyond the finish line free of any obstruction. Clearance beyond the finish line should be at least 20 meters.
- e. Hurdle lanes shall be at least 1.067 meters wide. If hurdle lanes are not marked on the track, they shall be judged as equivalent to 2 centimeters wider than the total width of each hurdle.

### Break Line

ARTICLE 10. A visible break line 5 centimeters wide shall be an arc across the track showing the position at which competitors are permitted to leave his or her respective lanes or staggered alleys. This applies to outdoor events of at least 800

meters and indoor events authorized to use a break line and shall be positioned accordingly for specific events. The marking of an outdoor one-turn break line on the home straight shall be at least the point, indicated additionally with a single cone, where the competitors in the outer group are allowed to join those using the regular starting line.

The arc of the break line should reflect an adjustment in each lane so that competitors in outside lanes travel the same distance to reach an inside position as competitors in the inside lanes.

Cones not more than 15 centimeters in height shall be placed on the lane lines immediately before the intersection of each lane line and the break line. Cones of this height, separated as described in Rule 1-1.6, shall be used to mark the inside of any single outer alley used for a race between the start of the alley and the break line.

**Relay Zones**

ARTICLE 11. In the 4x100 and 4x200 Meter Relays, and in the first exchange of the Sprint Medley Relay (200, 200, 400, 800), each baton exchange zone shall be 30 meters, of which the scratch line is 20 meters from the start of the zone. For the second and third exchange of the Sprint Medley Relay, and for all exchanges in the 4x400 Meter and longer relays, each exchange zone shall be 20 meters, of which the scratch line is in the center formed by lines drawn 10 meters on each side of the measured center line. If designated by lines, the zone is between the edges of the lines closest to the start. All boxes or triangles denoting the limits of the zone shall be within the zone. If designated by lines, the zone is between the edges of the lines closest to the start. All boxes or triangles denoting the limits of the zone shall be within the zone.

**SECTION 2. The Hurdles**

The placement of hurdles shall be in accordance with the following table:

PLACEMENT OF HURDLES				
	No. of Hurdles	Distance Start to 1st Hurdle	Distance Between Hurdles	Distance Last Hurdle to Finish
55 Meter Hurdles (men)	5	13.72 m	9.14 m	4.72 m
55 Meter Hurdles (women)	5	13 m	8.5 m	8 m
60 Meter Hurdles (men)	5	13.72 m	9.14 m	9.72 m
60 Meter Hurdles (women)	5	13 m	8.5 m	13 m
100 Meter Hurdles	10	13 m	8.5 m	10.5 m
110 Meter Hurdles	10	13.72 m	9.14 m	14.02 m
400 Meter Hurdles	10	45 m	35 m	40 m

**SECTION 3. The Steeplechase**

**Distance**

ARTICLE 1. The standard distance for the Steeplechase shall be 3000 meters.

**Jumps**

ARTICLE 2. There shall be 28 hurdle jumps and seven water jumps included in the 3000 Meter Steeplechase. The distance from the starting point to the finish line on the first lap shall not include any jumps. The water jump shall be the fourth jump in each lap. If necessary, the finish line shall be moved to accommodate this rule.

### Measuring Course

ARTICLE 3. The following measurements are provided as a guide, and any adjustments necessary shall be made by lengthening or shortening the distance at the starting point of the race. In this chart, it is assumed that a lap of 400 meters has been shortened 10 meters by constructing the water jump inside the track. The approach to and exit from the water-jump hurdle should be straight for approximately 7 meters.

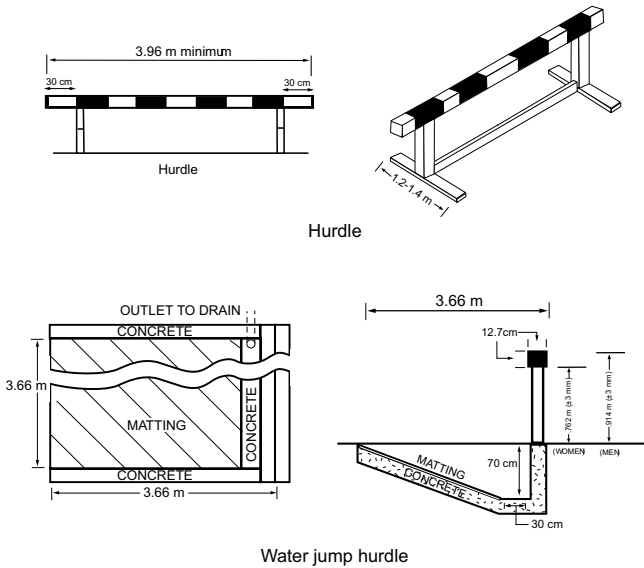
#### Possible Steeplechase Measurements

Distance from starting point to commencement of 1st lap, to be run without jumps .....	270 m
Distance from start of 1st full lap to 1st hurdle.....	10 m
From 1st to 2nd hurdle.....	78 m
From 2nd to 3rd hurdle .....	78 m
From 3rd hurdle to water jump.....	78 m
From water jump to 4th hurdle.....	78 m
From 4th hurdle to finish line.....	68 m
	<u>2730 m</u>
	Lap of 390 m x 7 laps =
	3000 m

*Note: Since the water jump may be constructed in the area inside or outside the track, thereby lessening or lengthening the normal distance of the laps, it is not possible to prescribe any rule specifying the exact length of the laps or to state precisely the position of the water jump. There must be enough distance from the starting line to the first hurdle to prevent the competitors from overcrowding, and there should be approximately 68 meters from the last hurdle to the finish line.*

#### Placement of Hurdles on Track

ARTICLE 4. The hurdles shall be placed on the track so that at least 30 centimeters of the top bar, measured from the inside edge of the track, will extend inside the inner edge of the track. The hurdles shall extend at least 3.66 meters into the track. See Figure 4.



**Figure 4-Water-Jump and Hurdle Measurements**

**Water-Jump Construction**

ARTICLE 5. It is recommended that the water jump be placed on the inside of the track. The water jump, including the hurdle, shall be 3.66 (±0.02) meters long and 3.66 (±0.02) meters wide. The water shall be at least 70 centimeters deep immediately after the hurdle, and the pit shall have a constant upward slope from a point 30 centimeters past the water-jump hurdle to the level of the track at the far end. The landing surface inside the water jump should be composed of a nonskid, shock-absorbent material. A suitable material between the vertical uprights of the water-jump hurdle is recommended to aid the competitor with depth perception. See Figure 4.

The hurdle at the water jump shall be firmly fixed in front of the water and be of the same height as the other hurdles in the competition.

For construction or resurfacing after January 2008, the approach to and run-out from the water jump shall be of the same material as the track surface.

**SECTION 4. The High Jump**

**Approach**

ARTICLE 1. The approach should be an octagon or square and shall provide a run-up of at least 15 meters. The length of the approach run is unlimited.

**Takeoff Area**

ARTICLE 2. The takeoff area is the semicircle enclosed by a 3-meter radius whose center point is directly under the center of the crossbar.

## SECTION 5. The Pole Vault

### Vaulting Box

ARTICLE 1. The vaulting box in which the vaulting pole is planted shall be constructed of suitable rigid materials. Its dimensions and shape shall be those shown in the accompanying diagram.

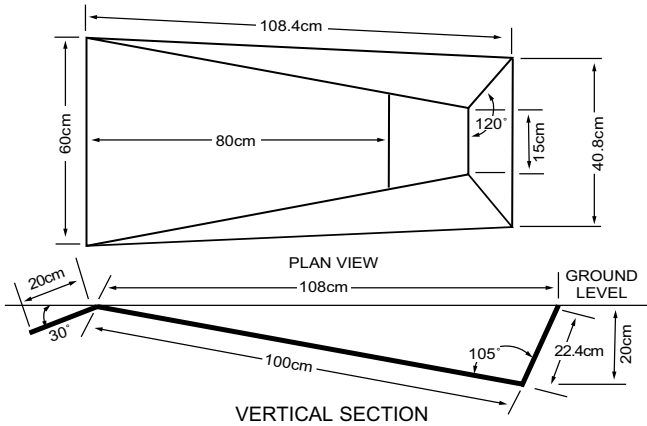
The box shall be of a contrasting color from the runway and shall be immovably fixed in the ground so that all of its upper edges are flush with the takeoff area. The angle between the bottom of the box and the back of the box shall be 105 degrees. See Figure 5.

### Runway

ARTICLE 2. A vaulting runway constructed after January 2006 shall be at least 40 meters long. The maximum width of the runway shall be 1.22 ( $\pm 0.01$ ) meters. The full length of the runway may be permanently marked with lines on or touching the runway edge that are not more than 2 centimeters wide by 5 centimeters long to indicate the distance from the back of the vaulting box.

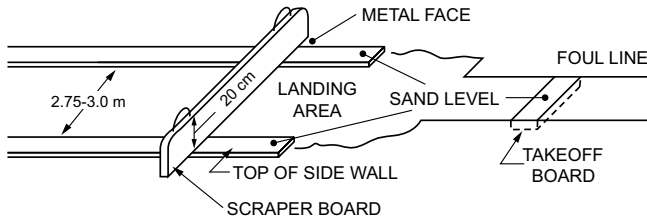
### Runway Markings

ARTICLE 3. The center of the runway shall be marked with seven permanent lines in the pattern shown in Figure 6. Each line shall be 5 centimeters wide and 30 centimeters from the same respective point of an adjacent line. Each short line shall be 30 centimeters long. The long line is 90 centimeters in length. The distance from the edge of the long line closest to the landing pit to the point where the back of the vaulting box meets the runway shall be 3.65 meters.



**Figure 5--Pole Vault Box**





**Figure 7--Control of Sand Level in Long Jump and Triple Jump**

### Takeoff

ARTICLE 3. The takeoff shall be a board made of wood or other suitable rigid material approximately 20 centimeters wide, at least 1.22 meters long and not more than 10 centimeters thick. The upper surface of the board must be level with the runway surface. This board shall be painted white and be firmly fixed in the runway.

In the absence of a takeoff board, the triple-jump takeoff area shall be approximately 20 centimeters wide and at least 1.22 meters long, and shall be painted white or firmly affixed (that is, tape) on the all-weather runway.

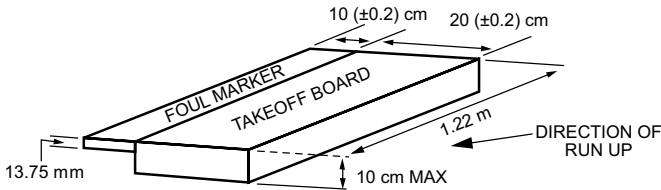
### Foul Line

ARTICLE 4. The edge of the takeoff board nearest the landing pit shall be the foul line.

### Foul-Indicator Aid

ARTICLE 5. For the purpose of aiding the calling of fouls:

- The area immediately beyond the foul line may be prepared as shown in Figure 8.
- The foul may be detected by an electronic foul-line indicator with validation by an image-capturing system.



**Figure 8—Long Jump and Triple Jump Takeoff Board and Foul Marker**

## SECTION 7. The Throwing Area

### Shot Put, Discus Throw, Hammer Throw, Weight Throw

#### Materials

ARTICLE 1. The circles in throwing events shall be made of a band of metal 6 millimeters thick, or suitable rigid material firmly secured flush with the throwing surface, the top of which shall be flush with the surface outside the

circle. See Figures 10, 11 and 14. The interior surface should be of concrete or material providing a similar surface and shall be 19 (±6) millimeters lower than the surface outside the circle.

*Note: The IAAF stipulates a flanged circle 76 millimeters high, embedded below the throwing surface, to provide rigidity.*

**Diameters**

ARTICLE 2. The inside diameters of the Shot Put, Weight Throw and Hammer Throw circles shall be 2.135 (±0.005) meters, and the diameter of the Discus Throw circle shall be 2.500 (±0.005) meters.

**Insert**

ARTICLE 3. An insert may be used to convert a throwing circle from a 2.5-meter diameter to a 2.135-meter diameter. The insert shall be 19 (±6) millimeters high and made of metal or suitable extremely rigid material (malleable rubber is not suitable) and be firmly secured flush with the throwing surface.

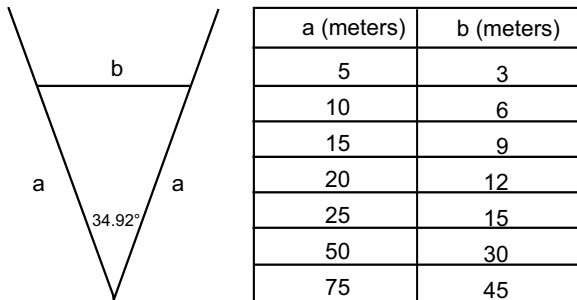
**Dividing Line**

ARTICLE 4. All circles shall be divided in half by a 5-centimeter line extending at least 75 centimeters from the outer edge of the circle to the end of the throwing pad and measured at right angles to the imaginary center of the throwing sector. Lines shall not be painted within any throwing circle.

**Sector**

ARTICLE 5. Radial lines 5 centimeters wide shall form a 34.92-degree angle extended from the center of the circle. See Figure 9. The inside edges of these lines shall mark the sector. For the Discus Throw, Hammer Throw and Weight Throw, sector flags should mark the ends of the lines and the sector shall be centered within the enclosure.

The level of the surface within the landing area shall be the same as the level of the surface of the throwing circle.



**Figure 9—Establishing the Sector**

**SECTION 8. The Shot Put Area**

**Stopboard**

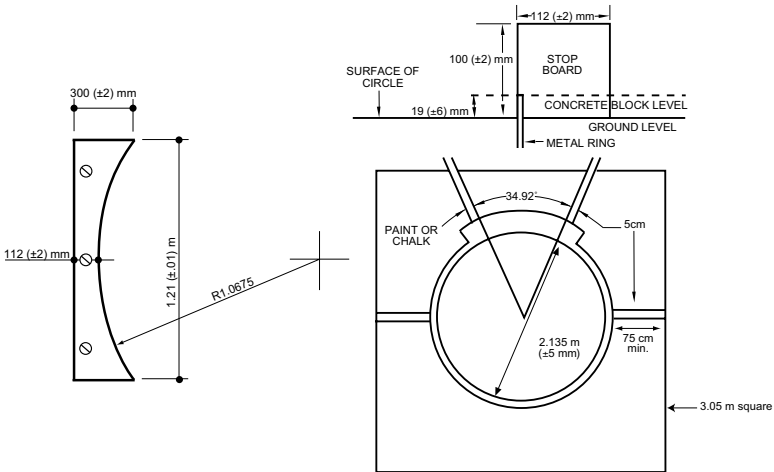
ARTICLE 1. The stopboard shall be an arc of wood, or other suitable materials, painted white and firmly fixed so that its inner edge coincides with the inner edge of the shot-put circle. It shall measure 1.21 (±0.01) meters long



along the chord between its endpoints, 112 millimeters and increasing to 300 millimeters wide, and 100 (±2) millimeters high. See Figure 10.

**Stop Barrier**

ARTICLE 2. For an indoor facility, a stop barrier shall be used to contain the shot within the shot put area.



**Figure 10—Shot Put Circle**  
*Note: Lines shall not be inside the circle.*

**SECTION 9. The Discus Throw/Hammer Throw Area**

**Enclosure**

All hammer and discus throws shall be made from an enclosure or cage that shall be centered on the circle and with the sector centered on the nonmovable cage opening, designed in such a way to provide adequate control of the implement landing and a fair venue for the throwers. Cage design is acknowledged to provide limited protection for spectators, officials and competitors. It does not ensure safety. Exact measurements and pole placements may vary based on local conditions and cage design, but should provide for the minimum distances specified.

The following specifications are for the hammer or discus cage when thrown outside the stadium while spectators are present, or inside the stadium while other events are in progress, and should be considered a minimum configuration. The dimensions listed, while not absolute, are considered acceptable for achieving the overall purpose of a cage. All possible efforts shall be made to achieve the minimum configuration. Figures 12 and 13 provide illustrations of possible cage designs.

- a. The throwing circle shall be surrounded by a cage made with suitable material, hung from and between rigid posts, sufficient to withstand and absorb an impact from the implement so that the implement will not escape over or through, and to reduce the possibility of the implement ricocheting

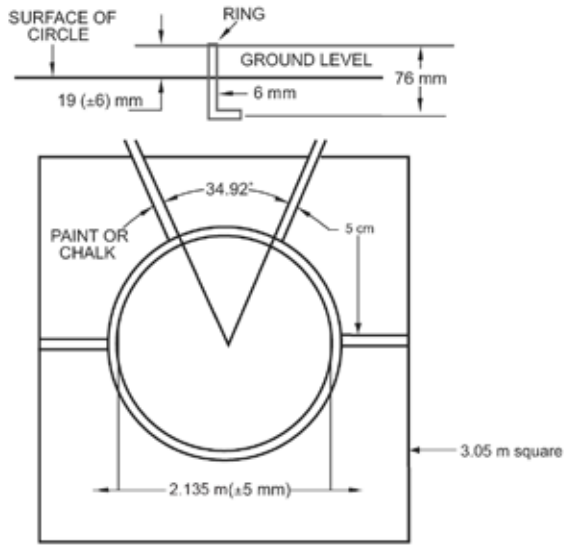
- or rebounding back toward the competitor. The purpose of the cage is to contain, but not interfere with, the flight path of the implement.
- b. Rigid posts, approximately six in number, positioned in line with and to the rear of the front edge of the throwing circle, shall be approximately 4 meters from the center of the circle and allow for panels of suitable material between 2.74 and 2.90 meters wide that are at least 3.50 meters from the center of the circle. Panels for the discus shall be at least 4 meters high. Panels for the hammer cage shall be at least 5 meters high.
  - c. Panels of suitable material between 2.74 and 2.90 meters wide and at least 6.15 meters high, shall be hung between each of the two rigid posts in line with the front edge of the throwing circle and each of two additional rigid posts toward the throwing sector that are at least 2.85 meters from the sector line. These posts will be located approximately 6 meters from the center of the throwing circle and will provide a total fixed cage opening of between 8 and 9 meters.
  - d. When used for throwing the hammer, movable panels of suitable material at least 4.20 meters long and at least 6.15 meters high, shall be affixed to the rigid posts furthest from the circle toward the landing area. For a right-handed thrower (counter-clockwise rotation), the right movable panel shall be open so that it is parallel to the sector line on the right side and maintains the minimum 2.85-meter distance from the sector line. For a right-handed thrower, the left movable panel is placed in a position so that its nonpivot end is as perpendicular to the sector line as possible and is not more than 1.5 meters into the sector and at least 6 meters from the center of the circle. For a left-handed thrower (clockwise rotation), the movable panel configuration is reversed.
  - e. An area of flagging shall identify an implement landing danger zone of at least 55 degrees from the center of the throwing circle.
  - f. Cage configurations that are more restrictive than the minimums set forth in this rule may be used.

*Note 1: Whenever possible, the height of the panels of suitable material described in paragraphs c and d shall be increased. The recommended minimum height is 8 meters. Cages may have additional panels or designs to increase control of the implement landing area.*

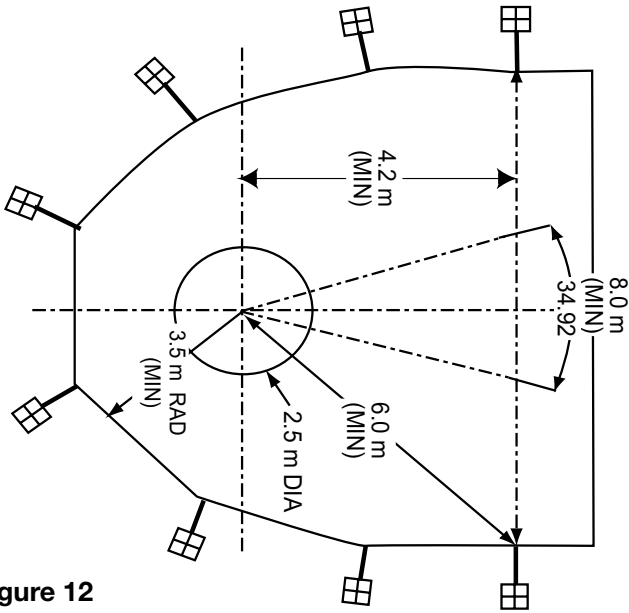
*Note 2: The movable panel that is normally parallel to the sector line should be positioned closer to the sector line in cases in which the facility has the throwing area in close proximity to other event venues, so that greater control of the implement landing is achieved.*

*Note 3: Cage design to allow for throwing both hammer and discus from the same cage is permitted. Circle placement, suitable material height and movable panel size and location must achieve the overall goals indicated above, but these panels or designs may not create a restricted area for the thrower that is less than specified in this rule.*

*Note 4: The height of the discus cage shall be at least 4 meters.*



**Figure 11—Hammer Throw/Weight Throw Circle**  
*Note: Lines shall not be inside the circle.*



**Figure 12**

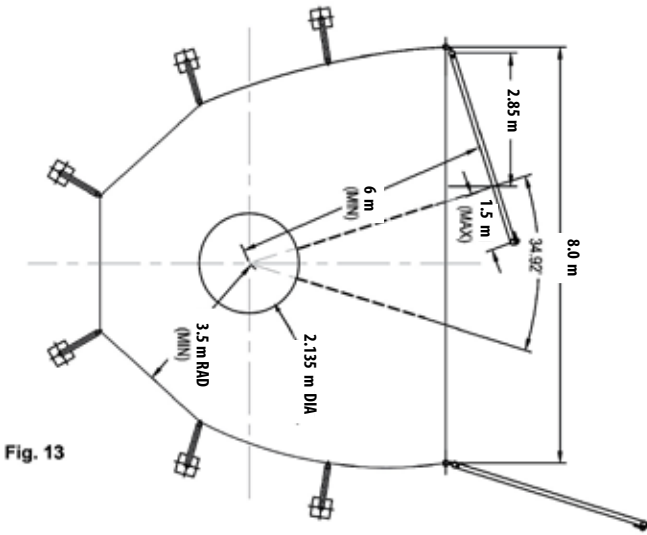


Fig. 13

Figure 12 and 13—Possible Discus/Hammer Cage Designs

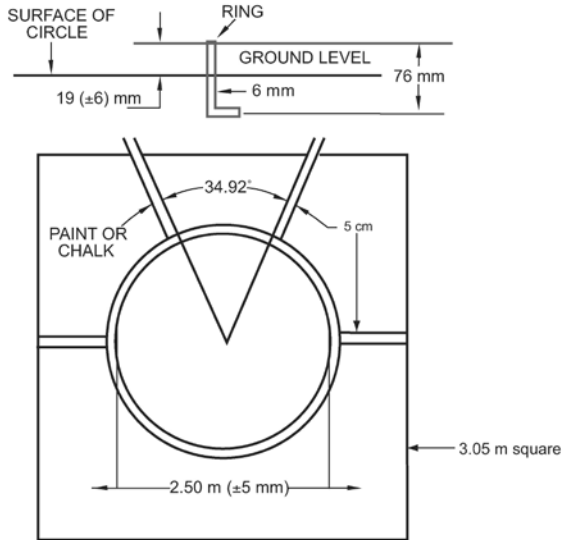


Figure 14—Discus Throw Circle  
Hammer throw requires an insert in the circle  
(see Figure 11 and Rule 1-7-3).

Note: Lines shall not be inside the circle.

## SECTION 10. The Weight Throw Area

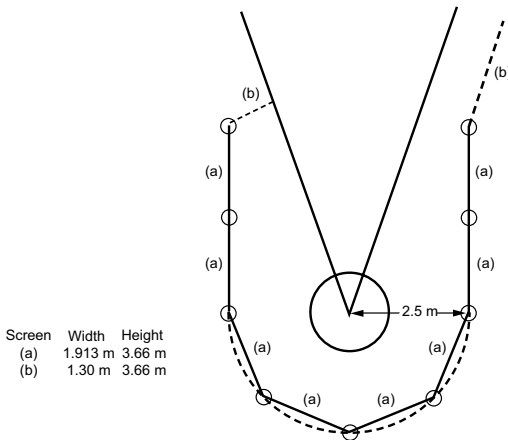
### Enclosure

All weight throws shall be made from an enclosure or cage that shall be centered on the circle, complies with the safety and material provisions of Rule 1-9, including the Notes, and follows the guidelines for the hammer enclosure in Rule 1-9, except for the following:

- The rigid posts surrounding the circle shall be positioned to allow for panels of suitable material approximately 1.91 meters wide, at least 3.66 meters high and at least 2.5 meters from the center of the circle.
- The two movable panels shall be at least 1.30 meters wide and at least 3.66 meters high. See Figure 15.

*Note 1: The Weight Throw may be conducted indoor or outdoor.*

*Note 2: Anchored drop-down nets may be used as a substitute cage in order to satisfy the safety of material provisions of the rule.*



**Figure 15 — Construction of Weight Cage**

## SECTION 11. The Javelin Throw Area

### Foul Line

ARTICLE 1. The foul line shall be 7 centimeters wide, painted white, and shall be in the shape of an arc with a radius of 8 meters. The distance between its extremities shall be 4 meters, measured straight across from end to end. Lines shall be drawn from the extremities of the arc at right angles to the parallel lines marking the runway. These lines should be 75 centimeters long and 7 centimeters wide.

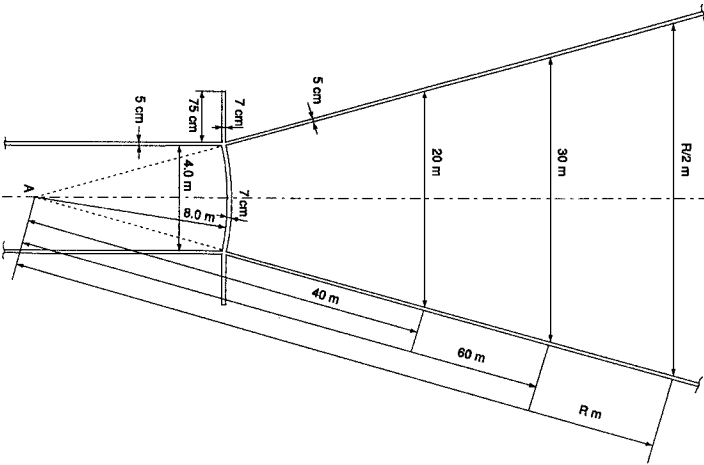
### Runway

ARTICLE 2. The runway shall be marked by two parallel lines 5 centimeters wide. It shall be at least 33.5 meters long and 4 meters wide between the inside edges of the marked parallel lines. The runway should be constructed of an artificial surface for its entire length and should extend 1 meter beyond the foul line.

The full length of the runway may be permanently marked with lines on or touching the runway edge that are not more than 2 centimeters wide and 5 centimeters long to indicate the distance from the foul line.

**Sector**

ARTICLE 3. Radial lines 5 centimeters wide shall be extended from the center of the circle of which the arc of the foul line is a part through the extremities of the arc. The inside edges of these lines shall mark the sector. The surface within the landing area shall be on the same level as the throwing surface. Sector flags should mark the ends of the lines. See Figure 16.



**Figure 16—Javelin Throw Area (Not to Scale)**

**SECTION 12. Cross Country**

**Course Lengths**

ARTICLE 1.

- a. Men—The length of a Cross Country race course shall be at least 4000 meters. The distance for any championship race shall not be shorter than 8000 meters or longer than 10,000 meters.
- b. Women—The length of a Cross Country race course shall be at least 3000 meters. The distance for any championship race shall not be shorter than 5000 meters or longer than 6000 meters.
- c. The course length shall be determined by the games committee and shall be properly measured along the shortest possible route that a runner may take.

## Course Layout

ARTICLE 2. The course shall be confined, as far as possible, to fields, woods and grasslands. Parks, golf courses or specially designed courses are recommended. The turf should be of a quality to promote safety and freedom from injury to the runners, keeping the following in mind:

- Dangerous ascents or descents, undergrowth, deep ditches, and in general any obstacles and hindrance detrimental to the competitors must be avoided.
- Continuous traversing of roadways should be avoided.
- A cross country course shall be at least four meters wide throughout.
- The start shall be located so as to provide a long, straight route from the starting line.
- The first turn of a course shall be at least 200 meters and preferably at least 400 meters from the start.
- Turns shall be gradual. If a course layout requires a sharp turn, any such turn shall be clearly marked. The runner shall be provided with a distinct barrier through that turn.
- The last 100 meters of the course shall be straight and at least four meters wide to the finish line.

## Course Markings

- ARTICLE 3.a. The entire course shall be clearly marked using either natural or artificial boundary markers.
- The boundary markers shall be continuous throughout the entire length of the course clearly designating both the inside and outside boundaries.
  - The course shall have kilometer and/or mile markings throughout the course.
  - Only official markings are permissible on or near the course.

## Starting Line

ARTICLE 4. The start should be surveyed to permit each competitor to line up equidistant from the first turn. See Figure 17.

- The middle of the starting arc should be marked with a perpendicular line. The arc should be described so that it passes through this point and the end points of the start line, all of which are equidistant from the initial significant point on the course (that is turn or narrowing). Additional points along the arc should be measured to ensure accuracy.
- The starting line shall be wide enough to provide at least a 50-centimeter space for each of four front-line team starters and a 50-centimeter space for each individual starter.
- Lane positions or boxes shall be numbered from left to right facing the running area.

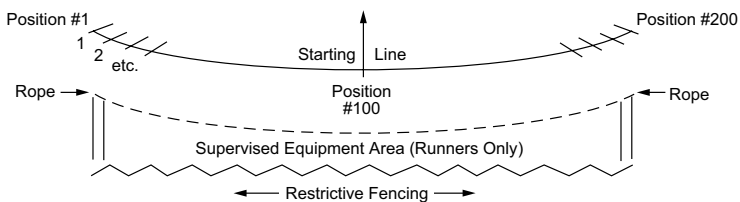


Figure 17—Starting Area

**Finish Area**

ARTICLE 5. It is recommended strongly that the finish area be relatively close to the start of the race and that extreme caution be observed to avoid confusion with the start line. The finish area shall be on fairly level ground.

- a. The finish line shall be a minimum of four meters wide and a maximum of 10 meters wide, and located perpendicular to the course line. It shall be marked brightly and be visible from a distance. The finish line is at the mouth of the finish chute or finish corral.
- b. A finish chute is recommended for all Cross Country races that do not use the transponder (chip) system to help with meet administration and provide accuracy and fairness to the competitors.
- c. A finish corral to help with meet administration should be used for all Cross Country races that use a transponder (chip) system.

*Note: Specifications for Finish Chute and Finish Corral construction and their operation are located within the NCAA Men's and Women's Cross Country Championships Handbook when applicable.*



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# RULE 2

## Equipment

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### SECTION 1. Timing

The following are desired minimum requirements that should be implemented:

- a. Equipment must be fully automatic.
- b. Equipment must be capable of monitoring the adequacy of the power source.
- c. Equipment must have an automatic battery-power takeover system in the event of line system power failure.
- d. Equipment must protect the time base accuracy from surges in the power source.
- e. Equipment must produce a visual and printable photo-finish photograph with read-out times.
- f. One camera, preferably color, used as the primary photo-finish device. At least one additional camera designated for use as backup or for determinations not evident from the primary camera.
- g. The cameras shall be positioned on opposite sides of the track.
- h. A minimum of two independent power circuits for these timing devices, one for the primary and one for the backup.
- i. Manual backup shall be provided as the games committee deems necessary.

### SECTION 2. Starting Blocks

ARTICLE 1. Starting blocks shall comply with the following general specifications:

- a. The block may be adjustable, but shall be constructed entirely of rigid materials.
- b. The block shall be made without devices that could provide artificial aid in starting.
- c. The block shall affix to the track by an arrangement of pins or spikes that cause minimal damage to the track surface and allow for ease and efficiency in set-up and removal.
- d. The anchorage shall prevent slippage of the block relative to the track during the start.

ARTICLE 2. Starting blocks may include a false-start detection apparatus to assist the starter. Such an apparatus must be IAAF-approved and be configured to emit an acoustic signal to at least the start team when a reaction time less than one-tenth of a second is detected. Starters shall be required by the games committee to use the information provided by the IAAF-approved start information system, if such a system is used, and rule accordingly to detect false starts.

## SECTION 3. Hurdles

### Material

ARTICLE 1. Hurdles shall be constructed of metal, wood or other suitable material.

### Design

ARTICLE 2. The hurdles shall consist of a base and two uprights supporting a rectangular frame, with a single crossbar. The crossbar shall be of wood or other suitable material, with beveled edges, be 7 centimeters high and between 1 and 2.5 centimeters wide. The crossbar shall be between 1.03 and 1.05 meters long for lanes 1.067 meters wide, and between 1.18 and 1.20 meters long for lanes 1.22 meters wide. The center of the crossbar shall be directly over the end of the base. The surface facing the starting line shall be white with two vertical or diagonal stripes. A center chevron should be added to help contestants determine the center of the lane. The base shall be not more than 70 centimeters long. The total weight of the hurdle shall be at least 10 kilograms. See Figure 18.

### Hurdle Heights

ARTICLE 3. The following table provides hurdle height measurements:

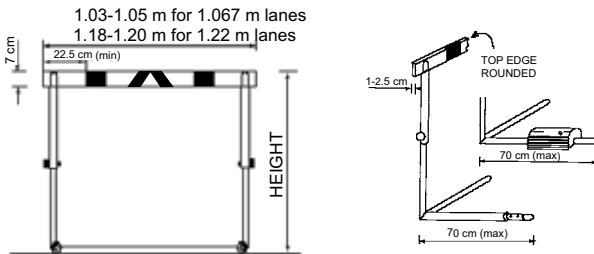
Height in meters for	Men	Women
55/60 Meter Hurdles	1.067 m (42 in.)	0.840 m (33 in.)
110/100 Meter Hurdles	1.067 m (42 in.)	0.840 m (33 in.)
400 Meter Hurdles	0.914 m (36 in.)	0.762 m (30 in.)

A tolerance of  $\pm 0.003$  meters is allowed.

### Pull-Over Force

ARTICLE 4. Pull-over force refers to the minimum of 3.6 kilograms (8 pounds) and maximum of 4 kilograms of steady pulling force required to overturn a hurdle when applied to the center of the uppermost edge of the top crossbar and in the direction of the finish line. If the weights cannot be adjusted to the required pull-over force, the next greater setting shall be used. Records will not be allowed when the pull-over force or the weight of the hurdle is less than the required minimum.

When the manufacturer has not provided a definite counterweight setting for intermediate hurdles, it may be possible to attain the correct adjustment by setting one weight for the 1.067 meter height and the other weight for the 0.762 meter height. See Figure 18.



**Figure 18—Hurdle Measurements**

## SECTION 4. Steeplechase Hurdles

### Material

ARTICLE 1. Hurdles shall be constructed of metal, wood or other suitable material.

### Design

ARTICLE 2. The hurdles shall consist of two uprights supporting a single crossbar. The crossbar shall be of wood or other suitable material, 12.7 centimeters square, without sharp edges or with a bevel. The crossbar shall be white with stripes of one distinctive contrasting color. See Figure 4.

### Dimensions, Weight

ARTICLE 3. The water-jump hurdle, if placed in service after January 2008, shall be 3.66 ( $\pm 0.02$ ) meters long and all other hurdles shall be at least 3.96 ( $\pm 0.02$ ) meters long. The first hurdle should be at least 5 meters long.

The hurdles shall be 0.914 meters high for men and 0.762 meters high for women, with an allowed tolerance of  $\pm 0.003$  meters.

Each hurdle shall weigh at least 80 kilograms.

Each hurdle shall have on each side a base between 1.2 meters and 1.4 meters long, or be anchored in such a way that it can't be tipped over. See Figure 4.

## SECTION 5. The Relay Baton

### Dimensions

ARTICLE 1. The relay baton shall be at least 28 and not more than 30 centimeters long, and shall have a circumference of between 12 and 13 centimeters. It shall weigh at least 50 grams.

### Material, Shape

ARTICLE 2. The baton shall be a smooth, hollow tube of wood, metal or other rigid material, and made in one piece. The use of tape or other material on the baton is prohibited.

## SECTION 6. The High Jump

### Landing Pad

ARTICLE 1. The high jump landing-pad shall be at least 4.88 meters wide by 2.44 meters deep. It should be high enough and of a composition that will provide a safe and comfortable landing. A minimum height of 66 centimeters, including the top pad unit, is preferred. The landing-pad sections must be fastened together and covered with a common top cover. The landing pit may not extend into the plane of the crossbar.

### Distance Between Standards

ARTICLE 2. The vertical uprights (standards) shall be 4.02 ( $\pm 0.02$ ) meters apart.

### Crossbar Supports

ARTICLE 3. The horizontal supports of the crossbar shall be flat and rectangular, 4 centimeters wide and 6 centimeters long, and friction-free. Each support shall point toward the opposite upright so that the crossbar will rest between the uprights along the narrow dimension of the support. There shall be at least 1 centimeter between the ends of the crossbar and the uprights.

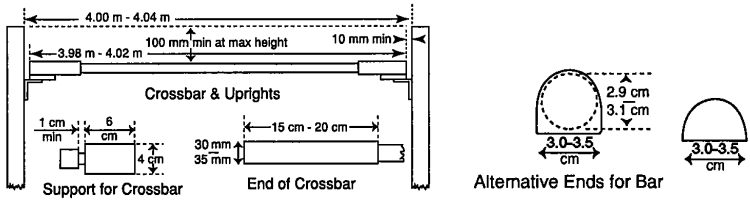
**Extended Height**

ARTICLE 4. The uprights shall extend at least 10 centimeters above the support of the crossbar.

**Crossbar**

ARTICLE 5. The crossbar shall be circular with a diameter of 30 (±1) millimeters and made of suitable material, but not metal. The crossbar shall be 4.00 (±0.02) meters long, weigh not more than 2 kilograms, shall have no bias, and when in place shall sag not more than 2 centimeters.

The end pieces of the crossbar shall not be made of or covered with soft rubber or any other material that has the effect of increasing the friction between the surface of the crossbar ends and the supports. These end pieces shall be circular or semicircular, 30 to 35 millimeters wide, 15 to 20 centimeters long, with one clearly defined smooth, flat surface designed for placing the bar on the supports of the uprights. This flat surface may not be higher than the vertical cross section of the crossbar.



**Figure 19—High Jump Uprights and Crossbar**

**SECTION 7. The Pole Vault**

**Landing Pad**

ARTICLE 1. The pole vault landing-pad measurement beyond the vertical plane of the back of the vaulting box shall be at least 6 meters wide by 5 meters deep. A minimum height of 0.813 meters, including the top pad unit, is required. The landing-pad sections must be fastened together with a common top cover.

The front portion of the pad is to be the same width as the back unit, 6 meters, and shall extend at least 1.5 meters from the top of the back of the vaulting box toward the beginning of the runway. Padding, manufactured for such purpose, shall be placed around the base of the standards. Rigid or unyielding items above ground level, or designated landing-pad platform surfaces extending beyond the dimensions of the landing pad, shall be padded.

The maximum cutout for the vaulting box shall be 0.914 meters, measured across the bottom of the cutout. The back of the cutout shall be placed so that the landing pad does not affect the bend of the pole. For pads with an angled cutout, the recommended maximum distance from the back of the vaulting box to the beginning of the pad is 15 centimeters. The back of the cutout shall be placed not farther than 36 centimeters from the vertical plane of the back of the vaulting box.

## Pole Vault Box Padding

ARTICLE 2. A pole vault box collar, which is a device used to offer protection to pole vaulters in and around a pole vault box, shall be in place. The device must meet the most current ASTM Specification Standard and can be incorporated into the design of the pole vault box or a padding addition to an existing pole vault box.

### Standards

ARTICLE 3. Any style of uprights or posts may be used for the Pole Vault, provided the style is rigid and supported by a base not more than 10 centimeters high above the ground. Cantilevered uprights are recommended.

### Upright Pegs

ARTICLE 4. The crossbar shall rest on round metal pegs that project not more than 55 millimeters at right angles from the uprights and have diameters of not more than 13 millimeters. The upper surfaces of these pegs shall be smooth, without indentations or aids of any kind that might help to hold the crossbar in place. The ends of the pegs shall be between 4.30 meters and 4.37 meters apart.

### Crossbar

ARTICLE 5. The provisions of Rule 2-6.5 shall apply except: The crossbar shall be 4.50 ( $\pm 0.02$ ) meters long, weigh not more than 2.25 kilograms, and when in place shall not be more than 3 centimeters.

### Pole Vault Helmets

ARTICLE 6. A helmet used for the Pole Vault shall be specifically designed for such purpose and be manufactured to comply with the ASTM standard for such product. It shall bear a marking to indicate that it complies with this standard.

### The Vaulting Pole

ARTICLE 7. The vaulting pole may be of any material or combination of materials. It may be of unlimited size and weight.

## SECTION 8. The Shot

### Composition

ARTICLE 1. The shot shall be constructed of solid iron, brass or any metal not softer than brass, or of a shell of such metal completely filled with lead or other material. For indoor facilities, synthetic-covered implements shall be used. Internal movement within the shot is permitted.

### Shape

ARTICLE 2. The shot must be spherical and unalterable in shape, and the surface must be smooth without indentations so that an advantage is not gained by grip.

### Specifications

ARTICLE 3. The shot shall conform to the international specifications for the implement published by the IAAF. The specifications that follow are reprinted for reference purposes and may not be all-inclusive.

	<b>MEN'S</b>	<b>WOMEN'S</b>
Weight (Minimum)	7.26 kg	4 kg
Diameter (Minimum)	110 mm	95 mm
(Maximum Outdoor)	130 mm	110 mm
(Maximum Indoor)	145 mm	130 mm

## SECTION 9. The Discus

### Composition

ARTICLE 1. The discus shall be composed of a smooth metal rim permanently attached to a wood or synthetic body. Metal plates may be set flush into the sides of the wood or synthetic body, provided that the equivalent area is flat and that the total weight of the implement meets the specifications.

### Shape

ARTICLE 2. The two sides of the discus shall be identical and shall be made without indentations, projecting points or sharp edges. The sides shall taper in a straight line from the beginning of the curve of the rim to a circle that is 25 millimeters from the center of the discus. The edge of the metal rim shall be rounded in a true circle.

### Specifications

ARTICLE 3. The discus shall conform to the international specifications for the implement published by the IAAF. The specifications that follow and those in Figure 20a are reprinted for reference purposes and may not be all-inclusive.

	MEN'S	WOMEN'S
Weight (Minimum)	2 kg	1 kg
Metal Rim Outer Diameter		
(Minimum)	219 mm	180 mm
(Maximum)	221 mm	182 mm
Thickness at 6 mm from outer edge		
(Minimum)	12 mm	12 mm
(Maximum)	13 mm	13 mm
Metal Plates Diameter		
(Minimum)	50 mm	50 mm
(Maximum)	57 mm	57 mm
Thickness at center and within	25 mm from center	25 mm from center
(Minimum)	44 mm	37 mm
(Maximum)	46 mm	39 mm

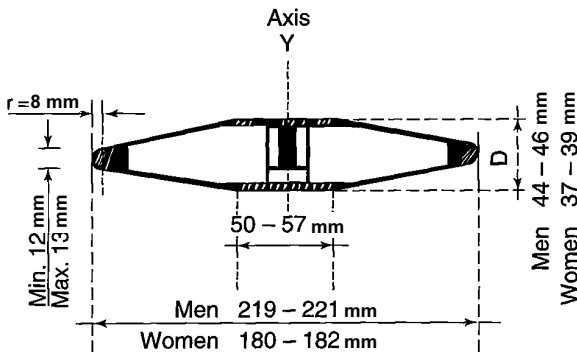
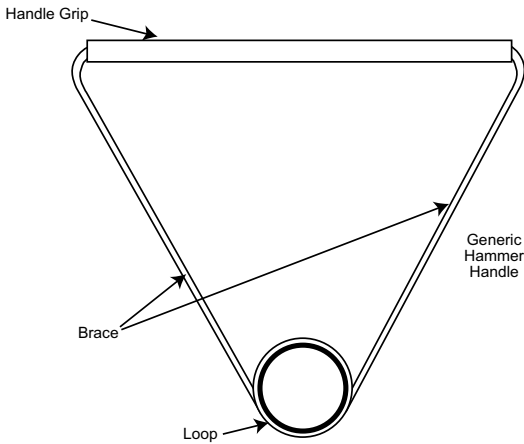


Figure 20a—Discus



**Figure 20b—Hammer Handle**

## SECTION 10. The Hammer

### Head

ARTICLE 1. The head of the hammer shall be made of solid iron or other metal not softer than brass, or of a shell of such metal filled with lead or other solid material. It must be spherical in shape.

The center of gravity shall not be more than 6 millimeters from the center of the sphere.

### Wire

ARTICLE 2. The wire shall be a single, unbroken and straight length of spring-steel wire at least 3 millimeters in diameter and shall be such that it cannot stretch appreciably while the hammer is being thrown. The wire should be looped at both ends as a means of attachment.

### Handle

ARTICLE 3. The handle shall have a symmetrical design, be rigid and without hinging joints of any kind, and made so that it cannot stretch more than 3 millimeters under a tension load of 3.8 kN. 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. The sides of the handle may be straight or curved but cannot exhibit any loss of rigidity that would result in an increase in the overall length while being thrown. (See Figure 20b. The figure is just one example.)

### Connection

ARTICLE 4. The wire shall be connected to the head by means of a functioning plain or ball-bearing swivel, which cannot be loosened to alter the overall length of the implement during competition. The grip shall be connected to the wire by means of a loop, not a swivel.

## Specifications

ARTICLE 5. The hammer shall conform to the international specifications for the implement published by the IAAF. The specifications that follow are reprinted for reference purposes and may not be all-inclusive.

	MEN'S	WOMEN'S
Weight (Minimum)	7.260 kg	4 kg
Diameter of Head		
(Minimum)	110 mm	95 mm
(Maximum)	130 mm	110 mm
Length (complete as thrown, measured from inside of the grip)		
(Maximum)	121.5 cm	119.5 cm

## SECTION 11. The Weight

### Head

ARTICLE 1. There are two head types for the weight:

- a. All-Metal Head: The head shall be a solid sphere made of metal not softer than brass. There shall be no internal movement. The center of gravity shall not be more than 9 millimeters from the center of the sphere.
- b. Filled Head: The head shall be a shell made of plastic or other suitable polymer material in the shape of a sphere, designed to protect the landing surface. The head shall be filled with lead or other material inserted in a manner that minimizes any internal void or movement and has a center of gravity not more than 9 millimeters from the center of the sphere certified by the manufacturer. The head may deform upon impact, but must return to the shape of a sphere.

*Note: Rubber is not an acceptable material for the shell.*

### Handle

ARTICLE 2. The handle shall be made of a round steel rod bent into a triangular form with straight sides and no sides exceeding an inside measurement of 19 centimeters nor being less than 10 centimeters. See Figure 21-A. A handle with no permanent connection point shall be used only with the all-metal head and must have all sides of the same length. The handle must be rigid and not show evidence of elasticity or malformation before, during or after the competition. Hammer handles are not allowed.

### Harness

ARTICLE 3. If the implement includes a harness, it shall be fabricated from a minimum of four straps sewn together to form a sling. Netting shall not be used for this purpose. The harness must not stretch or show evidence of elasticity or malformation before, during or after the competition.

### Connection

ARTICLE 4. The handle shall be connected to the head or harness in the following manner:

- a. After the handle, by means of one and no more than two steel links whose thickness shall be such that the links cannot stretch while the implement is being thrown.



- b. Between the last link and the head or harness through an optional swivel.
- c. The handle may be connected directly to a filled head or to a harness only through a swivel without the use of steel links.
- d. A swivel, when used, may be either plain or ball-bearing, and is not considered an additional link.

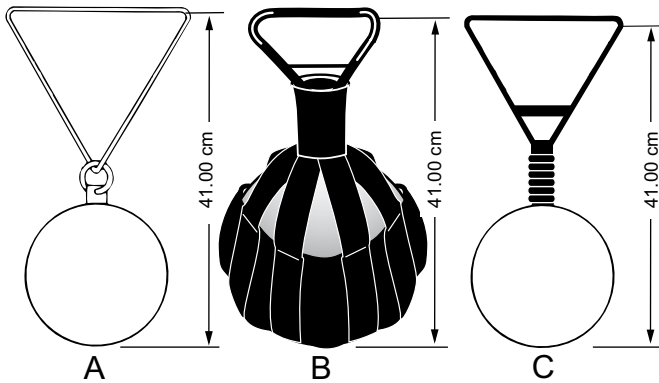
*Note: Homemade or modified implements are not allowed. Repair of broken implements may be made only with the original manufacturer's replacement parts.*

### Specifications

ARTICLE 5. The weight shall conform to the specifications for the implement published by USA Track and Field. The specifications in the articles of this rule and those in Figure 21 are reprinted for reference purposes only and may not be all-inclusive. The maximum overall length of the complete implement as thrown, measured from the inside surface of the middle of the handle to the bottom of the complete implement with the head in a spherical shape, shall not exceed 41.00 centimeters.

*Note: Measurement must not include any deformed or flat surfaces at the bottom of the head.*

	MEN'S	WOMEN'S
Minimum weight	15.880 kg	9.080 kg
Minimum head diameter	145 mm	120 mm
Maximum head diameter	165 mm	140 mm



**Figure 21—The Weight**

## SECTION 12. The Javelin

### Material

ARTICLE 1. The javelin shall consist of three parts: a metal head, a shaft and a cord grip. The shaft may be constructed of metal, and shall have fixed to it a metal head terminating in a sharp point.

**Cord Grip**

ARTICLE 2. The cord should cover the center of gravity without thongs, notches or indentations of any kind on the shaft, shall be of uniform thickness, and shall not exceed the diameter of the shaft by more than 8 millimeters.

**Cross Section**

ARTICLE 3. The cross section shall be regularly circular throughout, although a maximum difference of two percent between the largest and the smallest diameter is permitted. The maximum diameter of the shaft shall be immediately in front of the grip. The central portion of the shaft, including the part under the grip, may be cylindrical or slightly tapered toward the rear; but the reduction in diameter, from immediately in front of the grip to immediately behind, may not exceed 0.25 millimeters. From the grip, the javelin shall taper regularly to the tip at the front and the tail at the rear. The longitudinal profile from the grip to the front tip and to the tail shall be straight or slightly convex (see Note); and there must not be an abrupt alteration in the overall diameter, except immediately behind the head and at the front and rear of the grip, throughout the length of the javelin. At the rear of the head, the reduction in the diameter may not exceed 2.5 millimeters; and this departure from the longitudinal profile may not extend more than 30 centimeters behind the head.

*Note: The shape of the longitudinal profile may be checked quickly and easily using a metal straight edge at least 50 centimeters long and two feeler gauges 0.20 millimeters and 1.25 millimeters thick. For slightly convex sections of the profile, the straight edge will rock while in firm contact with a short section of the javelin. For straight sections of the profile with the straight edge in firm contact, it must be impossible to insert the 0.20-millimeter gauge between the javelin and the straight edge anywhere over the length of contact. This shall not apply immediately behind the joint between the head and the shaft. At this point, it must be impossible to insert the 1.25-millimeter gauge.*

**Mobile Parts**

ARTICLE 4. The javelin shall not have mobile parts or other apparatus that, during the throw, could change its center of gravity or throwing characteristics.

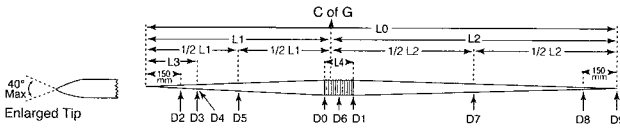
**Taper of Shaft**

ARTICLE 5. The tapering of the shaft to the tip of the metal head shall be such that the diameter, at the midpoint between the center of gravity and the tip of the metal head, shall not exceed 90 percent of the maximum diameter of the shaft and, at a point 15 centimeters from the tip of the metal head, 80 percent of the maximum diameter. The tapering of the shaft to the tail at the rear shall be such that the diameter, at the midpoint between the center of gravity and the tail, shall not be less than 90 percent of the maximum diameter of the shaft. At a point 15 centimeters from the tail, the diameter shall not be less than 40 percent of the maximum diameter of the shaft.

**Specifications**

ARTICLE 6. The javelin shall conform to the international specifications for the implement published by the IAAF. The specifications that follow and in Figure 22 are reprinted for reference purposes and may not be all-inclusive.

The minimum overall weight, including cord grip, shall be 800 grams and 600 grams for the men's and women's javelin, respectively.



International Javelin											
Lengths (all dimensions mm)						Diameters (all dimensions mm)					
		Men		Women				Men		Women	
Serial	Detail	Max	Min	Max	Min	Serial	Detail	Max	Min	Max	Min
L0	Overall	2700	2600	2300	2200	D0	In front of grip	30	25	25	20
L1	Tip C of G	1060	900	920	800	D1	At rear of grip	-	D0-0.25	-	D0-0.25
1/2L1	Half L1	530	450	460	400	D2	150 mm from tip	0.8 D0	-	0.8 D0	-
L2	Tail to C of G	1800	1540	1500	1280	D3	At rear of head	-	-	-	-
1/2L2	Half L2	900	770	750	640	D4	Immediately behind head	-	D3-2.5	-	D3-2.5
L3	Head	330	250	330	250	D5	Halfway tip to C of G	0.9 D0	-	0.9 D0	-
L4	Grip	160	150	150	140	D6	Over grip	D0+8	-	D0+8	-
						D7	Half-way tail to C of G	-	0.9 D0	-	0.9 D0
						D8	150 mm from tail	-	0.4 D0	-	0.4 D0
						D9	At tail	-	3.5	-	3.5

Figure 22 — Javelin

### SECTION 13. Calibration of Measuring Devices

It is recommended that all equipment used for timing, measuring wind, weighing and measuring implements, and measuring performance be certified for accuracy by an appropriate testing agency in accordance with methods specified by the manufacturer, before the first competition each year and preferably before each major competition, to comply with Rules 6-1.10 and 6-1.13.

Verification of the accuracy of devices used to measure distance can be accomplished by comparison to an available surveyed distance.

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# RULE 3

## Meet Personnel

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### SECTION 1. Officials

#### Number and Type

ARTICLE 1. The number of officials necessary to conduct a track and field or a cross country meet varies with the size and type of meet being conducted. The following officials, as appropriate, are recommended for a large meet:

a. *General administration*

Games committee	Medical doctor and/or athletic trainer
Meet director	Meet referees
Records coordinator	Jury of Appeal
Marshals	Scorers
Announcers	Custodian of awards
Surveyor	Cross country course inspection committee
Press steward	Combined Event director

b. *Track-events and/or cross country officials*

Clerks of course	Running referee
Judges of finish	Umpires
Manual timers	Wind-gauge operator(s)
Starters	Lap scorer(s)
Head finish evaluator — (fully automatic timing)	
Timing-device operator(s) — (fully automatic timing)	

c. *Field-events officials*

Implement inspector	Head field judge — per event
Wind-gauge operator(s)	Field judges — per event
Throwing referee	Markers — per event
Jumping referee	Measurers — per event

#### Additional Officials

ARTICLE 2. The games committee shall have the authority before competition begins to alter, add or reduce the above list as it deems advisable, upon review of factors such as the facility and automation.

#### Selection of Officials

ARTICLE 3. Officials should be individuals who have followed track and field or collegiate cross country closely over a period of years. They must be trained in the rules that govern these two NCAA sports, actions that constitute violations of these rules, and how and where they tend to occur. Every possible effort should be made to select and assign officials so that no conflict of interest could arise between competitors and officials. Currently enrolled students of any competing institution shall not officiate at conference, NCAA regional, or NCAA national championships, but may serve in other capacities.

## SECTION 2. The Games Committee

The primary purpose of the games committee, as part of meet management, is to give specialized assistance and guidance within the published rules of competition to the meet director such as:

- a. Determine the number and assignments of officials;
- b. Assist the meet director with meet administration;
- c. Appoint a jury of appeal to serve as the final authority on appeals of the referees' decisions, if such a panel is deemed appropriate, and provide for the jury and/or other pertinent officials to remain at the competition site until the end of any protest period;
- d. Determine the number of competitors an institution is allowed in each event;
- e. Determine the use and placement of competitors' identification;
- f. Approve the time schedule and changes in order of events;
- g. Verify that all events are held at the main meet venue except at conference championships;

*Note: Institutions may request a waiver to hold events elsewhere by petitioning the appropriate divisional chair by December 1 for indoor meets and March 1 for outdoor meets.*

- h. Determine the number of lapped runners who shall remain in the competition;
- i. Determine the structure for running timed-section finals;
- j. Determine qualifying procedures and drawing for lanes;
- k. Decide procedures to resolve ties for the last qualifying position in subsequent rounds;
- l. Approve the timing equipment to be used;
- m. Determine the use of implements for the meet;
- n. Set the time and place for inspecting, weighing and measuring all implements to be used in the meet;
- o. Approve measuring apparatus;
- p. Designate field-event site or runway, including direction, at least one hour before event competition begins;
- q. Designate running event direction at least one-half hour before event competition begins;
- r. Determine the number of field-event competitors who will advance to the final round;
- s. Establish a time by which all preliminaries in a field event must be completed;
- t. Group field-event competitors;
- u. Set starting heights and increments;
- v. Determine the length of the cross country course;
- w. Determine the use of facilities for and the conduct of combined events; and
- x. Address challenges to any meet procedures, entries or event seedings before the competition begins.
- y. Approve official video review equipment.
- z. Approve the use of the start information system to determine a legal start.

## SECTION 3. The Meet Director

### Primary Role

ARTICLE 1. The meet director, as part of meet management, is the central person behind the success of a track and field or cross country meet. The meet

director shall stimulate the enthusiasm and coordinate the promotional efforts of the organizing and games committees. The meet director is responsible to these committees for all aspects of the actual conduct of the meet. This person must foresee all the needs of competitors, officials and spectators, and ensure that all the technical details of the meet have been addressed within the requirements of the rules.

### **Duties**

ARTICLE 2. With the help and guidance of the games committee, the meet director shall, as applicable:

- a. Organize and conduct meet promotion;
- b. Provide and prepare the track and field grounds or the cross country course;
- c. Provide facilities and equipment (that is, batons, steel tape measures, stopwatches, flags);
- d. Provide full and early information to all competing schools, including entry marks;
- e. Appoint and inform officials and prepare officials' materials;
- f. Arrange meetings;
- g. Inform competing schools of suitable lodging, dining and ground transportation;
- h. Inform competing teams of acceptable materials for making marks on the track, runways, approaches or on the cross country course;
- i. Arrange for certification of all calibrated measuring and timing devices;
- j. Establish reporting times for competitors in all events;
- k. Verify team scores and meet results within 24 hours after the completion of a track and field or cross country meet;
- l. Retain photos, hand times and field-event results through July 1 of the current season; and
- m. Determine the finish line area and configuration for Cross Country.

## **SECTION 4. The Referee(s)**

### **Primary Role**

ARTICLE 1. The primary responsibility of a referee shall be to render a ruling on all rules violations reported by meet officials or protests filed by coaches of competing teams once the competition starts until the protest period of the competition has ended. The referee(s) shall be knowledgeable and qualified to interpret the NCAA track and field rules and the NCAA cross country rules. The referee shall not serve as any other official or as a member of the jury of appeal or games committee.

### **Duties**

ARTICLE 2. The referee(s) shall:

- a. After consulting with the appropriate officials, decide all questions, take such actions and make such decisions, including those for which the rules make no specific provision, that provide each contestant a fair and equal opportunity;
- b. Ensure fair and safe competition for all competitors and disqualify those whose acts violate the rules of fair and safe competition;
- c. Decide all questions regarding re-staging an event;

- d. Have sole power to warn and/or disqualify competitors as provided by these rules or upon report from the head umpire or head judges of field events, except as provided in Rule 3-7.1.

Warnings shall be indicated to the competitor verbally and by showing a yellow card. A second violation generally constitutes a disqualification, which the referee shall indicate to the athlete verbally and by showing a red card. If, in the opinion of the referee, the violation is severe, disqualification will occur without warning. The referee(s) shall note warnings and disqualifications in writing on appropriate meet results and shall identify the rule that applies;

- e. Rule on violations reported by competition officials or on filed protests; and  
 f. Decide place winners in track events and placing in cross country when the judges of the finish cannot reach a decision and when official films of the finish are available.  
 g. In the event of record track performances, the running referee shall verify the results of the place and time and shall check all related conditions.  
 h. In the event of record field-event performances, the throwing or jumping referee, and three field judges, shall verify all measurements and all related conditions.

### **Finality of Decisions**

ARTICLE 3. The referee's decisions in all matters shall be final and without appeal, except in those meets in which an appointed jury of appeal has been established for that specific purpose. The jury of appeal then will have the final authority.

*Note: See Rules 4-1.15 and 4-1.16 for protest and appeal procedures.*

## **SECTION 5. The Umpires**

### **Duties of Head Umpire**

ARTICLE 1. The duties of the head umpire shall be:

- a. To instruct umpires as to the rules and violations in general and as to the special track or cross country course conditions and special regulations the games committee or appropriate referee established for the meet;
- b. To place umpires where they can best judge possible violations;
- c. To position umpires at various points on the cross country course to observe all areas, specifically at points where confusion may occur.
- d. To secure and clarify from the umpires the facts of all apparent violations of track or cross country rules;
- e. To report all apparent violations of the rules and incidents of concern to the referee;
- f. To check the proper placement, height and weight of the hurdles (when the games committee has not provided hurdle inspectors); and
- g. To instruct, supervise and receive reports from those appointed to serve as lap scorers.

### **Duties of Umpires**

ARTICLE 2. The duties of the umpires are to detect and report, in writing, without waiting for a protest, all apparent violations of the rules to the head umpire. In so doing, they do not assume responsibility for disqualification — only the referee can make a disqualification. A yellow or white flag shall be made visible as soon as the umpire's area is cleared to indicate the umpire's judgment. Each

umpire shall use a yellow signal flag to indicate apparent violations and incidents of concern. A white flag should be raised to indicate that a violation has not been observed. In races of 5000 meters and longer, white flags are not required.

Before the start of relay races, a yellow flag shall be held aloft at each zone until the competitors at that zone are ready. A white flag shall then be raised.

In Cross Country, the umpires shall observe the conduct and the course of the runners during the race.

*Note: Umpires should be highly qualified and available in sufficient numbers to carry out their duties properly.*

### **Placement of Umpires**

ARTICLE 3. a. The head umpire shall be stationed, or move from place to place, during a race so that all possible violations may be seen and thus augment umpires' reports with personal information.

b. The following plan is recommended for placing umpires in track events:

- 1) Umpires shall be given a chart of the track on which each umpire's station is located for each track event, and flags to indicate whether violations have occurred. Each umpire must cover the assigned station for each race.
- 2) During races around the track, one or more umpires should be stationed so as to observe violations on the turns, on the backstretch and at the finish. Although it is not the responsibility of timers or judges of the finish to report violations, the referee may, with propriety, seek and weigh their observations in making a decision.
- 3) During straightaway dashes and hurdle races, at least two umpires shall stand behind the starting line while the others are at intervals along the track.
- 4) To judge baton passes in relay races, four umpires shall be assigned to each passing zone. Two shall stand on the inside of the track and two on the outside and sight along the staggered zone lines to ensure that the baton is exchanged within the passing zone.

## **SECTION 6. The Clerk of the Course**

The clerk of the course, with the help of assistant clerks as the meet may require, shall be responsible for:

- a. Obtaining the official list of Cross Country teams that identifies team members, official start lists for other running events, and competitor numbers;
- b. Using the official list, clear the starting and equipment area of everyone except the clerks, equipment marshals and competitors on the official list;
- c. Maintaining the running event time schedule;
- d. Calling together and placing athletes in their proper positions with needed instructions related to their event (including advancement procedures) before the start of each race; In Cross Country, begin in the middle of the starting line and line up the runners in consecutive order on either side of the middle, progressing to the outside starting position.
- e. Placing all relay team members, especially sprint relays, in their proper positions on the track itself (in distance races, this is done with the assistance of lap counters);
- f. Enforcing uniform, identifier, shoe and logo rules at the time of initial check-in through inspection, overseeing corrective action, and the issuing of a



warning that repeated violation may result in disciplinary action. A report of uncorrected violations shall be made to the games committee, referee and the offending competitor's coach; and

- g. Related duties as requested by the starter, meet director and the games committee.

*Note: To ensure a fair and equal start, every runner in Cross Country should be placed on the front line if at all possible. All starting positions or boxes should be numbered so that the runners and the clerks can easily locate them.*

## **SECTION 7. The Start Team**

### **Starter**

ARTICLE 1. The starter shall have entire control of the competitors when on their marks and during the start; and, along with the assistant starter, the starter shall decide, without appeal, whether a start is fair and legal, or which competitor(s) shall be charged with a false start. The starter shall be responsible for:

- a. Starting races promptly after the clerk of the course turns the athletes over to the starter;
- b. Answering questions on the rules and conditions governing the start of each race;
- c. The duties of a lap scorer (Rule 3-18) if one is not available;
- d. Ensuring that starting blocks are set up within the competitor's lane; and
- e. Positively informing all competitors, officials, meet management and spectators of cancellations, warnings and/or disqualifications through the use of green, yellow or red cards and verbal communication.

In staggered starts, the starter is to take a position and remain stationary so that the distance between the starter and each competitor is approximately the same, and so that each competitor hears equally the commands and the starting device. If a speaker system is used, speakers in sufficient numbers must be positioned so that competitors can hear simultaneously the commands and starting device. In such cases, the starter may be positioned so that the entire field falls into a narrow visual angle.

### **Assistant Starters**

ARTICLE 2. Assistants to the starter shall be appointed with the authority to recall for any observed infringement of the rules or any start that, in their opinion, is unfair. The reason for any recall shall be reported to the starter. Such assistants are of special value when the starter has difficulty seeing the entire field or the entire area where a recall is authorized. At least two assistants to the starter are recommended for track events. At least four are recommended for Cross Country.

## **SECTION 8. The Fully Automatic Timing Officials**

### **Operator(s) Duties**

ARTICLE 1. There shall be appointed officials who operate the fully automatic timing system used for the competition.

The timing-device operator shall have direct communication with the start team and head finish judge.

If the timing device fails to start, the operator shall recall the race.

After the race is over, the timing-device operator shall forward the photo-finish image to the head finish evaluator.

If a malfunction should occur, the timing-device operator shall notify the proper official(s) immediately and the predetermined backup system shall be designated the official result.

### **Photo Evaluator(s) Duties**

ARTICLE 2. The head finish evaluator should be away from the finish-line area and isolated from all competitors, officials and coaches so that this person is free from distraction while performing their duties.

The head finish evaluator shall, by using the official image of the finish, be responsible for the evaluation and interpretation of finish places and times.

In the event a protest is filed or additional assistance is required, as in ruling on close finishes, the referee shall be called to render a decision.

### **Official Images**

ARTICLE 3. Fully automatic timing systems have priority over manual times and judges' picks.

### **Cross Country**

ARTICLE 4. For meets in which congestion at the finish area may arise, finish line filming is recommended.

## **SECTION 9. Manual Judges of the Finish**

### **Number, Duties, Placement - Track Events**

ARTICLE 1. a. When fully automatic timing devices are used, there should be a head judge of the finish plus additional judges as deemed necessary by the games committee, head judge or meet director.

b. When fully automatic timing devices are not used, there shall be a head judge of the finish plus two judges, assigned by the head judge, for each scoring place. The judges' decision as to the order of finish shall be final, except for possible action taken by the head judge or referee.

c. Judges of the finish for each place shall serve from opposite sides on elevated stands at least 3 meters from the edge of the track.

### **Number, Duties, Placement - Cross Country**

ARTICLE 2. a. The head judge shall be placed on an elevated stand opposite the film crew and shall remain in that position and inform the assistant judges of finish-order placement of the participants as they cross the finish line.

b. The judges on the ground shall be responsible for actually placing the runners in their appropriate order of finish as they enter the narrowing funnel into the chute as indicated by the head finish judge.

c. There shall be two teams working independently of each other that shall record the runners' places.

d. One team shall be stationed opposite the manual time recorders at the finish line. A place recorder shall speak the assigned number worn by the runner as each crosses the finish line while another person records the announced numbers on a continuous numbered form. An audio recorder to verbally record the finishers by their assigned number is recommended.

e. A second team, performing the same operation as the first, shall be stationed at the outlet of the finish chute.

### **Procedure for Picking Places**

ARTICLE 3. The finish judges shall watch the race until the competitors are within 9 meters of the finish line and then should concentrate on the finish line to place finishers in accordance with Rule 5-3.1.

Without consulting other judges, each judge shall write the place selection on a card and hand it to the head judge. The decisions of judges picking higher-scoring places shall overrule those of judges picking lower-scoring places.

The head judge shall view the finish as a whole. Should the head judge see a place winner who is overlooked by all finish judges, and whose proper place cannot be decided in the manner described above, the head judge shall rule on the finish.

*Note: When official images from the fully automatic timing device(s) are not available, those from another system (that is, videotape) authorized by the games committee before the start of the competition may be used to verify the results reported by the judges of the finish.*

## **SECTION 10. The Manual Timers**

### **Number, Duties - Track Events**

ARTICLE 1. a. When two or more fully automatic timing devices are used, there should be a head timer plus additional timers as deemed necessary by the games committee, head timer or meet director.

b. When one fully automatic timing device is used, there shall be a head timer plus one timer for each scoring place.

c. When fully automatic timing devices are not used, there shall be three official timers of first place, one of whom shall be the head timer. When possible, there shall be two timers, assigned by the head timer, for each scoring place.

d. Times for all place winners and the wind reading must be recorded. The head timer shall assign one of the timers to give intermediate times.

e. For a Combined Event, each competitor shall be independently timed by at least three official timers when there is no fully automatic timing.

f. After each race, the head timer shall be responsible for recording the results from the manual timers in tenths of seconds.

*Note: For methods of timing see Rule 5-12. For equipment requirements see Rule 2-1.*

### **Number, Duties - Cross Country**

ARTICLE 2. a. The head timer shall be responsible for all phases of the finish times and results that require accurate timing. The head timer shall coordinate all timers, the timing of first place and the overall timing system (or systems) used in the competition.

b. One timer shall be assigned to call out times for all runners at every 1000-meter or mile point throughout the competition.

c. One time caller shall call out finish times loudly and clearly on a full-second basis as each runner crosses the finish line.

d. Manual timing system - The time recorder shall be responsible for recording the time of each runner at the finish, in full seconds, as called out as each finisher crosses the finish line.

### **Placement of Timers**

ARTICLE 3. Timers for each place shall serve from opposite sides on elevated stands at least 3 meters from the edge of the track.

**Procedure for Timing**

ARTICLE 4. The timing device will be started with the index finger upon the sight of the flash or smoke of the pistol or starting apparatus. The timing device is stopped with the index finger when the timer sees that any part of the competitor's torso has crossed the perpendicular plane of the near edge of the finish line. The torso is defined as any part of the body other than the head, neck, arms, legs, hands or feet.

Without consulting with other timers, each timer shall report the results to the head timer. The head timer shall decide the official time for each competitor.

**SECTION 11. The Field Judges****Number**

ARTICLE 1. There shall be one head field judge and such other judges or measurers as each event may require.

**Head Judges of Field Events**

ARTICLE 2. The head judge of each field event shall serve under the field referee with the help of assistant judges and measurers and shall:

- a. Conduct the event in accordance with the rules;
- b. Ensure that field events begin when scheduled, are properly organized and continue without delays;
- c. Judge the competitors' efforts as being fair or foul by displaying the respective white (fair) or red (foul) flag immediately after the trial is completed (a verbal decision, when the trial is completed, may be given in addition to the display of a flag);
- d. Judge the high jump and pole vault as success or failure;
- e. Read and record all non-foul trials (two separate judges when possible);
- f. Certify the results for each completed event and turn them over to the announcer and scorer;
- g. Enforce uniform, number, shoe and logo rules at the time of initial check-in (when not done by the clerk of the course) through inspection, overseeing corrective action, and issuing a warning that repeated violation may result in disciplinary action. A report of uncorrected violations shall be made to the referee and offending competitor's coach;
- h. Ensure that all measuring devices are in working order; and
- i. Report all apparent violations to the appropriate referee.

**SECTION 12. The Implement Inspector**

The implement inspector, under the supervision of the field referee, shall weigh and measure, and then certify with an identifying mark, all implements to be used in competition and as required for records. Illegal implements shall be impounded until competition in that event is concluded.

**SECTION 13. The Scorer**

The scorer and as many assistants as necessary shall record for the chair of the games committee and/or meet director the complete results in all events, team scores, individual place winners and their performances, and additional information that may be available.

## SECTION 14. The Announcer

### General Duties

ARTICLE 1. The announcer and any assistants shall provide meet information to spectators using available audio and visual aids without unduly disrupting attention from the competition.

### Duties Specific to Cross Country

ARTICLE 2. Announcers in Cross Country shall have the following additional responsibilities:

- a. Inform the competitors and spectators of special information related to the course and meet procedures;
- b. Call the runners to the start;
- c. Inform the spectators of the name, position and time of the leading runners during the progress of the race at each 1000-meter or mile mark;
- d. Announce the leading two or three runners as they approach the finish (announcements should not be made while runners actually are crossing the finish line, since this would create confusion for the recorders).
- e. Announce the unofficial quick scores and follow up with the official scores if ascertained reasonably quickly.
- f. Assist with the presentation of awards.

### Relevant Information

ARTICLE 3. Relevant information shall include:

- a. Names, numbers and affiliations of competitors;
- b. Lane assignments or order of competition in field events;
- c. Outstanding competitors who are participating;
- d. Past performances of outstanding competitors;
- e. In track events, intermediate times and, occasionally, the order of competitors;
- f. Results — placings, times, distances, heights, records — at the earliest possible moment (field-event results shall be announced imperially and metrically); and
- g. Current cumulative team scores.

### Supplementary Visual Aids

ARTICLE 4. Successful meet promotion has demonstrated that announcing should be supplemented by numerous and varied visual aids, including:

- a. Electrically lighted scoreboards on which entries, results and brief messages can be displayed;
- b. Rotating signboards for field events on which a competitor's number and performance are placed manually;
- c. Posters that give the name of the next competitor in a field event before the competitor performs;
- d. Crossbar height indicators;
- e. Distance indicators for field events, located outside landing areas; and
- f. Lane numbers for sprints and hurdles.

### **SECTION 15. The Marshal**

Marshals should be attired so as to be easily identified. The head marshal and assistants shall keep all areas of the track, the field or the cross country course clear and unobstructed to best meet the needs of contestants, officials and spectators. Marshals shall have the following responsibilities:

- a. Provide assistance in any aspect of the conduct of a competition to ensure safety and security for the participants and officials;
- b. Keep unauthorized people, including spectators, off the track or field;
- c. Keep unauthorized people away from restricted areas;
- d. Assign special areas or seating for coaches, inactive officials, noncompeting competitors, photographers, public-communications representatives, etc., where they do not interfere with the proper conduct of the meet;
- e. Keep spectators off the actual cross country course and prevent them from cutting across the course if they might impede a runner's progress; and
- f. In Cross Country, keep everyone except the appropriate officials and competitors out of the finish area.

### **SECTION 16. The Press Steward**

The press steward shall inform the representatives of the press as to all occurrences on the track, the field or the cross country course, and to related facts as may interest them. Specifically, the press steward shall obtain the names and teams of all competitors, full names of all place winners, the time or distance of each winning or record performance, and desired information concerning past performances.

### **SECTION 17. The Wind-Gauge Operator(s)**

The wind-gauge operator(s) shall ensure that the wind-measuring instrument is installed and operated in accordance with Rule 7-4.1. The operator shall ascertain the velocity of the wind in the running direction for each race of 200 meters or less and for each trial in the horizontal jumping events. This information shall be recorded and be included in the results.

### **SECTION 18. The Lap Scorers**

Adequate lap scorers must be provided to accurately count laps by recording the time over each lap of the athletes or teams for whom the lap scorer is responsible. A lap scorer shall be appointed to notify each competitor or team of the number of laps that still need to be completed. This shall apply for a distance race of more than two laps or each leg within a relay race. The lap scorer shall ring a bell when the event leader begins his or her final lap. The lap scorer(s) shall confirm to the head umpire, through an appropriate reporting method, that all competitors have completed the prescribed number of laps.

## **SECTION 19. The Medical Doctor/ Athletic Trainer**

ARTICLE 1. The games committee-appointed/approved medical doctor/athletic trainer shall examine injured or ill competitors and advise the competitor, the competitor's coach and the representative of any sponsoring organization regarding the continued participation in the meet. Such recommendations shall be considered when applying of the failure-to-participate rule or honest-effort rule.

ARTICLE 2. If a competitor is to be withdrawn from an event, an in-person evaluation by the appointed/approved medical doctor/athletic trainer shall occur before the start of the event.

ARTICLE 3. Should the decision be made to withdraw from or abandon an event, the competitor shall be scratched from any subsequent event(s) in the meet. However, a subsequent examination and resulting recommendation by the appointed/approved medical doctor/athletic trainer of the competition shall be considered by the referee to determine if continued participation is allowable.

ARTICLE 4. Provisions shall be made to provide medical aid to runners on a cross country course.

## **SECTION 20. Medical Personnel**

Whenever an athletics participant suffers a laceration or wound from which oozing or bleeding occurs, medical personnel shall stop the practice or event as soon as possible and provide the competitor with appropriate medical treatment. The competitor should leave the event or practice and not return until the oozing or bleeding stops.

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# RULE 4

## The Meet

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### SECTION 1. The Competition

#### Definition of Competition

ARTICLE 1. See Bylaw 17 in the NCAA Manual for the definitions of intercollegiate competition and organized competition.

#### Events

ARTICLE 2. NCAA Track and Field Championship events shall be as follows:

a. Indoor

55/60 Meters	Distance Medley Relay (1200, 400, 800, 1600)
55/60 Meter Hurdles	High Jump
200 Meters	Pole Vault
400 Meters	Long Jump
800 Meters	Triple Jump
Mile	Shot Put
3000 Meters	Weight Throw
5000 Meters	Pentathlon - Women
4x400 Meter Relay	Heptathlon - Men

b. Outdoor

100 Meters	100/110 Meter Hurdles	Shot Put
200 Meters	400 Meter Hurdles	Discus Throw
400 Meters	4x100 Meter Relay	Hammer Throw
800 Meters	4x400 Meter Relay	Javelin Throw
1500 Meters	High Jump	Decathlon - Men
3000 Meter Steeplechase	Pole Vault	Heptathlon - Women
5000 Meters	Long Jump	
10,000 Meters	Triple Jump	

#### Definition of Event

ARTICLE 3. An event is all groupings, divisions or sections pertaining to one running or field event discipline per gender. All rounds of a running event shall be contested using the same physical configuration, except running direction, for events of 200 meters or less. Running events of differing distances shall be contested separately.

#### Order of Events - Running

ARTICLE 4. The order of running events for the final round and all single-session competitions should be:



## a. Indoor:

Mile  
 60 Meter Hurdles  
 400 Meters  
 60 Meters  
 800 Meters  
 200 Meters  
 3000 Meters  
 4x400 Meter Relay  
 Distance Medley Relay

## b. Outdoor:

3000 Meter Steeplechase  
 4x100 Meter Relay  
 1500 Meters  
 100/110 Meter Hurdles  
 400 Meters  
 100 Meters  
 800 Meters  
 400 Meter Hurdles  
 200 Meters  
 5000 Meters  
 4x400 Meter Relay

The games committee shall take weather and facility conditions into account when scheduling additional events.

*Note 1: Changes to this order can be made by the games committee or by mutual agreement of the competing teams before the competition begins, but not as a reason to accommodate competitors in multiple events.*

*Note 2: Events of imperial measurement length shall not be used as substitute events.*

### Order of Events - Field

ARTICLE 5. The games committee shall determine the order of field events for all competitions in a manner that maximizes the available time and facilities. Special needs required for the Hammer Throw and the Weight Throw shall be taken into account when scheduling those events.

### Order of Events - Combined Events

ARTICLE 6. A Combined Event should always be administered so that competitive and equal competition is provided for each of the events. Each event in a Combined Event shall be administered separately from any other event in a meet and as a final.

#### a. Decathlon—Men

The Decathlon consists of 10 events that shall be held on two consecutive days in the following order:

##### First Day

100 Meters  
 Long Jump  
 Shot Put  
 High Jump  
 400 Meters

##### Second Day

110 Meter Hurdles  
 Discus Throw  
 Pole Vault  
 Javelin Throw  
 1500 Meters

#### b. Decathlon—Women

The Decathlon consists of 10 events that shall be held on two consecutive days in the following order:

##### First Day

100 Meters  
 Discus Throw  
 Pole Vault  
 Javelin Throw  
 400 Meters

##### Second Day

100 Meter Hurdles  
 Long Jump  
 Shot Put  
 High Jump  
 1500 Meters

#### c. Heptathlon—Women (Outdoor)

The Heptathlon consists of seven events that shall be held on two consecutive days in the following order:

**First Day**

100 Meter Hurdles  
 High Jump  
 Shot Put  
 200 Meters

**Second Day**

Long Jump  
 Javelin Throw  
 800 Meters

**d. Heptathlon—Men (Indoor)**

The Heptathlon consists of seven events that shall be held on two consecutive days in the following order:

**First Day**

55/60 Meters  
 Long Jump  
 Shot Put  
 High Jump

**Second Day**

55/60 Meter Hurdles  
 Pole Vault  
 1000 Meters

*Note: 60 meters is the recommended distance for the dash and hurdles.*

**e. Pentathlon—Men (Indoor and Outdoor)**

The Pentathlon consists of five events that shall be held on the same day in the following order:

**Indoor**

55/60 Meter Hurdles  
 Long Jump  
 Shot Put  
 High Jump  
 1000 Meters

**Outdoor**

Long Jump  
 Javelin Throw  
 200 Meters  
 Discus Throw  
 1500 Meters

*Note: 60 meters is the recommended distance for the hurdles.*

**f. Pentathlon—Women (Indoor and Outdoor)**

The Pentathlon consists of five events that shall be held on the same day in the following order:

**Indoor**

55/60 Meter Hurdles  
 High Jump  
 Shot Put  
 Long Jump  
 800 Meters

**Outdoor**

100 Meter Hurdles  
 High Jump  
 Shot Put  
 Long Jump  
 800 Meters

*Note: 60 meters is the recommended distance for the hurdles.*

**Two-Session Meets**

ARTICLE 7. In two-session meets (either two days or two sessions in one day) trial heats should be held in the same order and with the same time interval as in finals.

**Time Schedule**

ARTICLE 8.a. The games committee shall determine and/or approve a definite time schedule well in advance of the competition.

*Note: Due to variances in facilities and events in Indoor Track, the games committee shall make appropriate decisions concerning scheduling these competitions.*

b. The following guidelines should be used in preparing a time schedule:

- 1) Forty-five seconds per shot put;
- 2) One minute per discus and javelin throw;
- 3) One minute per high jump (average 10 jumps per competitor);

- 4) One minute and 30 seconds per long jump;
- 5) Two minutes per pole vault (average eight vaults per competitor);
- 6) Eight minutes for one heat of any running event less than 800 meters; and
- 7) Ten minutes for one heat that is 800-1500 meters in length.

*Note: This is not to be confused with the time interval between events.*

- c. Whenever both men's and women's Combined Events are conducted together, the Decathlon should start at least one hour before the Heptathlon on both days.

*Note: Because of the nature of combined-event competition, temperature and humidity should be taken into consideration when determining the appropriate starting time.*

### **Event Intervals**

ARTICLE 9.a. The interval between track events shall not exceed 10 minutes.

- b. Field events shall be scheduled so that:

- 1) They shall be completed before the last track event finishes; and
- 2) They permit concurrent Combined Event participation.

- c. For a Combined Event, at least 30 minutes should be allowed between the time one event ends and the next event begins. The games committee may alter the interval should circumstances dictate. The referee shall have the authority to designate an approximate starting time for each Combined Event element.

### **Mixed Gender**

ARTICLE 10. Mixed-gender competition is permitted in any horizontal field event with fewer than five competitors per gender. Mixed-gender competition is not permitted in any event within a Combined Event or in any running event except the 10,000 Meters. A separate event result shall be maintained for each gender.

### **Number of Entries**

ARTICLE 11. The meet director or games committee shall determine the number of entries an institution is allowed in each event and shall disclose and publish entry marks. The meet director shall publish, as part of the online information for the competition, a ranked list of event entries disclosing all performances used to determine entry in each event and the source of those performances.

### **Protests/Disqualifications**

ARTICLE 12. a. Protests relating to singular matters that develop during the conduct of the meet should be made at once and shall not be later than 15 minutes after the results have been announced or posted for the section involving the protest. This applies to each separate event within a Combined Event and to the preliminary and final rounds of a field event if the results are announced and posted separately. All implicated coaches must be notified of a tendered protest or any disqualification.

- b. Any such protest may be immediate and oral by a competitor or a competitor's coach in order to protect and preserve evidence used in determining an appropriately filed written protest. Any communication by the athlete that requests the preservation of the evidence shall be deemed a protest.
- c. The referee shall review the protest or report leading to a disqualification and shall render a decision after determining and considering available evidence. For track and field, concurrence of two referees is required when no jury

of appeal is appointed. Evidence specifically excluded is all visual material, except that produced:

- 1) For public broadcast, public streaming or public video board presentation.
  - 2) By an organization specifically employed for the purpose of providing video review.
  - 3) In conjunction with officiating an event.
  - 4) For official photo-timing.
  - 5) As additional official video designated by the games committee before the meet.
- d. Results revised because of a protest or disqualification shall be posted and announced. Coaches of competitors affected by any referee's decision shall be notified.
- e. Protests relating to Rule 4-3 shall not interrupt an event, nor result in a disqualification, once the event begins.

### **Appeals**

ARTICLE 13. As part of the protest process, a referee's decision may be appealed through an appointed jury of appeal, in writing, not later than 30 minutes after the referee's decision has been announced. The referee must be interviewed and any official evidence available to the referee may be reviewed. If such evidence is not conclusive, the referee's decision shall be upheld. No further appeal is available. The result of an appeal shall be posted and the affected coaches notified.

### **Correctable Error**

ARTICLE 14. Within 72 hours after the last event of a meet, or before a subsequent round, results can be corrected without the need for formal protest if administrative errors are detected (that is, incorrect calculation of team, individual or combined-event scores, timing, placing or other errors based on factual evidence). A correctable error shall include a coach's request to review the order of finish from an FAT system.

### **Competition Area**

ARTICLE 15. The games committee or meet administration is responsible for defining the competition area. It is normally the designated area of the stadium separate from the area spectators use or an off-site area specifically designated for competitor use in an event, and it may include the warm-up area.

### **Competition Area Access**

ARTICLE 16. The games committee governs access to any competition area. Unless authorized by the games committee, no portion of the normal competition area shall be set aside for coaches in any championships competition. When authorized, this area remains part of the competition area. An area outside the competition area, as close as feasible to the competition, shall be reserved for coaches.

### **Electronic Devices**

ARTICLE 17. Coaches, athletes, competitors and officials shall not use video or audio devices, radio transmitters or receivers, mobile phones, smart watches, computers, unmanned aerial systems (i.e., drones) or any similar devices in the competition area, except as authorized by the games committee for meet administration.

## SECTION 2. The Competitors

### Responsibility of Competitor

ARTICLE 1. A competitor shall be responsible for checking implements and equipment with officials, wearing the proper uniform as prescribed within Rule 4-3 and displaying the correct number as assigned by meet management. A competitor shall report to the clerk of the course, or the head judge for a field event if so instructed, no later than the check-in time designated by the games committee, and shall promptly be at the starting point of each competition in which entered.

Competitors are to abide by the letter and spirit of the rules and shall be responsible for conducting themselves in an honest and sporting fashion at all times toward opponents, officials and spectators. Honest effort is abandoning any event without reasonable cause as determined by the referee. Abandoning the Combined Event is not a violation of honest effort.

Competitors who conduct themselves in an unsporting manner, who are offensive by action or language, or who are found to be in violation of honest effort, shall be warned or disqualified by the referee from the event and from the remainder of the meet.

A competitor who fouls another competitor in any event of a Combined Event shall lose all the points gained in that event but shall be permitted to compete in the remaining event(s), unless the referee determines that the loss of points is not a sufficient penalty.

### Failure to Participate

ARTICLE 2. a. Competitors or relay teams must participate in the trials and/or finals of all events in which they are declared, defined as a form of commitment to compete. Such participation is also required in subsequent rounds as a result of qualifying, or when participation is a criterion for entry in a subsequent meet. For the initial rounds of all competitions, a declaration/commitment procedure and a withdrawal procedure, with appropriate deadlines for individual and relay team members, excluding alternates, must be published. Actual participation is a default commitment. When an institution's relay team declares, but does not participate in the competition, individual competitors declared on the relay team shall not evoke failure to participate.

- b. Participation is the expectation that a competitor start the athletic challenge requirements for a field event or any round of a running event, according to the rules of the event.
- c. An athlete failing to attempt a start or make a trial in any event of a Combined Event shall be considered to have abandoned the Combined Event and shall not be allowed to participate in any following event within the combined-event competition.

*Note: A Combined Event, such as the Decathlon, is one event. Failure to participate in a Combined Event, affecting other events in the meet, occurs only if the competitor fails to start the first event within a combined-event competition.*

- d. A failure to participate is considered an assumption that the competitor in violation has abandoned the competition and, therefore, shall be barred from all remaining events in the current meet.
- e. The referee, upon proper protest, based upon all authorized evidence and considering circumstances beyond the competitor's control (including

documented severe medical conditions) shall determine whether circumstances clearly demonstrate that a violation of this rule has occurred. The referee shall disqualify competitors for violating the failure-to-participate rule.

- f. This rule shall not preclude conferences or championships games committees creating additional restrictions published in handbooks and manuals.

### **Misconduct**

ARTICLE 3. Misconduct is any act of dishonesty, unsportsmanlike conduct, unprofessional behavior or breach of law occurring at the locale of the competition or warm-up that discredits the event or intercollegiate athletics. Misconduct includes the intentional reporting of false marks for entry purposes. Acts of misconduct are subject to reprimand or ejection by the referee or meet management.

### **Assistance**

ARTICLE 4. On the report of an official, or from a properly filed protest, the referee shall warn or disqualify a competitor who gives or receives assistance, a competitor who is determined to have been directly or unduly aided by a coach, a teammate not in the event, or a non-competitor associated with the competitor's team, or a competitor who is indirectly aided from inside the competition area by a coach, a teammate not in the event, or a noncompetitor associated with the competitor's team.

- a. For the purpose of this rule, the following shall be considered assistance, and therefore not allowed:
- 1) Viewing a video or photos, or a competitor using any wireless communication device during event competition.
  - 2) Using any device or technology that provides the user with an unfair advantage over another athlete.
  - 3) Using any appliance that has the effect of increasing the dimension of a piece of equipment beyond the permitted maximum in these rules, or that provides the user with an advantage that would not have been obtained using the equipment specified in the rules.
  - 4) Pacing in races by persons not participating in the same race, by lapped competitors or those about to be lapped, by competitors of the opposite gender in the same race, or pacesetting by any kind of technical device that benefits the field.
  - 5) Individual markers in the form of tape or other material used for any running event except as specifically authorized.
- b. For the purpose of this rule, the following shall not be considered assistance, and therefore allowed:
- 1) Communication between competitors and their coaches not within the competition area or from designated areas.
  - 2) In meets involving five or fewer teams, meet management may allow coaches onto the field of competition to confer with event competitors while not in an attempt.
  - 3) Crossing the track to confer with coaches before the scheduled start time of the first running event not part of a Combined Event, or as specifically established by the games committee before the competition.
  - 4) Medical examination/treatment deemed necessary, within the competition area, to enable a competitor to participate or continue participation

without assistance. Such examination/treatment shall be administered by those authorized by the games committee for such purpose, including team medical personnel, and may occur outside the competition area. Such intervention shall not delay the conduct of the event or a competitor's trial in a designated order.

- 5) Any kind of verifiable open wound protection or personal safeguard that does not provide a direct aid in the specific execution of the event (that is, torso belt, wrist band, shoe strap).

*Note: See Rule 6-1.8 and 6-6.4 for permissible substance use to promote a better grip.*

## **SECTION 3. Competitor Attire**

### **Uniform**

ARTICLE 1. When engaged in competition, each competitor must wear an official team uniform with components governed by these rules or be subject to disciplinary action. Competitors who are not in proper uniform compliance shall not compete until a compliant uniform is worn. The competition will not be delayed to accommodate compliance with the rule. Wearing any part of the official team competition uniform illegally (that is, top off or intentionally shortened, shoulder straps lowered) while in the area of competition shall lead to a warning by the nearest official and a report of uncorrected violations shall be made to the games committee, referee and offending competitor's coach.

- a. On any single day of competition, all team members must wear uniforms clearly indicating through the same primary color, institutional logo and combination of all outer garments worn as a uniform, that they are from the same team.
  - 1) Teams may change uniform colors from one day to another for multiple day meets.
  - 2) Men's and women's programs are considered separate teams, and are not required to have uniforms of identical color.
- b. A uniform consists of two school-issued components – shorts or briefs, and a top. A one-piece body suit is acceptable as a combination of the two components. Any outer garment (that is, sweatpants, tights) that is school-issued becomes the official uniform, when worn.
  - 1) The uniform must be of a material and design deemed to not be objectionable or offensive by the athletics department of the issuing institution.
  - 2) The uniform top must, by design and size, cover the full length of the torso, meeting or hanging below the waistband of the bottoms, while the competitor is standing, and allow for competitors' numbers to be placed above the waist, front and back.
  - 3) Uniform tops must be worn so to not obscure hip numbers.
  - 4) Additional visible clothing is an undergarment. It must be worn under the uniform and be of a solid color.
- c. Competitors shall not use or wear artificial noisemakers.

*Note 1: Individual or team uniform, logo, number and shoe rules shall be enforced through inspection by the clerk of the course or the head field event official at initial event check-in. Violators shall be warned, given the chance to correct the violation, and reported as provided in the rule.*

*Note 2: Clothing defined as an 'undergarment' does not include items commonly defined as 'underwear'.*

*Note 3: If single color body suits are worn, they shall be the same primary color and have the same institutional logo of the top garment of the entire team on any given day.*

### **Relay/Cross Country Team Uniforms**

ARTICLE 2. In addition to Article 1, the following shall apply:

- a. All relay and cross country team members must wear uniforms clearly indicating, through the same primary color, institutional logo and combination of all outer garments worn as a uniform, that members are from the same team.
- b. Other visible garments useful in team recognition (that is, T-shirts, arm-warmers, tights of any length, leg-warmers, each taken separately) worn by team members must be of an identical solid color. This does not apply to items of apparel above the shoulder or those covering the hands/feet.

*Note: The effect of this rule is that no imagination shall be required to justify a clear sense of belonging to a team.*

### **Logos**

ARTICLE 3. Per NCAA Bylaw 12.5.4, an institution's official uniform and all other items of apparel (that is, team jersey, socks) that are worn by student-athletes in competition may bear a single manufacturer's or distributor's normal trademark, not to exceed 2-1/4 square inches, including any additional material (that is, patch) surrounding the normal trademark or logo. The logo or trademark must be contained within a four-sided geometrical figure (that is, rectangle, square, parallelogram).

An institution's official uniform cannot bear a design element similar to the manufacturer's that is in addition to another logo or that is contrary to the size restriction.

A student-athlete representing an institution in intercollegiate competition is limited to wearing apparel items that include only the logo of an apparel manufacturer or distributor. This restriction shall not include logos that identify the student-athlete's institution or conference.

These restrictions apply to all apparel worn by student-athletes during the conduct of competition, including pre-meet or post-meet activities.

### **Numbers, Identification**

ARTICLE 4.a. In meets in which competitors' numbers are prescribed officially, the competitor must wear the competitor's number assigned by meet management. The number must be visible without alterations while the athlete is competing.

*Note: A competitors' number does not need to be numerical.*

- b. The use of additional identification to aid in the placing of competitors or the counting of laps in a race shall be allowed and required when prescribed. Institution and sponsor logos shall not be obscured and uniform requirements shall be observed.

### **Shoes**

ARTICLE 5. Competitors may compete in bare feet or with shoes on one or both feet. The purpose of shoes for competition is to protect and stabilize the feet and provide a firm grip on the ground. Such shoes must be constructed to



give a competitor no unfair additional advantage. Incorporating any technology and/or device in the shoe's construction that artificially enhances a competitor's performance is not permitted. A shoe strap or covering over the instep is permitted.

The number of spike positions per shoe shall not exceed 11. Features on, and part of, the sole and/or heel (grooves, ridges, indentations or protuberances) are permissible if constructed of the same or similar material as the sole.

When a competition is conducted on a synthetic surface, the part of each spike that projects beyond the plane where the sole or heel touches the surface must not exceed 9 millimeters, except in the High Jump or Javelin Throw, in which it must not exceed 12 millimeters. For nonsynthetic surfaces, this length of the spike must not exceed 25 millimeters. Spikes shall have a maximum diameter of 4 millimeters for the one-half of their total length closest to the tip. Facility considerations may further limit the type of spikes allowed.

The soles of shoes used in the High Jump and Long Jump shall be not more than 13 millimeters thick. The heel of shoes used in the High Jump shall be not more than 19 millimeters thick. In all other events, the sole and/or heel may be of any thickness. The thickness of the sole and heel shall be measured as the distance between the inside top side and the outside under side, including any above-mentioned features and including any kind or form of loose inner sole. Competitors may not use any appliance either inside or outside the shoe that will have the effect of increasing the thickness of the sole above the permitted maximum.

A competitor may appeal a head event judge's decision as to the legality of shoes to the referee.

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# RULE 5

## Running Events

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### SECTION 1. The Start

#### Control of Start

ARTICLE 1. The starter has sole control over all aspects of the start. The starter's decisions shall be final. A starting-area marshal shall be assigned to help keep the starting area clear and quiet.

The starter shall confer only with the officials assigned to the starting line (assistants to the starter and starting-area marshal) in cases in which there are questions concerning the start.

Practice starts in the immediate area of the starting line are not allowed in conjunction with the starter's commands.

#### Start

ARTICLE 2. All races shall be started as the result of the starter activating a signal. The signal shall be the report of a pistol that can be cocked, or an electronic tone that is clear, crisp, distinct and at least 90dB at 15 feet. The pistol shall not be less than .32-caliber. A simultaneous flash/smoke generated by the pistol or an electronic flash/strobe shall be clearly visible to the timers whenever manual timing is used. A .22-caliber pistol may be used for fully automatic timing without manual timers and for indoor events. A misfire shall not be a start. A visual signal shall be incorporated for the hearing impaired.

*Note: The term 'pistol' as used within these rules encompasses all devices used to start or recall a race. A 'firing' or a 'discharge' is the activation of such a device.*

#### Starting Blocks

ARTICLE 3. The games committee may restrict starting block use to only those the games committee authorizes. The games committee may require the use of starting blocks. Starting blocks must conform to the requirements in Rule 2-2.

Starting blocks may be used only in individual races shorter than 800 meters or in relays in which the first leg is shorter than 600 meters. The starting blocks must be set within each competitor's assigned lane without overlapping the starting line.

#### Starting Races—Shorter than 500 Meters

ARTICLE 4. The starter, after receiving a "ready" signal from the head finish judge and alerting all competitors, shall direct the runners to "On your marks."

The runners shall take the "On your marks" position, either crouched or standing, promptly and in such a way that no part of the body, excluding hair, touches the track on or beyond the starting line, or outside their assigned lane. Competitors in indoor races with staggered starts may place their hands outside their lanes, but not beyond the starting line extended.

The starter then shall direct them to “Set.” At this command, all competitors shall at once and without delay assume their full and final set positions. Then, when all are motionless, the starter shall discharge the pistol.

### **Starting Races—500 Meters and Longer**

ARTICLE 5. When no competitor is using a starting block, the starter shall have the runners take a position not more than 3 meters behind the starting line. On the command “On your marks,” runners shall, without delay, advance to the starting line and, when all competitors are steady and motionless without their hands touching the ground, the starter shall discharge the pistol. The provisions of Rule 5-1.4 shall be followed for all 500- or 600-meter race sections if starting blocks are used in any section within the event.

### **Recall Point**

ARTICLE 6. In a race where the start is not in lanes, the race shall be recalled for any incident that a member of the start team determines resulted in an unfair start. The incident must have occurred within close proximity to the start line and be clearly associated with the start. Close proximity shall be within 100 meters of the start line in Cross Country, and within 50 meters of the start line for indoor and outdoor track events.

### **Staggers**

ARTICLE 7. In races run in lanes around at least one turn, the starts and relay exchange zones must be staggered so that competitors or teams run the same distance. If the number of competitors exceeds the number of lanes on the track, all groups shall use a waterfall start, which may be staggered, or a staggered in-lane alley start. If there are two or more heats/sections, all must use the same starting procedure. When using a staggered waterfall start, two-thirds of the competitors should be placed on the main waterfall and one-third on the stagger.

### **Cross Country Procedure**

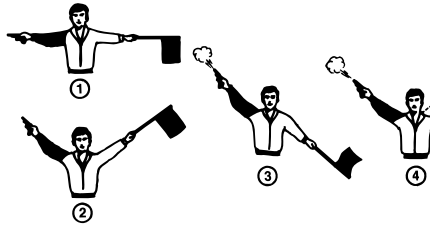
ARTICLE 8.a. When all runners are lined up ready for the start, the head starter shall have a flag, pistol and whistle and take a position in the middle of and at least 50 meters in front of the starting line.

- b. The head starter shall briefly and concisely review the following starting commands and procedures with all competitors immediately before the race:
  - 1) One whistle blast indicates “Runners to the line” position. Both arms of the starter, with a pistol in one hand and a red flag in the other, shall be held straight out from the shoulder at shoulder height. This position is to be held until all runners are on the line and steady. See Figure 23.
  - 2) In the “Runner set” position, the pistol and flag are raised slowly to straight overhead.
  - 3) When all runners are steady, the pistol shall be fired. The start is a simultaneous act of firing the pistol and pulling the flag down, providing both visual and auditory starting commands.
  - 4) A recall is indicated with the head starter and/or assistants to the starter firing the pistol and waving the flag up and down vigorously.
- c. An assistant to the starter should be stationed on an elevated platform located at one end of the starting line so the following duties can be performed:
  - 1) Have a complete view of the length of the starting line;
  - 2) Via access to the public-address system, turn over the runners to the head starter when the runners are ready; and

3) Initiate and/or affect a recall in case of a false start at the starting line.

*Note: If more than one such assistant is used, they shall be stationed at each end of the starting line.*

- d. Two additional assistants to the starter shall be placed at appropriate distances from the start to initiate and/or affect a recall as required by Rule 5-1.6.
- e. An assistant to the starter should be placed behind the starting line near the middle of the field to initiate and/or affect a recall as required by Rule 5-1.6.



**Figure 23—Starter's Signal**

## SECTION 2. Starting Violations/Procedures

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 competitor shall be disqualified unless the starter has cancelled the start.
- d. In a Combined Event or in Cross Country, a competitor shall be warned for the first false start and disqualified only after he or she has been charged with two false starts.

*Note: In races where 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.*

ARTICLE 2.a. If a member of the start team judges the start as unfair, he or she shall recall the competitors with a second pistol shot. If the starter judges the unfair start was due to one or more competitors "beating the pistol," it shall be considered a false start and the starter must charge the offender(s), who shall be disqualified. If the unfair start is not due to any competitor, a false start shall not be charged.

- b. For any reason, either before or after the word "Set," a member of the start team may cancel a start by directing all runners to stand up. After allowing the runners a brief time for adjustments, a new start shall be made. The starter must conform to the prescribed commands as set forth in the rules.

*Note 1: The starter usually finds it necessary to disqualify only one runner for a false start. By quickly saying "Stand up" after a break, the starter can release the other*

*runners from their marks. Runners who, in the starter's judgment, have been led off their marks by a false starter shall not be disqualified. However, if two or more runners break together, the starter must disqualify all of them.*

*Note 2: Communication by the start team regarding its decision concerning a violation, warning or cancellation shall be accomplished in compliance with Rule 3-7.1e.*

*Note 3: An intentional false start is considered misconduct.*

## **SECTION 3. The Finish**

### **Placing Finishers**

ARTICLE 1. The runners shall be placed in the order in which any part of their torso (as distinguished from an appendage such as the head, neck, arms, legs, hands or feet) reached the perpendicular plane of the nearer edge of the finish line.

### **Finish Tape**

ARTICLE 2. When fully automatic timing is used, finish tape shall not be used directly at the finish line.

### **Returning in Lanes**

ARTICLE 3. To help the judges identify the place winners of races run in lanes when photo-finish equipment is not in use, finishing runners should return in their lanes to the finish line.

## **SECTION 4. Legal Running**

### **Legal Running in Lanes**

ARTICLE 1. In all races started in lanes, competitors shall keep within their assigned lanes from start to finish, or for the in-lane portion. However, without material advantage gained and no other runner being obstructed, a competitor may run outside his or her assigned lane in the straightaway or outside the outer line of the lane on a curve.

### **Legal Running Without Lanes**

ARTICLE 2. The following situations shall constitute legal running in non-laned running events:

- a. A competitor may run anywhere on the track at any pace or any change of pace as long as he or she does not use any body or arm action to impede another runner's progress.
- b. A competitor may pass another runner legally on either the right or left side.
- c. A competitor may cut in front of another runner, provided that the overtaking runner has one full stride. This also applies to the curved-line start.
- d. A competitor who is lapped in a distance race shall run a normal course.

*Note 1: If a runner is required to withdraw, the runner shall exit to the inside of the track.*

*Note 2: The games committee has the authority to determine the number of lapped runners who shall remain in the competition.*

### **Legal Running Direction**

ARTICLE 3. The direction of running around the oval track shall be left hand inside.

## SECTION 5. Running Violations

### All Races

ARTICLE 1. When a competitor commits a flagrant foul in a race to aid a teammate, all persons from the offending team in that event shall be disqualified. Interference by a coach or a teammate not in the event shall also apply. Such an infraction shall be reported by the umpire and ruled on by the referee.

*Note 1: The violations listed in this section are in addition to those of assistance in Rule 4-2.4.*

*Note 2: Due to the narrow lanes, indoor races are more subject to collisions and unintended obstructions than outdoor races. Umpire and referee discretion is advised.*

### In Lanes

ARTICLE 2. The referee, after consulting with the appropriate officials, shall disqualify a competitor who:

- a. Flagrantly impedes another runner;
- b. In a race run on a curve, steps on or over the lane line to the left with two consecutive steps of either both feet or a single foot;
- c. Does not start and finish within his or her assigned lane; or
- d. In a race starting but not finishing in lanes, does not cross the break line within his or her assigned lane.

*Note: The referee, after consulting with the appropriate officials, shall not disqualify a competitor who is pushed or forced by another runner to step on or over the curb without material advantage gained.*

### Not in Lanes/Cross Country

ARTICLE 3. The referee, after consulting with the appropriate officials, shall disqualify a competitor who:

- a. Jostles, cuts across or obstructs another competitor so as to flagrantly impede the other runner's progress (direct contact is not necessary - any action that causes another runner to break stride or lose momentum is grounds for disqualification);
- b. Cuts in front of another runner without proper clearance or one full stride on the curved line start;
- c. Veers to the right or to the left so as to flagrantly impede a challenging runner or forces the challenging runner to run a greater distance;
- d. Voluntarily leaves the track/course or clearly abandons the race, then returns to continue the race;
- e. Tries to force a way between two leading runners and makes direct contact so as to impede the progress of either;
- f. Gains a meaningful advantage by failing to complete the prescribed course that is defined by a legal marking system; or
- g. Steps on or over the curb with two consecutive steps of either both feet or a single foot.

*Note: The referee, after consulting with the appropriate officials, shall not disqualify a competitor who is pushed or forced by another runner to step on or over the curb without material advantage gained, or steps on or over the curb on the straightaway unless an advantage is gained by improving position.*

## SECTION 6. The Hurdles

### Hurdle Placement

ARTICLE 1. In order to assure equitable competition:

- a. Hurdles may be run in alternate or consecutive lanes, as determined by the games committee; and
- b. Hurdles shall be placed in all lanes.

### Violations

ARTICLE 2. The referee, after consulting with the appropriate officials, shall disqualify a competitor who:

- a. Advances or trails a leg or foot outside the hurdle width and below the top horizontal plane or plane extended of the hurdle;
- b. Does not hurdle each hurdle within the competitor's lane;
- c. Deliberately knocks down any hurdle; or
- d. Deliberately knocks down any hurdle by hand.

## SECTION 7. The Steeplechase

### Violations

The referee, after consulting with the appropriate officials, shall disqualify a competitor who:

- a. Advances or trails a leg or foot outside the hurdle width and below the top horizontal plane of the hurdle;
- b. Does not traverse over each hurdle; or
- c. Does not go over or through the water.

## SECTION 8. The Relays

### Relay Racing

ARTICLE 1. Four unique competitors constitute a relay team, each of whom (except in shuttle relays) carries a baton.

### Relay Substitution

ARTICLE 2. Any eligible student-athlete who is a member of an institution's team is eligible to participate as a member of an institution's relay team at any time during a competition.

### Common Relay Events

ARTICLE 3. Relays commonly run include:

- a. 4x100 Meter Relay.
- b. 4x200 Meter Relay, a four-turn stagger is recommended.
- c. 4x400 Meter Relay or Mile Relay, a three-turn stagger shall be used outdoors.
- d. 4x800 Meter Relay.
- e. 4x1500 Meter Relay or 4x1600 Meter Relay.
- f. Sprint Medley Relay (100, 100, 200, 400), a three-turn stagger is recommended.
- g. Sprint Medley Relay (200, 200, 400, 800), a three-turn stagger is recommended.
- h. Distance Medley Relay (1200, 400, 800, 1,600).
- i. Shuttle Hurdle Relay (4x110 - men, 4x100 - women).

*Note: Where appropriate, distances of relay legs for an entire event may be of imperial measure.*

### **Positions for Receiving the Baton**

ARTICLE 4. In the sprint relays, outgoing runners, while waiting for the baton, must be positioned entirely inside the 30-meter exchange zone within the runner's lane. Outgoing runners may place two separate pieces of self-adhering, affixed tape or suitable material as determined by meet management on the track. When conditions dictate, the use of tacks may be used to assure that the markers stay in place. These markers may not be longer than the width of the lane nor wider than 2 inches, and may be placed anywhere within the outgoing runner's lane. These marked points may be outside the exchange zone.

In all other relays around the track, outgoing runners shall start their running after establishing a position entirely within the 20-meter passing zone, not touching the ground outside the zone. Outgoing runners may not place any markings on the track.

Receivers for relay exchanges that do not occur in assigned lanes shall line up, as instructed by an official, in the same relative position as their incoming teammates; the leaders shall pass in the first position, the second-place holders in the second position, etc. This line-up position is determined and should be maintained when the leader is at the beginning of the straight before the pass. When interference is not possible, receivers may move to the inside and should maintain the same relative positions.

### **Passing the Baton**

ARTICLE 5. In all relays around the track, the baton must be passed between teammates within the defined exchange zone. In the 4x100 and 4x200 Meter Relays, each exchange zone shall be 30 meters. For the Sprint Medley Relay (200, 200, 400, 800), the first exchange zone shall be 30 meters, and the second and third exchange zones shall be 20 meters.

For the 4x400 Meter and longer relays, each exchange zone shall be 20 meters. The exchange zones shall start and finish at the edges of the zone nearest the start line on the direction of the run.

The baton must be passed, not thrown, by each runner to the succeeding runner. The passing of the baton commences when the baton is first touched by the outgoing runner and is completed when the baton is solely in the possession of the outgoing runner. If, in a genuine attempt to pass the baton, it is dropped within the passing zone, either runner may retrieve it. A baton dropped outside the passing zone must be recovered by the person who dropped it. The runner recovering the baton may leave the assigned lane or track provided no other runner is impeded and the distance to be covered is not lessened. A member of a relay team may not run outside the passing zone for the purpose of taking the baton from a faltering or fallen teammate.

In all relay exchanges, runners shall start within their exchange zone. If a runner does not follow this rule, his or her team shall be disqualified.

### **After Passing the Baton**

ARTICLE 6. Incoming and outgoing competitors, after exchanging the baton, must remain in their lanes or established paths until the course is clear in order to avoid contact with the other competitors. When interference is no longer possible, incoming and outgoing runners should move to the inside.

### **Shuttle Hurdle Relay**

ARTICLE 7. In the Shuttle Hurdle Relay, the exchange zone begins 1.22 meters in front of each starting line. The outgoing runner must be motionless and may



not leave the starting line until the incoming runner's torso breaks the plane of the exchange zone.

### **SECTION 9. Relay Racing Violations**

The same rules and penalties with reference to fouling or illegal assistance that apply to other running events also shall apply to relay racing. In addition, the referee, after consulting with the appropriate officials, shall disqualify a relay team when:

- a. During a relay race, any member of that team is disqualified;
- b. Any member of a team uses a device or substance on either hand that enhances contact with the baton (that is, gloves, tape or adhesive substances);
- c. The baton is passed outside the defined passing zone;
- d. The baton is recovered illegally after being dropped;
- e. While running, a team member transports the baton in a manner other than in the hand;
- f. The last runner of the team finishes the race without a baton;
- g. After passing the baton, a runner veers out of the passing lane or from a straight course and flagrantly impedes an opposing runner;
- h. Assuming a preparatory position in any race run in lanes, any part of the outgoing runner's body breaks the plane of the adjacent lane lines so as to flagrantly interfere with another runner;
- i. The outgoing runner waiting for the baton does not take a position entirely within the exchange zone, except as noted in Rule 5-8.4 or Rule 5-8.7;
- j. A team member runs more than one leg; or
- k. Each team member does not run the specified relay leg distance.

### **SECTION 10. Running Event Procedure and Qualifying**

ARTICLE 1. The games committee shall use the following methods to administer running events:

- a. The number of contestants in any event or large meet may be reduced to a workable size by establishing qualifying standards or by requiring a qualifying competition conducted under specified conditions that precede the actual competition. The games committee may determine special qualifying round participation criteria.
- b. If the limits of time or facilities require, to ensure equity of competition, races (including relays) may be contested as a final in timed sections. When used, the structure for administering the final as timed sections, such as slow to fast, shall be determined by the games committee and must be consistent throughout the meet. In addition, no race in an event using timed sections shall have fewer than two competitors. In a single-round indoor timed-section final, the sections for all events except the 200 Meters and 400 Meters shall be seeded slow to fast and shall compete in that order.
- c. A series of rounds with advancement procedures for each round (see Rule 5-11.2) may be conducted leading to an event final.
- d. The criteria in Rule 5-10 and Rule 5-11 shall be used for all heats/finals unless extraordinary circumstances exist, normally not controllable, that require the games committee to alter them.

**Canceling Heats**

ARTICLE 2. If heats are drawn for a race but the total number of competitors who report to the start line is small enough to be run in one race, based on the number of lanes at the facility, the heats shall be canceled and the race shall be run as a final at the originally scheduled final time.

**Redrawing Heats**

ARTICLE 3. Whenever the referee determines that the number of entries or scratches reduces the number of competitors in any heat so as to eliminate the element of competition, the games committee shall, as appropriate, redraw the heats, reduce the number of qualifiers from each heat and select any additional qualifiers on a time basis in order to restore the element of competition.

**Tie for Last Qualifying Position**

ARTICLE 4. In the event of a tie for the last qualifying position based on place for a subsequent race, the number of advancers based on time shall be reduced. If there are no advancers by time, advancement for the last qualifier shall be as if those tied were advancing by time. In the event of a tie for the last qualifying position based on time for a subsequent race, after applying Rule 5-12.2f, and assuming positions on the track are available, all tying runners shall qualify. If not enough positions are available, the advancer shall be determined by a runoff, unless drawn by lot is chosen by the games committee before the meet. No other option is allowed. A runoff is not subject to Rule 4-2.2.

**Qualifying**

ARTICLE 5. For the outdoor races run entirely in lanes (100 Meters, 200 Meters, 400 Meters, 4x100 Meter Relay, 100/110 Meter Hurdles, 400 Meter Hurdles) and the indoor races (55 Meters, 60 Meters, 55 Meter Hurdles, 60 Meter Hurdles, 200 Meters, 300 Meters, 400 Meters, 500 Meters, 600 Meters, 4x200 Meter Relay and 4x400 Meter Relay):

- a. No preliminary race used as qualifying for a final shall have fewer than two competitors.
- b. When the number of advancers to a final round is less than or equal to the number of lanes, or for any round outdoors, at least the heat winner shall advance to the next round. All other qualifiers in the round shall advance on the basis of time.
- c. For the outdoor events listed in Rule 5-10.6a in which more than two rounds are contested, at least two qualifiers from each heat should advance to the next round on the basis of place.
- d. In races that start in lanes but do not finish in lanes, the first two places in each heat shall advance and all other qualifiers shall advance on the basis of time. If there are four or more heats, the heat winner shall advance and all other qualifiers shall advance on the basis of time.
- e. When an indoor facility has fewer than eight usable lanes and eight competitors/teams advance to the final, the competitors/teams shall qualify only on the basis of time from preliminary rounds. Advancement based on time only is not permitted for any other circumstance.
- f. The provisions of this Article shall also apply to non-championship relay and individual events for which the first leg or total distance is less than 800 meters.
- g. In all races started in lanes, if there is the same number of or fewer entries than there are lanes on the track, the event shall be run as a final.

- h. In cases in which a competitor has qualified for the next round withdraws or is unable to compete, another competitor shall not be moved into the next round.

### **Requirements for Heats/Final - Outdoor**

ARTICLE 6.a. The number of runners or teams shall not exceed the number of lanes available for the race in any heat or final of the 100 Meters, 200 Meters, 400 Meters, 100/110 Meter Hurdles, 400 Meter Hurdles, 4x100 Meter Relay and 4x400 Meter Relay, and the final of the 800 Meters.

- b. The games committee may authorize, with consistency, an alley or waterfall start with a greater number of runners in timed-final sections of the 800 Meters and authorize a maximum of 12 competitors in a nonfinal round of the 800 Meters. The 800 Meters shall be run with one person per lane or with in-lane alleys, each using a one-turn stagger, or with a waterfall.
- c. In the 1500 Meters, when more than one section is scheduled and 15 or fewer competitors report, the event shall be run as a single-race final. No more than 12 shall qualify for the final from a preliminary round.
- d. In the 3000 Meters or 5000 Meters or Steeplechase, when more than one section is scheduled and 18 or fewer competitors report, the event shall be run as a single-race final. No more than 14 shall qualify for the final in the 3000 Meters and Steeplechase and no more than 24 shall qualify for the final in the 5000 Meters from a preliminary round.
- e. In the 1500 Meters, 3000 Meters, 5000 Meters or in the Steeplechase, at least four places from each preliminary heat should advance. However, at least two qualifiers must advance on the basis of time. If there are three heats, at least three competitors must advance on place and at least two must advance on the basis of time.
- f. The first leg of the 4x400 Meter Relay or Mile Relay shall be run with a three-turn stagger.

### **Requirements for Heats/Final - Indoor**

ARTICLE 7.a. The number of runners or teams shall not exceed the number of lanes available in any heat or final for which the race or the first leg of the relay is less than 800 meters.

- b. No more than eight competitors shall advance to a final. This maximum shall be 10 for events less than 200 meters if, and only if, the facility has sufficient permanent lanes in such events for the increased number.
- c. When the race or the first leg of the relay is less than 800 meters, the competitors shall start and continue in lanes at least until the end of the second turn. On tracks of more than 200 meters, a one-turn stagger shall be used.
- d. The 800 Meters, 1000 Meters and 4x800 Meter Relay shall start and continue in lanes or laned-alleys until at least the end of the second turn. On tracks of more than 200 meters, these events shall start and continue in lanes or laned-alleys until the end of the first turn. A single waterfall start may be used. After such start, the race shall continue in lane one.
- e. The 800 Meters shall have not more than 12 competitors in any non-championship race. In a championship, each race (preliminary or final) shall be limited to eight competitors, barring extraordinary conditions.
- f. In individual races longer than 1000 meters and the Distance Medley Relay, if the number of competitors or teams exceeds the number of lanes on the track,

all groups shall use a waterfall start, which may be staggered (see Rule 5-1.7). After such start, the race shall continue in lane one.

- g. The order of the Distance Medley Relay shall be 1200 meters, 400 meters, 800 meters and 1600 meters, or the equivalent in imperial measure.
- h. If preliminaries are contested in the 800 Meters, 1000 Meters or the 4x800 Meter Relay, eight competitors/teams shall qualify to the final. The top two from each heat should advance; however, at least two must advance on the basis of time.
- i. If preliminaries are contested in the 1500 Meters or the Mile, at least nine but not more than 12 competitors, as determined by the games committee, shall qualify to the final. The top three from each heat should advance; however, at least two must advance on the basis of time. If 12 or fewer competitors report for the 1500 Meters or the Mile, the event shall be run as a final.
- j. If preliminaries are contested in the 3000 Meters, 12 competitors shall qualify to the final. The top four from each heat should advance; however, at least two must advance on the basis of time. If more than 16 competitors report for the 3000 Meters, the event shall be contested as a timed-section final or as preliminaries with advancement to a final.

### **Combined Event Sections**

ARTICLE 8.a. If sections are necessary in any running event, they may be determined by lot or by past seasonal performance in that event, when performances are available. Sections shall be as equal in number of competitors as possible.

- b. No fewer than three competitors should start in any section.
- c. When possible and practical, all competitors in the 800 Meters, 1000 Meters and 1500 Meters should run in one section. If the number of competitors in the 800 Meters or 1000 Meters exceeds the number of lanes on the track, all groups shall use a waterfall start, which may be staggered. The referee shall designate competitors for these groups. The current point leaders shall run in the final section. See Rules 5-1.7 and 5-11.4a.

## **SECTION 11. Formation of Heats/Assignment of Lanes**

### **Responsibility**

ARTICLE 1. The games committee shall be responsible for originally forming the heats and the assignment of lanes.

### **Regulations for Forming Heats**

ARTICLE 2. The heats in running events, except indoor events that have advancement to the final based on time only, shall be formed according to the following regulations, unless extraordinary circumstances exist, including facility or scheduling conditions that require alteration by the games committee:

- a. The declared competitors shall be assigned to first-round heats in the order their names are listed on the ranked performance list, working alternately from left to right and right to left. This procedure could cause two or more teammates to be assigned to the same heat. These heats shall not be altered. Draw heat order by lot.

Examples to form heats:

2 Heats		3 Heats		
Heat 1	Heat 2	Heat 1	Heat 2	Heat 3
1	2	1	2	3
4	3	6	5	4
5	6	7	8	9
8	7	12	11	10
9	10	13	14	15
12	11	18	17	16

(Numbers represent runners ranked in order of entry performance.)

b. The following table is for the 60/100 Meters and 60/100/110 Meter Hurdles:

Competitors	No. of Preliminary Heats	No. of Semifinal Heats	No. of Final Heats	No. in Final
<i>For six lanes:</i>				
1 to 6	0	0	1	6
7 to 8	0	0	2	7 or 8
9 to 12	2	0	2	8
13 to 18	3	0	2	8
19 to 24	4	0	2	8
25 to 30	5	3	2	8
31 to 36	6	3	2	8
37 plus	# required	4	2	8

<i>For eight lanes:</i>				
1 to 8	0	0	1	8
9 to 16	2	0	1	8
17 to 24	3	0	1	8
25 to 32	4	0 or 2	1	8
33 to 40	5	2	1	8
41 to 48	6	2 or 3	1	8
49 plus	# required	3	1	8

<i>For nine lanes:</i>				
1 to 9	0	0	1	9
10 to 18	2	0	1	9
19 to 27	3	0	1	9
28 to 36	4	0 or 2	1	9
37 to 45	5	2	1	9
46 to 54	6	2 or 3	1	9
55 plus	# required	3	1	9

On a 200-meter indoor facility with advancement by time only, the following table is for the 200/300/400/500/600 Meters and 4x400 Meter Relay:

	Competitors/ Teams	No. of Preliminary Heats	No. of Semifinal Heats	No. of Final Heats	No. in Final
<i>For six lanes:</i>					
	1 to 8	0	0	2	8
	9 to 12	3	0	2	8
	13 to 16	4	0	2	8
	17 to 20	5	0	2	8
	21 to 25	5 @ 5 per	3	2	8
	26 plus	# required @ 5 per	3	2	8

<i>For eight lanes:</i>					
	1 to 8			2	8
	9 to 18	3	0	2	8
	19 to 24	4	0	2	8
	25 to 30	5	0	2	8
	31 to 35	5 @ 7 per	2	2	8
	36 plus	# required @ 7 per	3	2	8

On a 200-meter indoor facility with advancement by place and time, the following table is for the 200/300/400/500/600 Meters and 4x200 Meter Relay:

	Competitors/ Teams	No. of Preliminary Heats (up to 5 per heat)	No. of Semifinal Heats	No. of Final Heats	No. in Final
<i>For six lanes:</i>					
	1 to 8	0	0	2	8
	9 to 15	3	0	2	8
	16 to 20	4	0	2	8
	21 to 25	5	3	2	8
	26 to 30	6	3	2	8
	31 plus	# required @ 5 per	3	2	8

<i>For eight lanes (up to 7 per heat in preliminary heats):</i>					
	1 to 12			2	up to 12
	13 to 21	3	0	2	8
	22 to 28	4	0 or 2	2	8
	29 to 35	5	2	2	8
	36 to 42	6	3	2	8
	43 plus	# required @ 7 per	3	2	8

The following table is for the outdoor 200/400 Meters, 400 Meter Hurdles and all outdoor Relays:

	Competitors/ Teams	No. of Preliminary Heats	No. of Semifinal Heats	No. of Final Heats	No. in Final
<i>For eight lanes:</i>					
	1 to 8			1	8
	9 to 14	2	0	1	8
	15 to 21	3	0	1	8
	22 to 28	4	0	1	8
	29 to 40	5 @ 8 per	2	1	8
	41 to 48	6 @ 8 per	2 or 3	1	8
	49 plus	# required @ 8 per	3	1	8

<i>For nine lanes:</i>					
	1 to 9	0	0	1	9
	10 to 16	2	0	1	9
	17 to 24	3	0	1	9
	25 to 32	4	0	1	9
	33 to 40	5	0	1	9
	41 to 54	6 @ 9 per	2	1	9
	55 plus	# required @ 9 per	2 or 3	1	9

The following table is for the 800 Meters and Distance Medley Relay:

	Competitors/ Teams	No. of Preliminary Heats (up to 12 per heat)	No. of Semifinal Heats	No. of Final Heats	No. in Final
<i>For all lanes:</i>					
	1 to 8	0	0	1	8
	9 to 24	2	0	1	8
	25 to 36	3	0	1	8
	37 to 48	4	2	1	8
	49 plus	# required @ 12 per	2	1	8

c. Principles of forming heats for second and subsequent rounds of competition are as follows:

- 1) Weigh place first.
- 2) Weigh time second.

*Note: For fully automatic timing malfunctions, see Rule 5-12.4.*

- 3) Seed each group of place winners as a unit by their times. Seed winners, then seed second-place runners, etc. Work from left to right, and from right to left and then all qualifiers on time in descending order.
- 4) Draw heat order by lot.

3 Heats, 4 Qualifiers		4 Heats, 4 Qualifiers		5 Heats, 3 Qualifiers	
Heat 1	Heat 2	Heat 1	Heat 2	Heat 1	Heat 2
1-1	1-2	1-1	1-2	1-1	1-2
2-1	1-3	1-4	1-3	1-4	1-3
2-2	2-3	2-1	2-2	1-5	2-1
3-2	3-1	2-4	2-3	2-3	2-2
3-3	4-1	3-1	3-2	2-4	2-5
4-3	4-2	3-4	3-3	3-2	3-1
		4-1	4-2	3-3	3-4
		4-4	4-3	3-5	(draw for heat by lot)

Legend:

1-1 = Fastest first-place runner.

1-2 = Second fastest first-place runner.

2-1 = Fastest second-place runner.

2-2 = Second fastest second-place runner.

### Regulations for Forming Heats - Advancement by Time

ARTICLE 3.a. A preliminary round that has advancement to the final based on time only shall be formed by seeding competitors from the performance list, left to right only throughout the heats. Draw heat order by lot.

Heat 1	Heat 2	Heat 3
1	2	3
4	5	6
7	8	9
10	11	12

b. A final round, contested as a result of Rule 5-10.5f (eight competitors advancing when the facility has fewer than eight usable lanes), shall be contested in two sections formed by seeding competitors from the ranked advancement list, using the following heat assignments and using lanes three through six:

Section 1	Section 2
3	1
4	2
6	5
8	7

### Regulations for Assigning Lanes

ARTICLE 4. The following procedures shall be used in drawing/assigning lanes:

- a. In the first of multiple rounds of competition, lanes, alleys or starting positions shall be drawn by lot in all races. For an event in which no preliminary round is contested, or where the preliminary round consists of a single race, the games committee may assign preferred lanes, starting positions or alleys by entry performance. For an in-lane Combined Event race, lanes shall be drawn by lot. Lane positions or boxes in Cross Country shall be drawn by lot.
- b. For competition other than the first round, lane/starting position and alley assignments shall be made as follows:
  - 1) For races not starting in lanes, starting position or position within an alley shall be drawn by lot.
  - 2) For races starting in lanes/alleys, assign to preferred lanes/alleys as follows:
    - a) Advancement determined by place:
      - (1) Weigh place first.
      - (2) Weigh time second.
    - b) Advancement determined by time:
 

Weigh by time in descending order.



*Note: Before the start of competition, the games committee shall decide the ranked order of preferred lanes/alleys one at a time and event by event for use when lanes/alleys are assigned. The best available lanes/alleys should be used albeit other circumstances. The athlete seeded No. 1 should be placed inside the athlete seeded No. 2. When unusual conditions make the original drawings unfair to one or more runners, the referee may make such changes as will produce greater fairness.*

### **Alternating Lanes for Duals, Triangulars**

ARTICLE 5. When track conditions permit in dual or triangular competitions, the games committee may adopt the following method of lane assignment: Lanes are drawn and alternated by schools for each individual event. School A might draw lanes 1-4-7; school B, 2-5-8; and school C, 3-6-9. Each school shall then place its runners in its lanes at their own discretion.

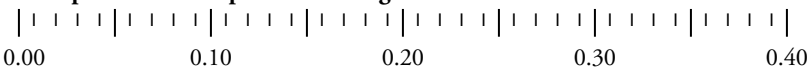
## **SECTION 12. Timing**

### **Methods of Timing**

ARTICLE 1. The methods of timing are listed in the order of preference. See Rule 2-13 for accuracy certification.

- a. Fully automatic timing (FAT), such as film or digital slit-camera photo-timing:
  - 1) Shall use camera equipment that is properly aligned with the finish line.
  - 2) Shall use equipment that is started automatically by an electronic starting device or by the energy of the shell exploding in the starter's pistol, so that the overall delay between the report from the starting device and the effective start of the timing system is constant and measurable to less than 1/1,000th of a second (Zero Control).
  - 3) Shall, by an electronic or optical device, automatically record the finish of each competitor in a continuous image or a composite of not less than 100 images per second. The displayed image shall be synchronized with a time scale of at least 1/100th of a second.
  - 4) Shall determine times and places by using equipment that identifies the instant the first part of each runner's torso reaches the finish line and guarantees perpendicularity of the indicator line to the time scale when moved horizontally to the precise point of finish for each runner.
  - 5) Shall be read and determine actual places and times based on the position of the indicator line.
  - 6) Shall record the official time to be the next highest 1/100th of a second based on the position of the indicator line.
  - 7) Shall indicate that an automatic start did not occur by a time scale of not more than 1/10th of a second on the displayed image.
  - 8) Shall be capable of producing a printed picture that shows all of the above conditions with a time scale graduated in 1/100th of a second, when applicable, and synchronized to the image. See Rule 5-12.2.

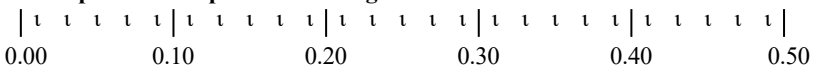
#### **Example for 1/100th per second image rate:**



Each hash-mark represents 0.01 seconds.

- b. Automatic timing (AT), such as videotape:
  - 1) Shall use camera equipment that is properly aligned with the finish line.
  - 2) Shall use equipment that is started automatically by an electronic starting device or by the energy of the shell exploding in the starter's pistol.
  - 3) Shall, by an electronic or optical device, automatically record the finish of each competitor in a composite of not less than 50 images per second. The displayed image shall be synchronized with a time scale that is not greater than the number of images recorded per second.
  - 4) Shall display the recording accuracy and a positive indication of an automatic start (that is, AT-1/60).
  - 5) Shall determine places based on the recorded frame when the torso of the runner is positioned at or immediately after the fixed perpendicular read line representing the finish.
  - 6) Shall record the official time to be the time on the recorded frame, to the accuracy of the image record rate, when the torso of the runner is positioned at or immediately after the fixed perpendicular read line representing the finish.
  - 7) Shall be capable of producing a printed picture that shows all of the above conditions with a time scale that is not graduated greater than the number of images recorded per second and synchronized to the image. See Rule 5-12.2.

**Example for 1/60th per second image rate:**



Each hash-mark represents 1/60th of a second.

- c. Manual timing (MT). All other methods of timing, including transponder (chip) timing, are manual timing.

**Methods of Recording Time**

- ARTICLE 2.a. When fully automatic timing (FAT) is used for events on a track, results must be recorded in 1/100th of a second and shall be the next slower 1/100th of a second based on the position of the indicator line. Final results shall indicate FAT with the time in 1/100ths, such as 10.33. No method of timing other than FAT shall report results with two decimal places (that is, 1/100th).
- b. When fully automatic timing (FAT) is used for the official meet results in Cross Country, the times of all competitors shall be determined by viewing the official image from the FAT camera and then reproduced on an official printout. Times shall be recorded to the slower 1/10th second.
- c. When automatic timing (AT) is used, results must be recorded with an indicated accuracy not greater than the image record rate of the equipment. The use of two decimal places is strictly forbidden. Final results shall indicate AT in a format such as 10-15/60, for an accuracy rate of 60 frames per second. If converted to a decimal, the result shall be rounded to the next slower single digit decimal less than the accuracy rate, and may be noted with an "A." The decimal result recorded for 10-15/60 is 10.3A.
- d. When manual timing (MT) is used, times must be rounded to the slower 1/10th of a second. Watches recording in hundredths of a second must

be rounded up to the next tenth. After each race, the head timer shall be responsible for recording the results from the timers. If two timers agree, their time shall be the official time. If all three watches disagree, the middle time shall be the official time. If only two timers record the time, the slower time shall be official. Final results shall indicate MT with a decimal time in 1/10th of a second. A manual time result shall be recorded in the format 10.4 or 10.4H

- e. When a transponder system is being used for the official meet results, a ranked order list of times of all competitors shall be determined by reading the printout produced by the system, and recorded to the slower 1/10th second. The ranked order of competitors separated by not more than 1/10th second shall be verified.
- f. Ties shall be broken for the purpose of determining place or advancement in FAT or AT by reading the picture to the accuracy available within the same race, but not greater than 1/1,000th of a second between different races. Ties for advancement based on recorded MT shall remain.

### **Conversions to Fully Automatic Timing for Seeding**

ARTICLE 3.a. The conversion method between automatic timing (AT) and fully automatic timing (FAT) shall only be used for championship meets in order to determine seed times. Automatic times (AT) must be recorded in 1/10th decimal format using Rule 5-12.2c before converting to FAT. The conversion method between fully automatic timing (FAT) and automatic timing (AT) is to add a zero to the automatic time stated as a 1/10th decimal (that is, 10.3A = 10.30).

- b. Manual times (MT) must be rounded using Rule 5-12.2d before adding a conversion factor. The conversion factor of .24 seconds between fully automatic timing (FAT) and manual timing (MT) must be used when conversions are desired (that is,  $MT + .24 = FAT$ ; 10.3H = 10.54). In championships meets, .24 shall be used for MT to FAT conversion in all events to determine seed times.

### **Malfunction of Fully Automatic Timing**

ARTICLE 4. In the event that fully automatic timing is not available in one or more of several heats or sections, the following procedure shall apply:

- a. Hand times shall be used for all competitors to determine Combined Event scoring in events of less than 800 Meters;
- b. Hand times shall be used for all heats/sections to determine advancement or final placing; or
- c. Heats or sections are to be rerun.

*Note: Times for those heats or sections in which automatic timing functioned properly shall be listed in the final results.*

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# RULE 6

## Field Events

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### SECTION 1. General Rules for Field Events

#### Field Event Definitions

ARTICLE 1. a. An attempt is all of the competitor's actions that occur from when the time limit begins until the official has determined, through the indication of the flag, a fair or foul trial.

*Note: Actions by a competitor after the official has ruled the trial fair cannot be a foul. This does not negate the immediate correction of an error, such as the raising of the wrong flag.*

- b. A pass is used to forgo an attempt within the preliminary or final rounds of an event, or at a height, and is not a trial.
- c. A trial is the purposeful action of completing the requirements of the athletic challenge (jump or throw) of the event.
- d. A round is the completion of all trials at a bar height in a vertical event or the completion of one rotation of the order of competitors for other field events.
- e. The first contact with the ground outside a horizontal jump landing area by foot, the top of the iron band or the ground outside a throwing circle or the ground outside a defined runway is considered 'leaving', as used within the rules.

#### Time Limit

ARTICLE 2. In the throwing events, a competitor shall be charged with a foul if he or she does not initiate a trial within 30 seconds after his or her name has been called, in addition to the event judge making a visual indication.

*Note: As a guide, and in an effort to ensure all competitors in the discus, hammer and weight throw have equal time per event, the time clock will start when the athlete steps onto the concrete pad prior to initiating their attempt.*

ARTICLE 3. In the horizontal jumping events and the High Jump, a competitor shall be charged with a foul if he or she does not initiate a trial within 30 seconds after the pit, crossbar or standards have been prepared or set, and after his or her name has been called, in addition to the event judge making a visual indication.

ARTICLE 4. In the Pole Vault, a competitor shall be charged with a foul if he or she does not initiate a trial within one minute after his or her name has been called, in addition to the event judge making a visual indication.

ARTICLE 5. In the High Jump and Pole Vault, when there are two or three competitors remaining in the competition at the start of a bar height, or when a competitor is taking consecutive attempts at the same bar height while other competitors remain in the competition, high jumpers shall have one minute and 30 seconds and pole vaulters two minutes to initiate a trial.

Except for the combined events, after all other competitors have failed, a competitor who has won the event shall be allowed three minutes for the High

Jump and five minutes for the Pole Vault to initiate a trial. However, in all cases, one minute will be allowed for the first trial of a competitor first entering the competition.

In the Combined Event High Jump, each competitor shall be allowed two minutes between consecutive attempts even when he or she is the only remaining competitor.

In the Combined Event Pole Vault, each competitor shall be allowed three minutes between consecutive attempts even when he or she is the only remaining competitor.

*Note: The number of competitors remaining in the competition includes those who could be involved in a jump-off for first place.*

ARTICLE 6. If visible time indicators are not used, the event timer shall give a warning by raising, and holding overhead, a yellow flag for the final 15 seconds of the time allowed.

### Time in Minutes for Initiating Field Events

Number of athletes in competition at the start of a bar height	Individual Event			Combined Events		
	HJ	PV	Other	HJ	PV	Other
More than 3	0.5	1	0.5	0.5	1	0.5
2 or 3	1.5	2	1	1.5	2	1
1	3	5	-	2	3	-
Consecutive Trials - 2 or more*	2	3	2	2	3	2

\* Within a height for individual, always for combined.

*Note: In the Pole Vault, one minute shall be allowed for the first trial of a competitor first entering the competition. In the High Jump, 30 seconds shall be allowed for the first trial of a competitor first entering the competition.*

### Absence From Competition

ARTICLE 7. Excused competitors shall not delay the continuation of an event. If a competitor is not present for a trial after the competition is complete for all others who are present, it shall be deemed that he or she forfeits the right to all further trials in the competition once the allowable time for all available trials has elapsed.

a. In events other than the vertical jumps, if a competitor is competing in another event that requires a long absence, the head judge of an event may allow that competitor to take qualifying or preliminary attempts, but not final attempts, out of the official order within the competitor's designated flight, which may or may not be in succession.

Should a competitor miss a turn in the final rounds, the head judge shall refuse permission for that competitor to take that turn. If a competitor is not present for a trial in final rounds, it shall be deemed that the competitor is passing, once the allowable time for the trial has elapsed.

b. In the vertical jumps, except for the Combined Event, the head judge of the event may allow a competitor to take attempts out of official order, which may or may not be in succession. The competition must continue, without delay, in the excused competitor's absence, and the competitor shall compete

at the existing height upon return, being allowed the number of attempts he or she had remaining when excused. If a competitor is not present for a trial before the bar is raised, it shall be deemed that he or she is passing, once the allowable time for the trial has elapsed.

### **Jumping Aids/Runway Markers**

- ARTICLE 8. a. Weights or artificial aids shall not be allowed in the jumping events, except for a wind sock to help the competitor determine wind direction and velocity.
- b. Officials may use a foot pattern to indicate the takeoff mark in any runway event to help all competitors during warm-up periods or upon request.
  - c. No more than two individual markers may be placed adjacent to and not on the runway before the foul line in the Long Jump, Triple Jump or Javelin Throw. No more than two markers may be placed adjacent to and not on the runway in the Pole Vault. No more than two markers may be placed in the high jump approach area.
  - d. No more than one individual marker may be temporarily placed only on the ground in the area immediately behind or adjacent to a throwing circle for the duration of each competitor's own attempt and it shall not impair the judges' view.
  - e. All markers must be made of a material that is approved by meet management and cover an area not greater than 7 centimeters by 15 centimeters. Shoes are not acceptable markers. The use of unacceptable material, after being warned, shall lead to the disqualification of the competitor. This restriction applies to practice, warm-up and competition.
  - f. For additional runway or approach restrictions, see Rule 6-5.5 and Rule 6-6.4.

### **Throwing Aids**

- ARTICLE 9. a. For the purpose of this rule, the following shall be considered assistance. As such, competitors are not allowed to:
- 1) Use gloves except in the Hammer Throw and the Weight Throw. For these two events, the gloves shall be smooth on the back and on the front. The tips of the glove fingers, other than the thumb, shall be open. An additional layer of leather may be affixed to the palm of the glove for additional protection.
  - 2) Tape two or more fingers together in such a way that the fingers cannot move individually.
  - 3) Spray or spread any substance onto the throwing surface of the circle or onto the bottom of their shoes, except for water as a cleaning agent.
  - 4) Alter the surface of the circle, except as part of allowable procedure.
  - 5) Carry or affix anything in the non-throwing hand during an attempt.
- b. For the purpose of this rule, the following shall not be considered assistance. As such, competitors are allowed to:
- 1) Use, in order to obtain a better grip, a suitable substance on the hands only, or in the case of the Hammer Throw and Weight Throw, on the gloves. Such substances may be used on the neck in the Shot Put.
  - 2) Apply chalk or a similar substance directly on the implement. Any such substances shall be easily removable with a wet cloth and shall not leave any residue.

- 3) Use taping on the hands and fingers that is in compliance with section a.(2) of this article. Use of taping on the hands and fingers may be continuous provided that, as a result, no two or more fingers are taped together. The taping must be shown to the head event judge before the event starts.

### **Warm-Up**

ARTICLE 10. The games committee determines the length of all warm-up periods. A maximum of 15 minutes, with consistency, shall be set aside for flight-specific warm-up before each flight when a general warm-up period is provided. Between the preliminary and final rounds, there may be a warm-up period for all competitors in the final for a period not greater than the time allowed for flight-specific warm-up.

Once a competition has begun, except as scheduled, competitors are not allowed to use for practice purposes the runway, ring, takeoff area or throwing implements associated with the competition.

In vertical jumps, a competitor who has not taken an initial trial in at least one hour from the first trial of the competition shall be allowed, under the direction of the event official, to use the runway and landing areas without the crossbar to warm up. A high jumper has a maximum of one and one-half minutes and a pole vaulter has a maximum of two minutes to warm up. Such warm-up shall occur at the change of the bar to the height the competitor enters the competition.

*Note: When more than one competitor enters at the same time, each receives the allotted time. The time is not aggregated for the group.*

### **Field Event Implements**

ARTICLE 11. The games committee may limit the use of implements in a meet, with the exception of vaulting poles, to those it authorizes. If this is not done, each competitor shall be allowed to use a personal implement, provided it meets legal specifications. To determine this, the games committee shall set time and place, before the start of the event, for inspecting, weighing and measuring all implements to be used in warm-up and/or competition. Weighing and measuring devices must be capable of certifying the implements within the allowable event specifications.

In the event an implement should become damaged during the course of the competition, its use shall be permitted only after it has been reinspected and approved.

A competitor may use another competitor's implement during competition only with the other competitor's permission.

### **Illegal Implements**

ARTICLE 12. A field event competitor shall be disqualified, and his or her marks and/or points scored disallowed, if he or she:

- a. Uses an implement (shot, discus, javelin, hammer or weight) that has been altered to become illegal after having been inspected officially;
- b. Uses an implement that was not inspected officially before competition; or
- c. Brings an illegal implement into the competition or warm-up area.

### **Illegal Implements During Recertification**

ARTICLE 13. If an implement is deemed illegal during recertification for record purposes, marks achieved and points scored by the competitor will be counted, even though the record will not be recognized.

## **Taking Measurements**

ARTICLE 14. All measurements of height or distance may be made with a steel tape, fiberglass tape, bar or electronic measuring device. Of these devices, only the steel tape and electronic measuring device, calibrated according to Rule 2-13, are acceptable for record purposes.

When measuring the throwing events or horizontal jumps, that part of the tape that records distance shall be read and announced by the official at the circle, foul line or takeoff board. The tape should be pulled through the center of the throwing circle, the radius of the throwing arc, or from a position one meter behind the takeoff board.

In the Pole Vault and High Jump, measurement of the official height shall be from a point on the same level as the takeoff to the lowest point on the upper side of the crossbar.

Efforts judged to be foul shall not be measured, except as otherwise provided within these rules.

Every non-foul trial shall be measured unless the alternate procedures of Rule 6-3.3 are being used.

## **Recording Performances**

ARTICLE 15. a. Performances on a scorecard shall be a distance or an "O" for a successful trial, an "X" for any type of foul/failure or a dash "-" to indicate a pass.

b. Metric is the system of measurement. Distances measured shall be recorded to the nearest lesser centimeter (that is, fractions less than one centimeter must be ignored).

c. Performances shall be announced in imperial and metric measure. The display of a performance shall be imperial measure and, when possible, metric.

d. For world, American and NCAA championships records, marks must be measured and recorded metrically.

## **Measuring Height of Bar**

ARTICLE 16. An accurate measurement of the height of the high jump or pole vault crossbar shall be taken each time it is placed at a new height; each time a crossbar replaces one that was in use; and each time a standard(s) has been displaced. For record attempts see Rule 7-4.

## **Wind Considerations**

ARTICLE 17. The games committee shall designate the official site or runway, including direction, to be used at least one hour before the event competition begins. In the event of unsafe wind conditions once competition has begun, competition may be suspended, but the event venue (that is, direction of jumping) shall not be changed.

## **Safety Considerations**

ARTICLE 18. The field event judge and referee are responsible for ensuring fair and safe competition. In the event of unsafe conditions once competition has begun (that is, weather or facility concerns), competition may be suspended, but the event venue (that is, direction of jumping) shall not be changed.

## **Safety Measures**

ARTICLE 19. An official should be present at all field events to monitor all warm-ups. All throwing areas shall be roped and flagged. Officials should maintain visual contact with the throwing circle or runway when in the impact



area. Competitors should maintain visual contact with the throwing circle or runway when retrieving implements. Competitors are not allowed in the impact area during warm-up or competition. Implements shall be carried, not thrown, out of the sector.

## **SECTION 2. Competition Procedures**

This procedure and criteria for conducting field events shall be used for all competition unless extraordinary circumstances exist, normally not controllable, which require the games committee to alter them.

ARTICLE 1. The games committee shall use the following methods to administer field events:

- a. Reduce the number of competitors in the preliminary rounds through the use of separate qualifying competitions.
- b. Achieve the number of competitors advancing to the final rounds through flights of preliminary rounds.

ARTICLE 2. Field event competitors who first report to the event, or flight if checked in by flight, after the first competitive attempt has been made in the event/flight, shall not be allowed to compete in the event.

ARTICLE 3. When a competitor who has earned advancement to subsequent rounds withdraws or is unable to compete, another competitor shall not advance.

### **Qualifying Competition**

ARTICLE 4. If a qualifying competition is deemed necessary, it shall precede the preliminaries and finals to determine which competitors entered in the event shall compete in the competition proper. The games committee shall determine group size, automatic qualification performance and the number who qualify. A competitor who has achieved the automatic qualifying performance shall not be allowed to continue in the qualifying competition. Field event tie-breaking procedures shall be used in determining the qualifiers. Performances made in the qualifying competition shall not be considered part of the competition proper and shall not count in deciding the final placing in the event.

### **Preliminary Competition and Advancement**

ARTICLE 5. In the throwing events and the horizontal jumps, each competitor shall be allowed three trials. In scored competitions with five or fewer teams, not more than one competitor more than the number of scoring places, including representation from more than one team, shall advance by best mark in the preliminary rounds to the final rounds, provided each has a valid mark in the preliminary rounds. The number of advancers shall never exceed nine, except that competitors tying for the last advancement position, by mark, shall advance to the final rounds, unless tie-breaking is designated by the games committee before the competition.

### **Combined Event Competition**

ARTICLE 6. a. Each competitor shall be allowed only three attempts in the Long Jump and throwing events. These attempts must be taken one at a time in the listed order of competition.

- b. All competitors shall compete in one or more flights as determined by the games committee. For total fields greater than 13, two flights should be considered. When more than one flight is used, the competitors should be split into sections as equal in number as possible by lot or based on past seasonal performance in that event. The flights should be concurrent when

facilities with equal conditions are available. The games committee may create competition groups used for more than one event. In the vertical jumps, the five-alive method of competition may be used.

- c. If separate and equal facilities are available for the Pole Vault, High Jump or Long Jump within a Combined Event competition, the games committee shall make the final determination for use of the facilities.
- d. In the High Jump and Pole Vault, the starting height of the crossbar shall be determined after consulting the competitors. Each increment rise shall be constant and followed throughout the competition regardless of the number of competitors. The increment for the High Jump shall be 3 centimeters and for the Pole Vault shall be 10 centimeters.

*Note 1: See Rule 6-1.2 through Rule 6-1.5 and reference chart for full details on time allowances.*

*Note 2: All performances should be measured with a device acceptable for record purposes.*

### **Automatic Advancement**

ARTICLE 7. Before the competition begins, the games committee may allow automatic participation of each competitor in the final rounds in the throwing events and horizontal jumps when the number of competitors at the start of the preliminaries is not greater than the maximum number in the final rounds allowed in Rule 6-2.5. In order to advance, each competitor must actually attempt one trial in the preliminary rounds.

### **Completion of Preliminaries**

ARTICLE 8. Each flight in the preliminaries is completed when the last competitor to be called in the flight has either taken the final trial or the time limit for the trial has expired.

All performances made in field event preliminary rounds shall be counted with performances in the final rounds to determine final place winners. Competitors shall be credited with the best of all their efforts.

*Note: This includes competitors who have been excused to compete in other events.*

## **SECTION 3. Alternate Procedures**

### **Four-Attempt Competition**

ARTICLE 1. The games committee may decide to conduct the horizontal jumps and throws as a four-attempt final competition.

### **Time Limit**

ARTICLE 2. The games committee may establish a time by which all preliminaries in a field event (especially the Long Jump and Triple Jump) must be completed. Preliminaries not taken before this time shall be forfeited.

### **Guaranteed Measurement**

ARTICLE 3. The games committee may establish a minimum distance that must be reached, after the first legal trial, to guarantee a measurement of a trial in any of the three preliminary rounds. All trials that achieve or exceed the minimum distance, and all trials in final rounds, must be measured.

## SECTION 4. Order of Competition

### Grouping Competitors

ARTICLE 1. The games committee shall determine flight assignment based on entry performance, arranged so that higher ranked competitors compete in later flights. Reassignment to another flight shall not be made after the flights have been determined. The horizontal events shall be arranged in flights not larger than 16 and not smaller than five.

### Determining Order of Competition

ARTICLE 2. In the throwing events, Long Jump and Triple Jump, the order of competition within a flight shall be seeded or drawn by lot. Each competitor in a flight shall complete three attempts in the order drawn. In the final rounds of these events, competition shall be in reverse order of best performance in the preliminary rounds, using tie-breaking procedures and then original order if needed. For the final three attempts, the finalists shall compete in one flight. If similar facilities are being used, competitors will take their final attempts from the same runway or circle they competed on during the preliminary attempts. If weather or facility conditions render this method unfair to some competitors, the referee may require that all trials be taken one at a time in the order drawn.

### High Jump, Pole Vault Procedure

ARTICLE 3. In the High Jump and Pole Vault, each competitor is allowed an attempt in the order in which the competitor's name is on the scorecard. The competitor is granted a maximum of three attempts at any one height. The competitor may accept all three attempts or may choose to pass any of them. The games committee shall determine whether the competing order is random or based on entry performance.

Those who fail and choose to take a second attempt at the same height shall take this second attempt in the order drawn and, similarly, for their third attempt. Competitors may, likewise, pass their second and/or third attempt. Passes must be indicated before the start of the time limit.

*Note: A "pass" is for a single attempt only. To pass all attempts at a given height, competitors must indicate that they are passing all three of their attempts at that height and it shall be so recorded.*

The competitor is permitted to continue jumping or vaulting at subsequent heights but is eliminated from the event when three consecutive unsuccessful attempts have been made, regardless of the heights at which the unsuccessful attempts are made.

When the number of competitors exceeds 20, the games committee shall select one of the following options:

- a. Use a qualifying competition, Rule 6-2.4, following the normal order of competition;
- b. Use two or more flights following the normal order of competition. The overall placing is determined by combining the results of all flights. A tie for first place overall is broken only when the flights are concurrent, otherwise best place tie-breaking is used only within each flight; or
- c. A rotating flight (five-alive method) may be used. For a rotating flight, once a competitor has cleared or missed three attempts at a height, another athlete shall be added to that position in the rotating flight, moving down the listed order of competition until all competitors have completed attempts at each

height. Therefore, jumps attempted by competitors would not be separated by more than four attempts from other competitors at any height.

When the number of competitors remaining at a given height at the end of a group rotation is nine or fewer (that is, those not excluded by failures and have not passed the height), the rotating flight method is abandoned and replaced by a continuous flight until the next height change.

The following is a sample performance record for a High Jump/Pole Vault competition to illustrate the rotating flight procedure using five-alive:

(Key: O Cleared; X Failed)

Jumper	2.00			Jump Order
A	X	X	X	1
B	X	X	O	2
C	O			3
D	X	X	O	4
E	X	O		5
F	X	X		3
G	X			5
H				1
I				2
J				6
K				7
L				8
M				9

Explanation: A as jumper #1, fails first attempt, so remains #1. B as jumper #2, fails first attempt, so remains #2. C as jumper #3, clears first attempt, so jumper #3 will become the next on the list, F becomes jumper #3. D as jumper #4 and E as jumper #5 each miss their first attempts; therefore remain #4 and #5. Returning to the top of the order, A and B, as #1 and #2, fail second attempts. F as jumper #3 fails first attempt. D as #4 fails second attempt. E as #5 clears second attempt, so jumper #5 becomes the next on the list, G becomes jumper #5. A as #1 fails third attempt, so jumper #1 becomes the next on the list, H becomes jumper #1. B as #2 clears third attempt, so jumper #2 becomes the next on the list, I becomes jumper #2. At this same time, only nine competitors remain at this height, so all would now be included in a rotation of nine jumpers. J, K, L and M become jumpers 6, 7, 8 and 9, respectively. The rotation continues with F as #3 and then D as #4 and so on through #9..

## SECTION 5. The High Jump

### Legal Jump

ARTICLE 1. A legal high jump is one in which a competitor jumps from one foot.

### Starting Height/Increments

ARTICLE 2. Except for the Combined Event, the games committee shall determine the starting height of the crossbar and each successive height. The crossbar should be initially raised in increments of 5 centimeters. The increment shall never be increased. The crossbar shall not be lowered and the increment shall never be less than 3 centimeters except as provided in Rule 7-1.7c. Increment restrictions do not apply to a single competitor who has won the competition and decides to continue jumping. Attention should be given to national standards and/or records when determining starting heights and increments.

The standards shall not be moved once the competition has been started. For safety reasons, the landing area may be adjusted.

One face of each crossbar shall be marked so that the crossbar always is placed with the same surface up.

**Failed Attempt**

ARTICLE 3. It shall be a failed attempt when:

- a. The crossbar is displaced in an attempt to clear it;
- b. A competitor touches the ground or landing area beyond the plane of the crossbar or the crossbar extended without first clearing the bar, except for incidental touching of the front of the landing-pad that does not result in an aid to the trial; or
- c. A competitor fails to initiate a trial as prescribed in Rule 6-1.3 or Rule 6-1.4.

**Accidental Displacement**

ARTICLE 4.a. If the crossbar is displaced by a force disassociated with the competitor, and if it is after the competitor clearly is over, the jump is successful. If the crossbar is displaced before the competitor is over, the competitor shall be given another attempt.

- b. It is not considered a failed attempt if a competitor clears the crossbar, lands in the landing-pad and, while exiting, accidentally displaces the crossbar.

**Jumping Aids**

ARTICLE 5. An approach mark(s) cannot be located within two meters of either standard. After warm-up and before competition, the High Jump official shall ask all competitors to identify their designated mark(s). All other marks shall be removed.

**Improperly Fastened Supports**

ARTICLE 6. If improperly fastened supports slip downward when a jumper hits the crossbar, the head judge of the event shall rule “no jump” and allow the jumper another attempt.

## SECTION 6. The Pole Vault

**Starting Height/Increments**

ARTICLE 1. Except for the Combined Event, the games committee shall determine the starting height of the crossbar and each successive height. The crossbar should be initially raised in increments of 15 centimeters. The increment shall never be increased and shall never be less than 5 centimeters. The crossbar shall not be lowered except as provided in Rule 7-1.7c. Increment restrictions do not apply to a single competitor who has won the competition and decides to continue vaulting.

Attention should be given to national standards and/or records when determining starting heights and increments.

One face of each crossbar shall be marked so that the crossbar always is placed with the same surface up.

*Note: For placement of the pole vault landing pad, see Rule 2-7.1.*

**Failed Attempt**

ARTICLE 2. It shall be a failed attempt when:

- a. After the vault, the bar does not remain supported by the pegs on which it originally rested because of any direct action of the competitor while vaulting;
- b. A competitor steadies the bar during an attempt;
- c. Without first clearing the bar, any part of the competitor's body or the pole touches the ground or the landing area beyond the vertical plane of the inside edge of the top of the vaulting box;

- d. During a vault, a competitor moves the upper hand higher on the pole or raises the lower hand above the upper hand; or
- e. A competitor fails to initiate a trial as prescribed in Rule 6-1.3 or Rule 6-1.4.

*Note 1: It shall not be counted as a trial or failure if a competitor's pole breaks during an attempt to clear the bar.*

*Note 2: It is not a failure if the pole incidentally touches the landing area or any protective padding in the course of a trial while the pole is planted in the box.*

### **Accidental Displacement**

ARTICLE 3.a. If the crossbar is displaced by a force disassociated with the competitor, after the competitor clearly is over, the vault is successful. If the crossbar is displaced before the competitor is over, the competitor shall be given another attempt.

- b. If the wind is of such intensity that after a successful clearing of the crossbar by the competitor, the pole is forced against the crossbar so as to displace it, the vault is successful. Displacement is not a temporary loss of contact between the crossbar and the supporting pegs.
- c. It is not considered a failed attempt if a competitor clears the crossbar, lands in the landing area and, while exiting, accidentally displaces the crossbar.

### **Jumping Aids**

ARTICLE 4. a. A competitor may not place foreign material in the vaulting box.

- b. The vaulting pole may have protective layers of tape at the grip end and at the bottom end of the pole. Tape at the grip end must be uniform without creating gripping 'rings'.
- c. Competitors may use a glove or an adhesive substance on their hands or on the pole in order to obtain a better grip. A forearm cover to prevent injuries shall be allowed.
- d. The practice of tapping (that is, anyone assisting the competitor at takeoff) is prohibited during warm-ups and competition. Violation will result in the assisted competitor being immediately disqualified from the competition.

### **Catching the Pole**

ARTICLE 5. An assigned official or the competitor may catch the pole, when circumstances warrant, though never to prevent it from dislodging the bar.

### **Moving the Uprights**

ARTICLE 6. Competitors may have the uprights moved toward the landing area not less than 45 centimeters and not more than 80 centimeters from the extension of the inside edge of the top of the vaulting box.

### **Improperly Fastened Supports**

ARTICLE 7. If improperly fastened supports slip downward when a vaulter hits the crossbar, the head judge of the event shall rule "no vault" and allow the vaulter another attempt.

## **SECTION 7. The Long Jump and Triple Jump**

### **Method of Triple Jump**

ARTICLE 1. In the Triple Jump, a competitor shall make the first jump, the hop, by landing on the takeoff foot; the second jump, the step, by landing on the non-takeoff foot; and the third jump into the landing area.

### **Multiple Takeoff Boards**

ARTICLE 2. In the Triple Jump, a maximum of two boards per gender may be used. Before the start of the event, each competitor must declare the board he or she will use throughout the competition. An official must place an identifying mark next to the board being used.

### **Foul Jump**

ARTICLE 3. It shall be a foul jump if:

- a. The takeoff foot (shoe) extends beyond the foul line;
- b. In attempting a jump, the competitor runs beyond the foul line extended;
- c. In the course of landing, the competitor touches the ground outside the landing area nearer to the takeoff than the nearest break in the landing area made by the jump;
- d. The competitor makes first contact with the ground outside the landing area closer to the takeoff line than the nearest break made in the sand upon landing;
- e. After jumping and before leaving the landing area, the competitor walks back through the landing area;
- f. The competitor employs any form of somersaulting during the trial before making contact with the landing area; or
- g. The competitor does not initiate a trial as prescribed in Rule 6-1.3.

### **Measuring Legal Jump**

ARTICLE 4. Each legal jump shall be measured at right angles to the foul line, or foul line extended, from the nearest break in the landing area made by any part of the body, any clothing or any other item attached to the body at the time it made a mark. To ensure correct measurement for records and qualifying, the elevation of the sand shall be frequently maintained to comply with rules for the landing area. At a minimum, this shall occur at the beginning of each flight and at the end of each round within a flight. See Rule 6-1.13.

## **SECTION 8. The Shot Put**

### **Legal Put**

ARTICLE 1. A legal put shall be made from within the circle without touching the top edge of the circle or the top surface of the stopboard, and shall land within the prescribed sector.

A legal put must be made from the shoulder with one hand only so that, during the trial, the shot does not drop behind or below the shoulder. A competitor must start from a stationary position inside the circle. Cartwheeling techniques are not permitted.

A competitor, who has not otherwise committed a foul, may interrupt a trial once started, return to a stationary position and begin again.

If the indoor shot breaks during the release or while in the air, the throw shall not count as an attempt, provided the attempt was made in accordance with the rules.

If the indoor shot breaks upon contact with the impact area, a substitute attempt shall not be permitted and the attempt shall be measured, provided it was made in accordance with the rules.

**Foul Put**

ARTICLE 2. It shall be a foul put if, after entering the circle and starting the put, the competitor:

- a. Uses any method contrary to the definition of a legal put;
- b. Causes the shot to fall on or outside the lines marking the sector;
- c. Touches with any part of the body, before the shot hits the ground:
  - 1) Any surface of the metal band except the inside surface,
  - 2) Any surface of the stopboard except its inside surface, or
  - 3) The area outside the circle;
- d. Throws an implement that does not conform to the legal requirements;
- e. Gains assistance as indicated in Rule 6-1.8a or through the applicable provisions of Rule 4-2.4a;
- f. Leaves the circle before the shot hits the ground;
- g. Leaves the circle from the front half; or
- h. Fails to initiate a trial as prescribed in Rule 6-1.2.

*Note: It is not a foul if any part of the competitor's body swings outside the circle without touching.*

**Measuring Legal Put**

ARTICLE 3. The measurement of a put shall be from the nearest edge of the first mark made by the shot to the inside edge of the stopboard nearest such mark, measured along an extended radius of the circle. See Rule 6-1.13.

## **SECTION 9. The Discus Throw**

**Legal Throw**

ARTICLE 1. A legal throw is one that is thrown from the circle into the legal sector. A competitor must start from a stationary position inside the circle.

A competitor, who has not otherwise committed a foul, may interrupt a trial once started, return to a stationary position and begin again.

**Foul Throw**

ARTICLE 2. It shall be a foul throw if, after entering the circle and starting the throw, the competitor:

- a. Uses any method contrary to the definition of a legal throw;
- b. Causes the discus to fall on or outside the lines marking the sector;
- c. Touches with any part of the body, before the discus hits the ground:
  - 1) Any surface of the metal band except the inside surface, or
  - 2) The area outside the circle;
- d. Leaves the circle before the discus hits the ground;
- e. Leaves the circle from the front half;
- f. Throws an implement that does not conform to the legal requirements;
- g. Drops the discus outside the circle during the preliminary swings that precede the turn and throw;
- h. Fails to initiate a trial as prescribed in Rule 6-1.2; or
- i. Gains assistance as indicated in Rule 6-1.8a or through the applicable provisions of Rule 4-2.4a.

*Note 1: It is not a foul if any part of the competitor's body (including the heel) swings outside the circle without touching.*



*Note 2: A throw will be considered valid if it lands within the sector, even though it may have touched the cage.*

### **Measuring Legal Throw**

ARTICLE 3. The measurement of a legal throw shall be from the nearest edge of the first point of contact made by the discus to the inside edge of the circle nearest such mark along an extended radius of the circle. See Rule 6-1.13.

## **SECTION 10. The Javelin Throw**

### **Legal Throw**

ARTICLE 1. The javelin must be held by the grip and the throw made from behind the arc. The javelin must fall metal head first within the sector. The metal head is the entire cone attached to the shaft.

If the metal head of the javelin makes the first contact within the legal sector, the throw shall be legal and shall be measured even though the shaft of the javelin then swings and contacts the ground outside the sector.

Notwithstanding any other provisions of this section, a javelin making obvious and irrefutable first contact with the ground other than with the metal head shall be ruled a foul throw.

At no time during the approach or delivery, until the javelin is in the air, may the competitor turn completely around so that his or her back is toward the throwing area. The competitor, who has not otherwise committed a foul, may interrupt a trial once started, turn completely around, return to a stationary position at the starting position and begin again. The delivery of the javelin must be made with a distinct, above-the-shoulder motion of the throwing arm, and the thrower's last contact with the javelin during its release shall be with the cord grip.

### **Judging Throws**

ARTICLE 2. It is recommended that two judges be used. One judge shall rule on the legality of the landing of the throw. This judge shall be outside the sector, perpendicular with the landing, and low enough to the ground to determine which part of the implement made first contact with the ground. This judge shall not determine the mark used for measuring the distance of the throw. A judge positioned inside the sector shall not rule on the legality of the landing other than those deemed irrefutable. If there are not enough trained personnel available to perform both tasks, one judge is required to both determine the first legal contact point and measure the distance of the throw.

### **Foul Throw**

ARTICLE 3. It shall be a foul throw if, during an attempt, the competitor:

- a. Uses any method contrary to the definition of a legal throw;
- b. Touches with any part of the body, before the javelin hits the ground:
  - 1) Any surface of the foul line extended,
  - 2) The boundary line of the runway, or
  - 3) The area outside the foul line or the run-up lines;
- c. Fails to hold the javelin by the cord grip;

*Note: A competitor may hold the javelin at the end of the cord grip even though one or more fingers and thumb touch the javelin shaft.*

- d. Throws an implement that does not conform to the legal requirements;
- e. Leaves the runway before the javelin hits the ground;

- f. Exits the runway ahead of the foul-line arc and the lines drawn from its extremities;
- g. Causes the javelin to land on or outside the lines marking the sector;
- h. Fails to initiate a trial as prescribed in Rule 6-1.2; or
- i. Gains assistance as indicated in Rule 6-1.8a or through the applicable provisions of Rule 4-2.4a.

If the javelin breaks during the release or while in the air, it shall not count as a trial, provided the throw was made in accordance with the rules. If the javelin breaks upon contact with the ground, a substitute throw shall not be permitted and the throw shall be measured, provided it was made in accordance with the rules.

*Note: A competitor may steady or guide the javelin with the nonthrowing hand during the run-up.*

### **Measuring Legal Throw**

ARTICLE 4. A legal throw shall be measured from the nearest edge of the first point of contact the javelin makes, as determined by a judge assigned for such purpose inside the sector, to the inside circumference of the arc or foul line, measured along a line from the contact point to the center of the circle of which the arc is part. See Rule 6-1.13.

## **SECTION 11. The Hammer Throw/Weight Throw**

### **Legal Throw**

ARTICLE 1. A legal 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. A competitor, who has not otherwise committed a foul, may interrupt a trial once started and lay the head of the hammer/weight inside or outside the circle and start again from a stationary position inside the circle.

When the competitor is in a starting position before the preliminary swings or turns, he or she is allowed to put the head of the hammer/weight on the ground inside or outside the circle.

### **Foul Throw**

ARTICLE 2. It shall be a foul throw if, after entering the circle and starting a throw, the competitor:

- a. Uses any method contrary to the definition of a legal throw;
- b. Touches with any part of the body, before the hammer/weight hits the ground:
  - 1) Any surface of the metal band except the inside surface, or
  - 2) The area outside the circle;
- c. Leaves the circle before the hammer/weight has made contact with the ground as a result of the throw;
- d. Leaves the circle from the front half;
- e. Throws an implement that does not conform to the legal requirements;
- f. Causes the hammer/weight to fall on or outside the lines marking the sector; or
- g. Fails to initiate a trial as prescribed in Rule 6-1.2.

If the head of the hammer/weight falls within the legal sector, the throw shall be legal and shall be measured, even though the wire and/or handle contact the

ground outside the sector. It shall not be a foul throw if the hammer/weight, when released, touches any part of the cage and lands within the legal sector.

It shall not be considered a foul throw if the head of the hammer/weight touches the ground during the swings or turns the competitor makes before the hammer/weight is released.

If the hammer/weight breaks during a throw or while in the air, it shall not count as a throw provided it was made in accordance with the rules. If a competitor thereby loses equilibrium and commits a foul, it shall not count against the competitor.

### **Measuring Legal Throw**

ARTICLE 3. The throw shall be measured from the nearest edge of the first mark the head of the hammer/weight makes to the inside edge of the circle along the extended radius of the circle. See Rule 6-1.13.

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# RULE 7

## Scoring, Records

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### SECTION 1. Scoring - Track and Field

#### Meet Scoring

ARTICLE 1. Scoring in meets with four or fewer teams shall be recorded as follows:

No. of Teams in Meet	Individual Events								Relay Events				
2	5	3	2	1						5	3		
3	7	5	4	3	2	1				7	5	4	
4	9	7	6	5	4	3	2	1		9	7	6	5

Only two individual entries per institution shall score. One relay entry per institution shall score.

ARTICLE 2. Scoring in meets with five or more teams, and all championships meets regardless of the number of teams, shall be recorded as follows:

No. of Teams in Meet	Individual Events								Relay Events								
5 or fewer	10	8	6	4	2	1				10	8	6	4	2			
6 or more (6 scoring)	10	8	6	4	2	1				10	8	6	4	2	1		
6 or more (8 scoring)	10	8	6	5	4	3	2	1		10	8	6	5	4	3	2	1

All individual entries shall have the ability to score in the competition. One relay entry per institution shall score.

#### Alternate Scoring

ARTICLE 3. With consent of competing coaches, the following alternate scoring system may be used in meets with four or fewer teams. However, the scoring system in Article 1 is the default scoring system.

No. of Teams in Meet	Individual Events								Relay Events				
2	5	3	1							5	0		
3	5	3	2	1						5	3	0	
4	5	3	2	1						5	3	2	0

All individual entries shall have the ability to score in the competition. Only one relay entry per institution shall score.

#### Non-Scoring Institutions

ARTICLE 4. Any institution without a scoring competitor shall be listed in the final results with a team score of zero (0).

#### Ties—Track Events

ARTICLE 5. If two or more competitors are judged as having tied for a place, points for the places involved shall be divided equally between these competitors. Example: In a triangular meet (using the default scoring system), there is a two-way tie for second place. Each competitor shall receive four and one-half points (five plus four divided by two). The next competitor shall receive three points for fourth place.

### Ties—Throws and Horizontal Jumps

ARTICLE 6. In events in which place is decided by measurement (the throwing events, Long Jump and Triple Jump), ties produced by identical measurements shall be resolved by the second-best performances of the tying competitors; if a tie still remains, by the third-best performances, and so forth.

### Ties—Vertical Jumps

ARTICLE 7. In the High Jump and Pole Vault, ties shall be resolved as follows (see accompanying example):

- a. The competitor with the lowest number of jumps at the height at which the tie occurs shall be awarded the higher place.
- b. If the tie still remains, the competitor with the lowest total of failures throughout the competition up to and including the height last cleared shall be awarded the higher place.
- c. If the tie still remains:
  - 1) If it concerns first place, the competitors tying shall have one more jump at each height, starting at the next height in the original progression above the tying height and, if a decision is not reached, the bar shall be raised if the tying competitors were successful, or lowered if not, 2 centimeters in the High Jump and 5 centimeters in the Pole Vault. Competitors so tying must jump once on each occasion when resolving the tie. Withdrawal from competition in a jump-off shall not affect participation in subsequent events or negate a competitor's performance in that event.
  - 2) If it concerns any other place, the competitors shall be awarded the same place in the competition.

*Note: In the High Jump and Pole Vault, each competitor shall be credited with the best of all their jumps in the competition proper, including performances made in the jump-off of a first-place tie.*

The following is a sample performance record for a High Jump:

(Key: - Passed; O Cleared; X Failed)

	1.78	1.83	1.88	1.93	1.98	2.03	2.08	2.13	TOTAL FAILURES	PLACE
A	---	XO	O	XO	---	XXO	XX-	X	4	3
B	O	O	O	X-	XO	XXO	XXX		4	3
C	O	O	--X	O	XXO	XXO	XXX		5	5
D	O	---	---	XXO	XXO	XO	---	XXX	5	1-J.O.
E	---	X-	XO	XO	XO	XO	XXX		5	1-J.O.

It should be noted that competitors A, B, C, D and E all have cleared 2.03 and all have failed at 2.08. The apparent tie is separated as follows:

- a. Since D and E cleared 2.03 on the second attempt, while the others cleared on their third attempts, D and E are tied for first place and must jump-off (J.O.) starting at 2.08, the next height in the original progression.
- b. Since C has more total failures than either A or B, C is awarded fifth place.
- c. Since A and B cleared the height on the same jump and both have the same number of total failures, they tie for third place.

## SECTION 2. Scoring - Combined Event

### Scoring

ARTICLE 1. The winner of a Combined Event shall be the competitor who has scored the highest total number of points for all events, awarded on the basis of

the International Association of Athletics Federations (IAAF) scoring tables. See Appendix B. A competitor who is considered to have abandoned the Combined Event shall be listed in the final results as Did Not Finish (DNF) with no total points recorded.

### **Ties**

ARTICLE 2. If two or more competitors achieve an equal number of points for any place in the competition, the higher place is awarded to the competitor who, in the greater number of events, has received more points than the other tied competitors(s). If a tie still exists between any of the competitors, the competitor with the highest number of points in any one event is awarded the higher place. A continuation of this process, if necessary, to the next highest number of points shall occur until the tie is resolved. Otherwise, it remains a tie.

## **SECTION 3. Scoring - Cross Country**

### **Team Composition**

ARTICLE 1. A Cross Country team may consist of 12 runners or more if otherwise agreed upon.

### **Placing Finishers**

ARTICLE 2.a. All runners who finish a race shall be given an overall-finish place.  
b. An officially designated video or photograph must be used to verify the order of finish in all cases in which the timing system indicates a one-tenth second or less differential.

*Note: The method for placing finishers and the types of equipment required to properly place finishers for meets such as conferences, regions and championships shall be detailed in the appropriate handbook for the competition.*

### **Team Scoring**

ARTICLE 3.a. Only the first seven runners on any one team may be used in scoring places. An order for team-finish placing is established by removing all runners behind the top seven finishers on each team. Those teams not finishing at least five runners likewise shall not be included in the order of team finish.  
b. The score shall be determined by totaling the points (place finish) of the first five runners of each team to finish. The team scoring the lower number of points shall be the winner.  
c. Although the sixth and seventh runners of a team to finish do not score points toward their team's total, their places, if better than those of any of the first five of an opposing team, serve to increase the team score of the opponents.  
d. Ties in team scoring shall be broken by comparing in order the place finish of each of the five scoring members of the tied teams. The team with the majority of winning comparisons shall be awarded the higher place.  
e. Teams that start at least five runners and have fewer than five runners finish the race shall be listed alphabetically at the end of the team results as Did Not Finish (DNF).

*Note: Advancement criteria to the NCAA national championships meets will be in the current year's NCAA Men's and Women's Cross Country Championships Handbooks.*

## SECTION 4. Records

### Wind Measurement

ARTICLE 1. Official acceptance of a world, American or NCAA outdoor championships record in the Long Jump, in the Triple Jump or in any race that is not run around the complete oval of the track, requires that a calibrated wind instrument shall record that any assisting wind does not exceed an average velocity of 2 meters per second. An assisting wind is one that blows at a runner's back, either directly or in a slanting direction.

The length of time that shall be averaged for each event is as follows:

Long Jump and Triple Jump—five seconds;

100 Meters—10 seconds;

100 or 110 Meter Hurdles—13 seconds;

200 Meters—10 seconds.

When the 200 Meters is run around one curve, the length of time shall begin as the runners enter the straightaway.

The wind velocity measurement shall be initiated when the competitor passes a mark 40 meters from the takeoff board in the Long Jump and 35 meters from the takeoff board in the Triple Jump. If the competitor runs fewer than 40 meters in the Long Jump or fewer than 35 meters in the Triple Jump, the wind velocity shall be measured from the start of the run.

A wind instrument is one that employs the use of a directional tube and measures meters per second. The wind-measuring instrument shall be placed beside the sprint track, inside the oval, preferably 50 meters from the finish line. In the Long Jump and Triple Jump, the wind-measuring instrument shall be 20 meters from the takeoff board furthest from the pit that is used in the competition. The instrument shall not be more than 2 meters from the track or runway, and shall be approximately 1.22 meters above the competition surface.

The wind gauge shall be read in meters per second, rounded and recorded to the next higher tenth of a meter per second in the positive direction (that is, a reading of 2.03 meters per second shall be recorded as 2.1; a reading of -2.03 meters per second shall be recorded as -2.0).

*Note: NWI means that no wind indicator was used. It does not mean a measurement of zero or no wind.*

### Records in Hurdles

ARTICLE 2. When hurdles do not conform to official specifications, a record shall not be allowed.

### Records in Preliminaries

ARTICLE 3. Records made in track or field preliminaries, or in qualifying competitions, may be accepted even if the competitor does not place in the final.

### Records in Field Events

ARTICLE 4. To be accepted as records, performances in field events must occur within the number of attempts officially permitted, must be measured with a steel tape or a certified scientific measuring device, and must be measured metrically. Additional trials for records shall not be recognized.

The referee or implement inspector must verify that the throwing implements were certified before competition (that is, check for the identifying mark) and recertified after record performances.

**Records in High Jump, Pole Vault**

ARTICLE 5. In the High Jump and Pole Vault, the crossbar height shall be measured before record attempts or if the bar had been touched by a competitor before another competitor also jumping at the record height.

**Records in Combined Events**

ARTICLE 6. The conditions imposed for recognizing a combined events record shall have been complied within each of the individual events, except that, in events which measure wind velocity, the following shall be satisfied: The average velocity (that is, the sum of the wind velocities, as measured for each individual event, divided by the number of such events) shall not exceed positive 2.0 meters per second.

**NCAA Championships Records**

ARTICLE 7. NCAA Championship records shall be the only records maintained by the NCAA.

The chair of the Men's and Women's Track and Field Committee shall appoint records chairs for each of the three NCAA divisions. Each records chair is responsible for obtaining certification of records set at their respective championships using the USATF record form. These records forms should be given to the respective NCAA liaison, used as the basis for the record and kept on file at the NCAA national office.



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# Appendix A

## COMBINED-EVENTS Scoring for Men and Women

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A link to the complete combined event tables is available online at [www.ncaa.org/playingrules](http://www.ncaa.org/playingrules).

## INDOOR Track Event Scoring Tables

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### Indoor Combined Track Event Scoring Tables

Research conducted to determine equivalent performances for the same runner has produced conversions from 55-meter to 60-meter distances. To convert to the 60 meter equivalent from the:

Men's 55 Meters: multiply by 1.0749

Men's 55 Meter Hurdles: multiply by 1.0766

Women's 55 Meters: multiply by 1.0771

Women's 55 Meter Hurdles: multiply by 1.0755

The scoring tables that follow show the point values for equivalent performances based on the above conversions.

The point values in these tables for 55-meter performances are valid for NCAA qualifying purposes only and are not a result of the IAAF scoring formulas for 55-meter events.

Combined Event Table - Men's 55/60 Meter Dash														
This table to be used exclusively for fully automatic times														
55m	60m	Points	55m	60m	Points	55m	60m	Points	55m	60m	Points			
5.10	5.48	1494	5.70	6.13	1215	6.30	6.77	966	6.90	7.42	739	7.50	8.06	542
5.11	5.49	1490	5.71	6.14	1211	6.31	6.78	962	6.91	7.43	736	7.51	8.07	540
5.12	5.50	1485	5.72	6.15	1207	6.32	6.79	958	6.92	7.44	732	7.52	8.08	537
5.13	5.51	1481	5.73	6.16	1203	6.33	6.80	955	6.93	7.45	729	7.53	8.09	534
---	5.52	1476	5.74	6.17	1199	---	6.81	951	6.94	7.46	726	---	8.10	531
5.14	5.53	1472	5.75	6.18	1195	6.34	6.82	947	6.95	7.47	723	7.54	8.11	528
5.15	5.54	1468	5.76	6.19	1191	6.35	6.83	944	6.96	7.48	719	7.55	8.12	525
5.16	5.55	1463	5.77	6.20	1187	6.36	6.84	940	6.97	7.49	716	7.56	8.13	523
5.17	5.56	1459	5.78	6.21	1183	6.37	6.85	936	6.98	7.50	713	7.57	8.14	520
5.18	5.57	1454	5.79	6.22	1178	6.38	6.86	933	6.99	7.51	710	7.58	8.15	517
5.19	5.58	1450	---	6.23	1174	6.39	6.87	929	---	7.52	706	7.59	8.16	514
5.20	5.59	1445	5.80	6.24	1170	6.40	6.88	925	7.00	7.53	703	7.60	8.17	511
5.21	5.60	1441	5.81	6.25	1166	6.41	6.89	922	7.01	7.54	700	7.61	8.18	509
5.22	5.61	1436	5.82	6.26	1162	6.42	6.90	918	7.02	7.55	697	7.62	8.19	506
5.23	5.62	1432	5.83	6.27	1158	6.43	6.91	915	7.03	7.56	694	7.63	8.20	503
5.24	5.63	1428	5.84	6.28	1154	6.44	6.92	911	7.04	7.57	690	7.64	8.21	500
5.25	5.64	1423	5.85	6.29	1150	6.45	6.93	907	7.05	7.58	687	7.65	8.22	498
5.26	5.65	1419	5.86	6.30	1146	6.46	6.94	904	7.06	7.59	684	7.66	8.23	495
---	5.66	1414	5.87	6.31	1142	---	6.95	900	7.07	7.60	681	---	8.24	492
5.27	5.67	1410	5.88	6.32	1138	6.47	6.96	897	7.08	7.61	678	7.67	8.25	489
5.28	5.68	1406	5.89	6.33	1134	6.48	6.97	893	7.09	7.62	675	7.68	8.26	487
5.29	5.69	1401	---	6.34	1130	6.49	6.98	889	7.10	7.63	671	7.69	8.27	484
5.30	5.70	1397	5.91	6.35	1126	6.50	6.99	886	7.11	7.64	668	7.70	8.28	481
5.31	5.71	1393	5.92	6.36	1123	6.51	7.00	882	7.12	7.65	665	7.71	8.29	478
5.32	5.72	1388	5.93	6.37	1119	6.52	7.01	879	7.13	7.66	662	7.72	8.30	476
5.33	5.73	1384	---	6.38	1115	6.53	7.02	875	---	7.67	659	7.73	8.31	473
5.34	5.74	1380	5.94	6.39	1111	6.54	7.03	872	7.14	7.68	656	7.74	8.32	470
5.35	5.75	1375	5.95	6.40	1107	6.55	7.04	868	7.15	7.69	653	7.75	8.33	468
5.36	5.76	1371	5.96	6.41	1103	6.56	7.05	865	7.16	7.70	650	7.76	8.34	465
5.37	5.77	1367	5.97	6.42	1099	6.57	7.06	861	7.17	7.71	646	7.77	8.35	462
5.38	5.78	1362	5.98	6.43	1095	6.58	7.07	858	7.18	7.72	643	7.78	8.36	460
5.39	5.79	1358	5.99	6.44	1091	6.59	7.08	854	7.19	7.73	640	7.79	8.37	457
---	5.80	1354	6.00	6.45	1087	---	7.09	851	7.20	7.74	637	7.80	8.38	454
5.40	5.81	1349	6.01	6.46	1083	6.60	7.10	847	7.21	7.75	634	---	8.39	452
5.41	5.82	1345	6.02	6.47	1079	6.61	7.11	844	7.22	7.76	631	7.81	8.40	449
5.42	5.83	1341	6.03	6.48	1076	6.62	7.12	840	7.23	7.77	628	7.82	8.41	447
5.43	5.84	1337	6.04	6.49	1072	6.63	7.13	837	7.24	7.78	625	7.83	8.42	444
5.44	5.85	1332	6.05	6.50	1068	6.64	7.14	833	7.25	7.79	622	7.84	8.43	441
5.45	5.86	1328	6.06	6.51	1064	6.65	7.15	830	7.26	7.80	619	7.85	8.44	439
5.46	5.87	1324	---	6.52	1060	6.66	7.16	826	---	7.81	616	7.86	8.45	436
5.47	5.88	1319	6.07	6.53	1056	6.67	7.17	823	7.27	7.82	613	7.87	8.46	434
5.48	5.89	1315	6.08	6.54	1052	6.68	7.18	819	7.28	7.83	610	7.88	8.47	431
5.49	5.90	1311	6.09	6.55	1049	6.69	7.19	816	7.29	7.84	607	7.89	8.48	428
5.50	5.91	1307	6.10	6.56	1045	6.70	7.20	813	7.30	7.85	604	7.90	8.49	426
5.51	5.92	1303	6.11	6.57	1041	6.71	7.21	809	7.31	7.86	601	7.91	8.50	423
5.52	5.93	1298	6.12	6.58	1037	6.72	7.22	806	7.32	7.87	598	7.92	8.51	421
5.53	5.94	1294	6.13	6.59	1033	6.73	7.23	802	7.33	7.88	595	7.93	8.52	418
---	5.95	1290	6.14	6.60	1029	---	7.24	799	7.34	7.89	592	---	8.53	416
5.54	5.96	1286	6.15	6.61	1026	6.74	7.25	796	7.35	7.90	589	7.94	8.54	413
5.55	5.97	1281	6.16	6.62	1022	6.75	7.26	792	7.36	7.91	586	7.95	8.55	411
5.56	5.98	1277	6.17	6.63	1018	6.76	7.27	789	7.37	7.92	583	7.96	8.56	408
5.57	5.99	1273	6.18	6.64	1014	6.77	7.28	785	7.38	7.93	580	7.97	8.57	406
5.58	6.00	1269	6.19	6.65	1010	6.78	7.29	782	7.39	7.94	577	7.98	8.58	403
5.59	6.01	1265	---	6.66	1007	6.79	7.30	779	---	7.95	574	7.99	8.59	401
5.60	6.02	1261	6.20	6.67	1003	6.80	7.31	775	7.40	7.96	571	8.00	8.60	398
5.61	6.03	1256	6.21	6.68	999	6.81	7.32	772	7.41	7.97	568	8.01	8.61	396
5.62	6.04	1252	6.22	6.69	995	6.82	7.33	769	7.42	7.98	565	8.02	8.62	393
5.63	6.05	1248	6.23	6.70	992	6.83	7.34	765	7.43	7.99	563	8.03	8.63	391
5.64	6.06	1244	6.24	6.71	988	6.84	7.35	762	7.44	8.00	560	8.04	8.64	388
5.65	6.07	1240	6.25	6.72	984	6.85	7.36	759	7.45	8.01	557	8.05	8.65	386
5.66	6.08	1236	6.26	6.73	980	6.86	7.37	755	7.46	8.02	554	8.06	8.66	383
---	6.09	1232	6.27	6.74	977	---	7.38	752	7.47	8.03	551	---	8.67	381
5.67	6.10	1227	6.28	6.75	973	6.87	7.39	749	7.48	8.04	548	8.07	8.68	378
5.68	6.11	1223	6.29	6.76	969	6.88	7.40	745	7.49	8.05	545	8.08	8.69	376
5.69	6.12	1219	---	6.77	965	6.89	7.41	742	---	8.06	542	8.09	8.70	374

**Combined Event Table - Men's 55/60 Meter Dash (Continued)****This table to be used exclusively for fully automatic times**

55m	60m	Points	55m	60m	Points	55m	60m	Points	55m	60m	Points	55m	60m	Points
8.10	8.71	371	8.40	9.03	298	8.70	9.35	231	9.00	9.67	173	9.30	10.00	120
8.11	8.72	369	8.41	9.04	295	8.71	9.36	229	---	9.68	171	9.31	10.01	119
8.12	8.73	366	8.42	9.05	293	8.72	9.37	227	9.01	9.69	169	9.32	10.02	117
8.13	8.74	364	8.43	9.06	291	8.73	9.38	226	9.02	9.70	168	9.33	10.03	116
8.14	8.75	362	8.44	9.07	289	---	9.39	224	9.03	9.71	166	9.34	10.04	115
8.15	8.76	359	8.45	9.08	287	8.74	9.40	222	9.04	9.72	164	9.35	10.05	113
8.16	8.77	357	8.46	9.09	285	8.75	9.41	220	9.05	9.73	163	9.36	10.06	112
8.17	8.78	354	---	9.10	282	8.76	9.42	218	9.06	9.74	161	9.37	10.07	110
8.18	8.79	352	8.47	9.11	280	8.77	9.43	216	9.07	9.75	159	9.38	10.08	109
8.19	8.80	350	8.48	9.12	278	8.78	9.44	214	9.08	9.76	158	9.39	10.09	108
			8.49	9.13	276	8.79	9.45	212	9.09	9.77	156			
8.20	8.81	347										9.40	10.10	106
---	8.82	345	8.50	9.14	274	8.80	9.46	210	9.10	9.78	154	---	10.11	105
8.21	8.83	343	8.51	9.15	272	8.81	9.47	208	9.11	9.79	153	9.41	10.12	103
8.22	8.84	340	8.52	9.16	270	8.82	9.48	207	9.12	9.80	151	9.42	10.13	102
8.23	8.85	338	8.53	9.17	268	8.83	9.49	205	9.13	9.81	149	9.43	10.14	101
8.24	8.86	336	8.54	9.18	266	8.84	9.50	203	---	9.82	148	9.44	10.15	99
8.25	8.87	333	8.55	9.19	264	8.85	9.51	201	9.14	9.83	146	9.45	10.16	98
8.26	8.88	331	8.56	9.20	261	8.86	9.52	199	9.15	9.84	145	9.46	10.17	97
8.27	8.89	329	8.57	9.21	259	---	9.53	197	9.16	9.85	143	9.47	10.18	95
8.28	8.90	327	8.58	9.22	257	8.87	9.54	196	9.17	9.86	142	9.48	10.19	94
8.29	8.91	324	8.59	9.23	255	8.88	9.55	194	9.18	9.87	140	9.49	10.20	93
						8.89	9.56	192	9.19	9.88	138			
8.30	8.92	322	8.60	9.24	253				9.20	9.89	137	9.50	10.21	91
8.31	8.93	320	---	9.25	251	8.90	9.57	190	9.21	9.90	135	9.51	10.22	90
8.32	8.94	318	8.61	9.26	249	8.91	9.58	188	9.22	9.91	134	9.52	10.23	89
8.33	8.95	315	8.62	9.27	247	8.92	9.59	187	9.23	9.92	132	9.53	10.24	88
---	8.96	313	8.63	9.28	245	8.93	9.60	185	9.24	9.93	131	---	10.25	86
8.34	8.97	311	8.64	9.29	243	8.94	9.61	183	9.25	9.94	129	9.54	10.26	85
8.35	8.98	309	8.65	9.30	241	8.95	9.62	181	9.26	9.95	128	9.55	10.27	84
8.36	8.99	306	8.66	9.31	239	8.96	9.63	180	9.27	9.96	126	9.56	10.28	83
8.37	9.00	304	8.67	9.32	237	8.97	9.64	178	---	9.96	126	9.57	10.29	81
8.38	9.01	302	8.68	9.33	235	8.98	9.65	176	9.27	9.97	125	9.58	10.30	80
8.39	9.02	300	8.69	9.34	233	8.99	9.66	174	9.28	9.98	123	9.59	10.31	79
									9.29	9.99	122			

**Combined Event Table - Men's 55/60 Meter Dash****This table to be used exclusively for hand times**

55m	Points	55m	Points	55m	Points	55m	Points	55m	Points
5.1	1380	6.1	947	7.1	592	8.1	311	9.1	115
5.2	1332	6.2	911	7.2	560	8.2	289	9.2	99
5.3	1286	6.3	872	7.3	528	8.3	266	9.3	85
5.4	1244	6.4	833	7.4	500	8.4	243	9.4	73
5.5	1199	6.5	796	7.5	470	8.5	222	9.5	61
5.6	1154	6.6	762	7.6	441	8.6	203	9.6	49
5.7	1111	6.7	726	7.7	413	8.7	183	9.7	39
5.8	1072	6.8	690	7.8	388	8.8	164	9.8	31
5.9	1029	6.9	656	7.9	362	8.9	146	9.9	23
6.0	988	7.0	625	8.0	336	9.0	131	10.0	15



Combined Event Table - Men's 55/60 Meter Hurdles (Continued)

This table to be used exclusively for fully automatic times

55mH	60mH	Points	55mH	60mH	Points	55mH	60mH	Points	55mH	60mH	Points	55mH	60mH	Points
9.50	10.23	498	9.90	10.66	423	10.30	11.09	354	10.70	11.52	291	11.10	11.95	233
9.51	10.24	497	9.91	10.67	421	10.31	11.10	352	10.71	11.53	289	11.11	11.96	232
9.52	10.25	495	9.92	10.68	420	10.32	11.11	351	10.72	11.54	288	11.12	11.97	231
9.53	10.26	493	9.93	10.69	418	10.33	11.12	349	10.73	11.55	286	11.13	11.98	229
9.54	10.27	491	9.94	10.70	416	10.34	11.13	348	10.74	11.56	285	11.14	11.99	228
9.55	10.28	489	9.95	10.71	415	10.35	11.14	346	10.75	11.57	284	11.15	12.00	227
9.56	10.29	488	9.96	10.72	413	10.36	11.15	345	10.76	11.58	282	---	12.01	226
9.57	10.30	486	9.97	10.73	411	---	11.16	343	---	11.59	281	11.16	12.02	224
9.58	10.31	484	---	10.74	410	10.37	11.17	342	10.77	11.60	279	11.17	12.03	223
---	10.32	482	9.98	10.75	408	10.38	11.18	340	10.78	11.61	278	11.18	12.04	222
9.59	10.33	480	9.99	10.76	407	10.39	11.19	339	10.79	11.62	277	11.19	12.05	221
9.60	10.34	479	10.00	10.77	405	10.40	11.20	337	10.80	11.63	275	11.20	12.06	219
9.61	10.35	477	10.01	10.78	403	10.41	11.21	336	10.81	11.64	274	11.21	12.07	218
9.62	10.36	475	10.02	10.79	402	10.42	11.22	334	10.82	11.65	273	11.22	12.08	217
9.63	10.37	473	10.03	10.80	400	10.43	11.23	333	10.83	11.66	271	11.23	12.09	216
9.64	10.38	471	10.04	10.81	398	10.44	11.24	331	10.84	11.67	270	11.24	12.10	215
9.65	10.39	470	10.05	10.82	397	10.45	11.25	330	10.85	11.68	268	11.25	12.11	213
9.66	10.40	468	10.06	10.83	395	10.46	11.26	328	10.86	11.69	267	11.26	12.12	212
9.67	10.41	466	10.07	10.84	393	10.47	11.27	327	10.87	11.70	266	11.27	12.13	211
9.68	10.42	464	10.08	10.85	392	10.48	11.28	325	10.88	11.71	264	11.28	12.14	210
9.69	10.43	463	10.09	10.86	390	10.49	11.29	324	10.89	11.72	263	---	12.15	209
9.70	10.44	461	10.10	10.87	389	---	11.30	322	---	11.73	262	11.29	12.16	207
9.71	10.45	459	---	10.88	387	10.50	11.31	321	10.90	11.74	260	11.30	12.17	206
---	10.46	457	10.11	10.89	385	10.51	11.32	319	10.91	11.75	259	11.31	12.18	205
9.72	10.47	456	10.12	10.90	384	10.52	11.33	318	10.92	11.76	258	11.32	12.19	204
9.73	10.48	454	10.13	10.91	382	10.53	11.34	316	10.93	11.77	256	11.33	12.20	203
9.74	10.49	452	10.14	10.92	381	10.54	11.35	315	10.94	11.78	255	11.34	12.21	201
9.75	10.50	450	10.15	10.93	379	10.55	11.36	313	10.95	11.79	254	11.35	12.22	200
9.76	10.51	449	10.16	10.94	377	10.56	11.37	312	10.96	11.80	252	11.36	12.23	199
9.77	10.52	447	10.17	10.95	376	10.57	11.38	310	10.97	11.81	251	11.37	12.24	198
9.78	10.53	445	10.18	10.96	374	10.58	11.39	309	10.98	11.82	250	11.38	12.25	197
9.79	10.54	444	10.19	10.97	373	10.59	11.40	308	10.99	11.83	249	11.39	12.26	196
9.80	10.55	442	10.20	10.98	371	10.60	11.41	306	11.00	11.84	247	11.40	12.27	194
9.81	10.56	440	10.21	10.99	369	10.61	11.42	305	11.01	11.85	246	11.41	12.28	193
9.82	10.57	438	10.22	11.00	368	10.62	11.43	303	11.02	11.86	245	---	12.29	192
9.83	10.58	437	10.23	11.01	366	---	11.44	302	---	11.87	243	11.42	12.30	191
9.84	10.59	435	---	11.02	365	10.63	11.45	300	11.03	11.88	242	11.43	12.31	190
---	10.60	433	10.24	11.03	363	10.64	11.46	299	11.04	11.89	241	11.44	12.32	189
9.85	10.61	432	10.25	11.04	362	10.65	11.47	298	11.05	11.90	240	11.45	12.33	187
9.86	10.62	430	10.26	11.05	360	10.66	11.48	296	11.06	11.91	238	11.46	12.34	186
9.87	10.63	428	10.27	11.06	359	10.67	11.49	295	11.07	11.92	237	11.47	12.35	185
9.88	10.64	427	10.28	11.07	357	10.68	11.50	293	11.08	11.93	236	11.48	12.36	184
9.89	10.65	425	10.29	11.08	355	10.69	11.51	292	11.09	11.94	234	11.49	12.37	183

Combined Event Table - Men's 55/60 Meter Hurdles

This table to be used exclusively for hand times

55mH	Points	55mH	Points	55mH	Points	55mH	Points	55mH	Points
6.1	1297	7.1	1007	8.1	750	9.1	530	10.1	348
6.2	1268	7.2	979	8.2	726	9.2	511	10.2	331
6.3	1237	7.3	952	8.3	704	9.3	491	10.3	315
6.4	1207	7.4	925	8.4	681	9.4	471	10.4	299
6.5	1176	7.5	900	8.5	658	9.5	452	10.5	285
6.6	1149	7.6	874	8.6	635	9.6	435	10.6	270
6.7	1119	7.7	848	8.7	613	9.7	416	10.7	255
6.8	1090	7.8	823	8.8	593	9.8	398	10.8	241
6.9	1061	7.9	800	8.9	572	9.9	381	10.9	228
7.0	1033	8.0	775	9.0	551	10.0	363	11.0	215

Combined Event Table - Women's 55/60 Meter Hurdles														
This table to be used exclusively for fully automatic times														
55mH	60mH	Points	55mH	60mH	Points	55mH	60mH	Points	55mH	60mH	Points			
7.00	7.53	1240	7.60	8.17	1091	8.20	8.82	948	---	9.46	816	9.40	10.11	692
7.01	7.54	1238	---	8.18	1088	8.21	8.83	946	8.80	9.47	814	9.41	10.12	690
7.02	7.55	1235	7.61	8.19	1086	8.22	8.84	944	8.81	9.48	812	9.42	10.13	688
7.03	7.56	1233	7.62	8.20	1084	8.23	8.85	941	8.82	9.49	810	9.43	10.14	686
7.04	7.57	1231	7.63	8.21	1082	8.24	8.86	939	8.83	9.50	808	9.44	10.15	684
7.05	7.58	1228	7.64	8.22	1079	8.25	8.87	937	8.84	9.51	806	9.45	10.16	682
7.06	7.59	1226	7.65	8.23	1077	8.26	8.88	935	8.85	9.52	804	9.46	10.17	681
7.07	7.60	1223	7.66	8.24	1075	---	8.89	933	8.86	9.53	802	---	10.18	679
---	7.61	1221	7.67	8.25	1073	8.27	8.90	931	8.87	9.54	800	9.47	10.19	677
7.08	7.62	1219	7.68	8.26	1070	8.28	8.91	929	8.88	9.55	798	9.48	10.20	675
7.09	7.63	1216	7.69	8.27	1068	8.29	8.92	927	8.89	9.56	796	9.49	10.21	673
7.10	7.64	1214	7.70	8.28	1066	8.30	8.93	925	8.90	9.57	794	9.50	10.22	672
7.11	7.65	1212	7.71	8.29	1064	8.31	8.94	922	8.91	9.58	792	9.51	10.23	670
7.12	7.66	1209	7.72	8.30	1061	8.32	8.95	920	8.92	9.59	791	9.52	10.24	668
7.13	7.67	1207	7.73	8.31	1059	8.33	8.96	918	8.93	9.60	789	9.53	10.25	666
7.14	7.68	1204	---	8.32	1057	8.34	8.97	916	---	9.61	787	9.54	10.26	664
7.15	7.69	1202	7.74	8.33	1055	8.35	8.98	914	8.94	9.62	785	9.55	10.27	662
7.16	7.70	1200	7.75	8.34	1052	8.36	8.99	912	8.95	9.63	783	9.56	10.28	661
7.17	7.71	1197	7.76	8.35	1050	8.37	9.00	910	8.96	9.64	781	9.57	10.29	659
7.18	7.72	1195	7.77	8.36	1048	8.38	9.01	908	8.97	9.65	779	9.58	10.30	657
7.19	7.73	1193	7.78	8.37	1046	8.39	9.02	906	8.98	9.66	777	9.59	10.31	655
---	7.74	1190	7.79	8.38	1044	---	9.03	904	8.99	9.67	775	---	10.32	653
---	7.75	1188	7.80	8.39	1041	---	9.04	902	9.00	9.68	773	9.60	10.33	652
7.21	7.76	1185	7.81	8.40	1039	8.41	9.05	900	9.01	9.69	771	9.61	10.34	650
7.22	7.77	1183	7.82	8.41	1037	8.42	9.06	897	9.02	9.70	769	9.62	10.35	648
7.23	7.78	1181	7.83	8.42	1035	8.43	9.07	895	9.03	9.71	767	9.63	10.36	646
7.24	7.79	1178	7.84	8.43	1032	8.44	9.08	893	9.04	9.72	765	9.64	10.37	644
7.25	7.80	1176	7.85	8.44	1030	8.45	9.09	891	9.05	9.73	763	9.65	10.38	643
7.26	7.81	1174	7.86	8.45	1028	8.46	9.10	889	9.06	9.74	761	9.66	10.39	641
7.27	7.82	1171	7.87	8.46	1026	8.47	9.11	887	---	9.75	759	9.67	10.40	639
7.28	7.83	1169	---	8.47	1024	8.48	9.12	885	9.07	9.76	758	9.68	10.41	637
7.29	7.84	1167	7.88	8.48	1021	8.49	9.13	883	9.08	9.77	756	9.69	10.42	636
---	7.85	1164	7.89	8.49	1019	---	9.14	881	9.09	9.78	754	---	10.43	634
7.30	7.85	1164	7.90	8.50	1017	8.50	9.14	881	9.10	9.79	752	9.70	10.44	632
7.31	7.86	1162	7.91	8.51	1015	8.51	9.15	879	9.11	9.80	750	9.71	10.45	632
7.32	7.87	1160	7.92	8.52	1013	8.52	9.16	877	9.12	9.81	748	9.72	10.45	630
7.33	7.88	1157	7.92	8.52	1013	8.53	9.17	875	9.12	9.81	748	---	10.46	629
7.34	7.89	1155	7.93	8.53	1010	---	9.18	873	9.13	9.82	746	9.73	10.47	627
---	7.90	1153	7.94	8.54	1008	8.54	9.19	871	9.14	9.83	744	9.74	10.48	625
7.35	7.91	1150	7.95	8.55	1006	8.55	9.20	869	9.15	9.84	742	9.75	10.49	623
7.36	7.92	1148	7.96	8.56	1004	8.56	9.21	867	9.16	9.85	740	9.76	10.50	621
7.37	7.93	1146	7.97	8.57	1002	8.57	9.22	865	9.17	9.86	738	9.77	10.51	620
7.38	7.94	1143	7.98	8.58	1000	8.58	9.23	862	9.18	9.87	737	9.78	10.52	618
7.39	7.95	1141	7.99	8.59	997	8.59	9.24	860	9.19	9.88	735	9.79	10.53	616
7.40	7.96	1139	8.00	8.60	995	8.60	9.25	858	---	9.89	733	9.80	10.54	614
7.41	7.97	1136	---	8.61	993	8.61	9.26	856	9.20	9.90	731	9.81	10.55	613
7.42	7.98	1134	8.01	8.62	991	8.62	9.27	854	9.21	9.91	729	9.82	10.56	611
7.43	7.99	1132	8.02	8.63	989	8.63	9.28	852	9.22	9.92	727	9.83	10.57	609
7.44	8.00	1130	8.03	8.64	987	8.64	9.29	850	9.23	9.93	725	9.84	10.58	607
7.45	8.01	1127	8.04	8.65	984	8.65	9.30	848	9.24	9.94	723	9.85	10.59	606
7.46	8.02	1125	8.05	8.66	982	8.66	9.31	846	9.25	9.95	721	---	10.60	604
7.47	8.03	1123	8.06	8.67	980	---	9.32	844	9.26	9.96	720	9.86	10.61	602
---	8.04	1120	8.07	8.68	978	8.67	9.33	842	9.27	9.97	718	9.87	10.62	601
7.48	8.05	1118	8.08	8.69	976	8.68	9.34	840	9.28	9.98	716	9.88	10.63	599
7.49	8.06	1116	8.09	8.70	974	8.69	9.35	838	9.29	9.99	714	9.89	10.64	597
7.50	8.07	1113	8.10	8.71	971	8.70	9.36	836	9.30	10.00	712	9.90	10.65	595
7.51	8.08	1111	8.11	8.72	969	8.71	9.37	834	9.31	10.01	710	9.91	10.66	594
7.52	8.09	1109	8.12	8.73	967	8.72	9.38	832	9.32	10.02	708	9.92	10.67	592
7.53	8.10	1107	8.13	8.74	965	8.73	9.39	830	---	10.03	706	9.93	10.68	590
7.54	8.11	1104	---	8.75	963	8.74	9.40	828	9.33	10.04	705	9.94	10.69	589
7.55	8.12	1102	8.14	8.76	961	8.75	9.41	826	9.34	10.05	703	9.95	10.70	587
7.56	8.13	1100	8.15	8.77	959	8.76	9.42	824	9.35	10.06	701	9.96	10.71	585
7.57	8.14	1098	8.16	8.78	956	8.77	9.43	822	9.36	10.07	699	9.97	10.72	583
7.58	8.15	1095	8.17	8.79	954	8.78	9.44	820	9.37	10.08	697	9.98	10.73	582
7.59	8.16	1093	8.18	8.80	952	8.79	9.45	818	9.38	10.09	695	---	10.74	580
---	8.17	1090	8.19	8.81	950	---	9.46	816	9.39	10.10	693	9.99	10.75	578

Combined Event Table - Women's 55/60 Meter Hurdles (Continued)											
This table to be used exclusively for fully automatic times											
55mH	60mH	Points	55mH	60mH	Points	55mH	60mH	Points	55mH	60mH	Points
10.00	10.76	577	10.40	11.19	506	10.80	11.62	439	11.20	12.05	377
10.01	10.77	575	10.41	11.20	504	10.81	11.63	438	11.21	12.06	375
10.02	10.78	573	10.42	11.21	503	10.82	11.64	436	11.22	12.07	374
10.03	10.79	571	10.43	11.22	501	10.83	11.65	435	11.23	12.08	373
10.04	10.80	570	10.44	11.23	499	10.84	11.66	433	11.24	12.09	371
10.05	10.81	568	10.45	11.24	498	10.85	11.67	432	11.25	12.10	370
10.06	10.82	566	10.46	11.25	496	10.86	11.68	430	11.26	12.11	368
10.07	10.83	565	10.47	11.26	495	10.87	11.69	429	11.27	12.12	367
10.08	10.84	563	10.48	11.27	493	10.88	11.70	427	11.28	12.13	366
10.09	10.85	561	10.49	11.28	491	10.89	11.71	426	11.29	12.14	364
10.10	10.86	560	10.50	11.29	490	10.90	11.72	424	11.30	12.15	363
10.11	10.87	558	10.51	11.30	488	10.91	11.73	423	11.31	12.16	362
10.12	10.88	556	---	11.31	487	---	11.74	421	---	12.17	360
---	10.89	555	10.52	11.32	485	10.92	11.75	420	11.32	12.18	359
10.13	10.90	553	10.53	11.33	484	10.93	11.76	418	11.33	12.19	357
10.14	10.91	551	10.54	11.34	482	10.94	11.77	417	11.34	12.20	356
10.15	10.92	550	10.55	11.35	480	10.95	11.78	415	11.35	12.21	355
10.16	10.93	548	10.56	11.36	479	10.96	11.79	414	11.36	12.22	353
10.17	10.94	546	10.57	11.37	477	10.97	11.80	412	11.37	12.23	352
10.18	10.95	545	10.58	11.38	476	10.98	11.81	411	11.38	12.24	351
10.19	10.96	543	10.59	11.39	474	10.99	11.82	410	11.39	12.25	349
10.20	10.97	541	10.60	11.40	473	11.00	11.83	408	11.40	12.26	348
10.21	10.98	540	10.61	11.41	471	11.01	11.84	407	11.41	12.27	347
10.22	10.99	538	10.62	11.42	470	11.02	11.85	405	11.42	12.28	345
10.23	11.00	537	10.63	11.43	468	11.03	11.86	404	11.43	12.29	344
10.24	11.01	535	10.64	11.44	466	11.04	11.87	402	11.44	12.30	343
10.25	11.02	533	10.65	11.45	465	---	11.88	401	---	12.31	341
---	11.03	532	---	11.46	463	11.05	11.89	399	11.45	12.32	340
10.26	11.04	530	10.66	11.47	462	11.06	11.90	398	11.46	12.33	339
10.27	11.05	528	10.67	11.48	460	11.07	11.91	397	11.47	12.34	337
10.28	11.06	527	10.68	11.49	459	11.08	11.92	395	11.48	12.35	336
10.29	11.07	525	10.69	11.50	457	11.09	11.93	394	11.49	12.36	335
10.30	11.08	523	10.70	11.51	456	11.10	11.94	392	11.50	12.37	333
10.31	11.09	522	10.71	11.52	454	11.11	11.95	391	11.51	12.38	332
10.32	11.10	520	10.72	11.53	453	11.12	11.96	389	11.52	12.39	331
10.33	11.11	519	10.73	11.54	451	11.13	11.97	388	11.53	12.40	329
10.34	11.12	517	10.74	11.55	450	11.14	11.98	387	11.54	12.41	328
10.35	11.13	515	10.75	11.56	448	11.15	11.99	385	11.55	12.42	327
10.36	11.14	514	10.76	11.57	447	11.16	12.00	384	11.56	12.43	325
10.37	11.15	512	10.77	11.58	445	11.17	12.01	382	11.57	12.44	324
10.38	11.16	511	10.78	11.59	444	11.18	12.02	381	---	12.45	323
---	11.17	509	---	11.60	442	---	12.03	380	11.58	12.46	321
10.39	11.18	507	10.79	11.61	441	11.19	12.04	378	11.59	12.47	320

Combined Event Table - Women's 55/60 Meter Hurdles									
This table to be used exclusively for hand times									
55mH	Points	55mH	Points	55mH	Points	55mH	Points	55mH	Points
6.6	1281	7.6	1032	8.6	806	9.6	607	10.6	433
6.7	1257	7.7	1008	8.7	785	9.7	589	10.7	417
6.8	1231	7.8	984	8.8	765	9.8	570	10.8	402
6.9	1204	7.9	961	8.9	744	9.9	551	10.9	387
7.0	1178	8.0	939	9.0	723	10.0	535	11.0	371
7.1	1155	8.1	916	9.1	703	10.1	517	11.1	356
7.2	1130	8.2	893	9.2	684	10.2	499	11.2	343
7.3	1104	8.3	871	9.3	664	10.3	482	11.3	328
7.4	1079	8.4	850	9.4	644	10.4	466	11.4	314
7.5	1055	8.5	828	9.5	625	10.5	450	11.5	300

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# Appendix B

## NCAA Championship Qualifying

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The following information can be found in the sport-specific championship handbooks for each division. In addition, a link to each is provided at [www.ncaa.org/playingrules](http://www.ncaa.org/playingrules):

1. **Men's and Women's National Championships Qualifying Procedures**
2. **Track Altitude Adjustments**
3. **Indoor Facility Type Adjustments**



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# Appendix C

## Concussions

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Revised April 2016

A concussion is a brain injury that is most commonly caused by a blow to the head or trunk, or by the head or body forcefully impacting the ground. Concussions most commonly occur without loss of consciousness. Typically, there are subtle indications that a concussion has occurred, such as the student-athlete shaking his head, stumbling, or appearing dazed or stunned.

Game officials are often in a best position to observe student-athletes up-close, and may be the first to notice the unusual behaviors that indicate a concussion may be present. Student-athletes with a suspected concussion must be removed from competition so that a medical examination can be conducted by the primary athletics healthcare provider (i.e., athletic trainer or team physician).

Importantly, a game official is not expected to evaluate a student-athlete. Instead, if an official notices any unusual behavior, the official should stop play immediately and call an injury time-out so that an appropriate medical examination can be conducted. A simple guide to the official's role is: "When in doubt, call an injury time-out."

An official may observe the following behaviors by a student-athlete with a suspected concussion:

- Appears dazed or stunned.
- Appears confused or incoherent.
- Shakes head.
- Stumbles; has to be physically supported by teammates.
- Moves clumsily or awkwardly.
- Shows behavior or personality changes.

A student-athlete who exhibits signs, symptoms or behaviors consistent with a concussion, either at rest or during exertion, should be removed immediately from practice or competition and should not return to play until cleared by an appropriate health care professional. Sports have injury timeouts and player substitutions so that student-athletes can receive appropriate medical evaluation.

### **IF A CONCUSSION IS SUSPECTED:**

1. Remove the student-athlete from play. Look for the signs and symptoms of concussion if the student-athlete has experienced a blow to the head. Do not allow the student-athlete to just "shake it off." Each student-athlete will respond to concussions differently.
2. Ensure that the student-athlete is evaluated immediately by an appropriate health care professional. Do not try to judge the severity of the injury. Call

an injury time-out to ensure that the student-athlete is evaluated by one of the primary athletics healthcare providers.

3. Allow the student-athlete to return to play only with permission from the primary athletics healthcare provider. Allow athletics medical staff to rely on their clinical skills and protocols in evaluating the student-athlete to establish the appropriate time to return to play.

Please refer to the NCAA Sports Medicine Handbook and the Diagnosis and Management of Sport-Related Concussion Guidelines for additional information and details regarding concussions. Both are available at [www.NCAA.org](http://www.NCAA.org).

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# Appendix D

## Lightning Policy

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The NCAA provides detailed guidance on lightning (and other environmental hazards) in the NCAA Sports Medicine Handbook. Please consult the latest version of this handbook, which is available at [www.NCAA.org](http://www.NCAA.org).

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# Appendix E

## Tobacco Policy

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In accordance with NCAA Bylaws, the use of tobacco by student-athletes or meet personnel (that is, coaches, trainers, managers and officials) is prohibited during practice and competition.

Any student-athlete or personnel member who uses tobacco during practice or competition shall be disqualified for the remainder of that practice or competition.

During regular-season competition, it is the responsibility of each institution to enforce the rule for its own student-athletes and meet personnel. During championships competition, the games committee shall enforce the rule.

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# Appendix F

## Accommodations for Student-Athletes with Disabilities

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The NCAA encourages participation by student-athletes with disabilities (physical or mental) in intercollegiate athletics and physical activities to the full extent of their interests and abilities. An NCAA member institution will have the right to seek, on behalf of any student-athlete with a disability participating on the member's team, a reasonable modification or accommodation of a playing rule, provided that the modification or accommodation would not:

1. Compromise the safety of, or increase the risk of injury to, any other student-athlete;
2. Change an essential element that would fundamentally alter the nature of the game; or
3. Provide the student-athlete an unfair advantage over the other competitors.

To request any such modification or accommodation, the member's director of athletics, or his/her designee, must submit a rule waiver request, in writing, to the secretary-rules editor. Such written request should describe:

- a. The playing rule from which relief is sought;
- b. The nature of the proposed modification or accommodation;
- c. The nature of the student-athlete's disability and basis for modification or accommodation; and
- d. The proposed duration of the requested modification or accommodation.

Additionally, each request should be accompanied by documentation evidencing the student-athlete's disability (e.g., a medical professional's letter). Upon receipt of a complete waiver request, the secretary-rules editor will consult with NCAA staff, the applicable sport/rules committee, other sport governing bodies, and/or outside experts, to conduct an individual inquiry as to whether the requested modification or accommodation can be made. In making this assessment, the NCAA may request additional information from the member institution. The secretary-rules editor will communicate the decision in writing (which may be via email) to the requesting member institution. If the request is granted, the member institution should be prepared to provide the written decision to the officiating staff, opposing coach(es), and tournament director (if applicable) for each competition in which the student-athlete will participate. NCAA members are directed to consult Guideline 2P of the NCAA Sports Medicine Handbook for further considerations regarding participation by student-athletes with impairment.

# Index to Rules

Term	Page	Term	Page
<b>A</b>		<b>Competitors</b>	
Aids, jumping.....	<u>85</u>	Excused competitors.....	<u>84</u>
In high jump.....	<u>92</u>	Grouping of, field events.....	<u>90</u>
In long jump.....	<u>94</u>	Number per event.....	<u>58</u>
In pole vault.....	<u>93</u>	Responsibilities.....	<u>60</u>
In triple jump.....	<u>94</u>	<b>Construction</b>	
Announcer		Field areas.....	<u>12</u>
Duties.....	<u>52</u>	Track areas.....	<u>12</u>
Relevant information.....	<u>52</u>	Correctable error.....	<u>59</u>
Visual aids to.....	<u>52</u>	<b>Cross country</b>	
Appeals.....	<u>59</u>	Course layout.....	<u>30</u>
Application for record		Course length [men/women].....	<u>29</u>
NCAA/collegiate.....	<u>103</u>	Course markings.....	<u>30</u>
<b>B</b>		Course marshals, duties.....	<u>53</u>
Baton, relay		Finish area.....	<u>31</u>
Passing baton.....	<u>71</u>	Medical doctors and/or trainers.....	<u>54</u>
Receiving baton.....	<u>71</u>	Meet director, duties.....	<u>44</u>
Specifications.....	<u>34</u>	Start, location and width.....	<u>30</u>
Break line		<b>D</b>	
Description of.....	<u>16</u>	Decathlon	
<b>C</b>		Honest effort.....	<u>60</u>
Cage, enclosure		<b>Discus</b>	
Discus.....	<u>24</u>	Circle specifications.....	<u>12</u>
Hammer.....	<u>24</u>	Composition and specifications of.....	<u>37</u>
Hammer and discus.....	<u>24</u>	Damaged implement.....	<u>86</u>
Championships meet		Determining order, preliminaries.....	<u>90</u>
Competitor numbers.....	<u>63</u>	Dividing line.....	<u>23</u>
Conversions, MT to FAT.....	<u>82</u>	Enclosure or cage.....	<u>24</u>
Official pictures.....	<u>49</u>	Establishing sector.....	<u>23</u>
Order of competition, field events.....	<u>90</u>	Foul throw.....	<u>95</u>
Preferred lanes.....	<u>79</u>	Grouping competitors.....	<u>90</u>
Qualifying for finals.....	<u>72</u>	Insert.....	<u>23</u>
Recording performances.....	<u>87</u>	Inspection of.....	<u>86</u>
Relay substitution.....	<u>70</u>	Legal throw.....	<u>95</u>
Scoring.....	<u>99</u>	Measuring.....	<u>87, 96</u>
Taping aids.....	<u>85</u>	Preliminaries, time limit.....	<u>89</u>
Time schedule.....	<u>57, 58</u>	Recording performances.....	<u>87</u>
Clerk of course, duties.....	<u>47</u>	Safety measures.....	<u>87</u>
Combined Event		Taping aids.....	<u>85</u>
Event time limits.....	<u>83</u>	Time limit.....	<u>83</u>
Failure to participate.....	<u>60</u>	Using competitor's implement.....	<u>86</u>
Indoor scoring charts ( <i>Part II</i> ).....	<u>104</u>	Warm-up attempts.....	<u>86</u>
Records.....	<u>102</u>	Distances, measuring the track.....	<u>14</u>
Scoring Correction.....	<u>59</u>	<b>E</b>	
Vertical heights.....	<u>91</u>	Excused competitors.....	<u>84</u>
Vertical increments.....	<u>92</u>	Failure to Participate.....	<u>60</u>
Competition		<b>F</b>	
Absence from.....	<u>84</u>	Field events	
Competitor number.....	<u>63</u>	Absence from competition.....	<u>84</u>
Order of, field events.....	<u>90</u>	Alternate procedures.....	<u>89</u>
Relay uniform.....	<u>63</u>	Damaged implement.....	<u>86</u>
Shoes.....	<u>63</u>	Event timer.....	<u>84</u>
Uniform.....	<u>62</u>	Excused competitors.....	<u>84</u>
Uniform, cross country.....	<u>63</u>	Four-attempt competition.....	<u>89</u>

<b>Term</b>	<b>Page</b>	<b>Term</b>	<b>Page</b>
Grouping competitors.....	<u>90</u>	Ties .....	<u>100</u>
Guaranteed measurement.....	<u>89</u>	Time limit .....	<u>83</u>
Implement inspection.....	<u>86</u>	Using competitor's implement .....	<u>86</u>
Meet implements.....	<u>86</u>	Warm-up attempts.....	<u>90</u>
Preliminaries, time limit.....	<u>83, 89</u>	<b>Heats</b>	
Safety considerations.....	<u>87</u>	Canceling.....	<u>73</u>
Safety measures.....	<u>87</u>	Forming, regulations .....	<u>75</u>
Shoe restrictions.....	<u>63</u>	Heptathlon .....	<u>56</u>
Taking measurements.....	<u>87</u>	Pentathlon .....	<u>57</u>
Ties .....	<u>100</u>	Redrawing .....	<u>73</u>
Time limit.....	<u>83</u>	<b>Heptathlon</b>	
Using competitor's implement .....	<u>86</u>	Order of events .....	<u>56</u>
Using illegal implements .....	<u>86</u>	<b>High jump</b>	
Visible time indicators .....	<u>84</u>	Accidental displacement, crossbar.....	<u>92</u>
Wind considerations.....	<u>87</u>	Approach .....	<u>12, 19</u>
<b>Field-event violations</b>		Distance between standards .....	<u>34</u>
Jumping aids .....	<u>85</u>	Failed attempt.....	<u>92</u>
Taping aids .....	<u>85</u>	Improperly fastened supports .....	<u>92</u>
<b>Field judge[s]</b>		Jumping aids	
Head judges of field events.....	<u>51</u>	Foot pattern .....	<u>85</u>
Number.....	<u>51</u>	Markers.....	<u>92</u>
Placement of officials, javelin throw .....	<u>96</u>	Landing pad.....	<u>34</u>
<b>Finish</b>		Legal jump .....	<u>91</u>
Area, cross country.....	<u>31</u>	Measuring height of bar.....	<u>87, 91</u>
Line description .....	<u>15</u>	Procedure .....	<u>90</u>
Placing finishers .....	<u>50, 68</u>	Shoe restrictions.....	<u>63</u>
Placing finishers [manual].....	<u>50, 68</u>	Standards, specifications.....	<u>34</u>
Posts, description .....	<u>16</u>	Starting height and increments.....	<u>91</u>
Returning in lanes .....	<u>68</u>	Takeoff area .....	<u>19</u>
Tape not used with FAT .....	<u>68</u>	Ties .....	<u>100</u>
<b>Fully automatic timing officials</b>		<b>Hurdles</b>	
Head finish evaluator [FAT].....	<u>49</u>	Chevron .....	<u>33</u>
Operator duties.....	<u>48</u>	Design.....	<u>33</u>
Photo evaluator duties .....	<u>49</u>	Height tolerance .....	<u>33</u>
<b>G</b>		Indoor placement .....	<u>17</u>
<b>Games committee</b>		Lanes.....	<u>16</u>
Drawing for lanes .....	<u>79</u>	Material .....	<u>33</u>
Duties, meet .....	<u>45, 75</u>	Measurements.....	<u>33</u>
Forming heats.....	<u>75</u>	Pull-over force .....	<u>33</u>
Setting qualifying standards.....	<u>72</u>	<b>Hurdling violations</b>	
Starting height and increments, high jump .....	<u>91</u>	Hand .....	<u>70</u>
Starting height and increments, pole vault.....	<u>92</u>	Lead leg.....	<u>70</u>
Warm-ups, field events.....	<u>90</u>	Running around hurdle .....	<u>70</u>
Wind considerations.....	<u>87</u>	Runs over hurdle not in own lane .....	<u>70</u>
<b>H</b>		Trail leg .....	<u>70</u>
<b>Hammer throw</b>		<b>I</b>	
Breaking of hammer.....	<u>98</u>	Implement inspector	
Circle specifications.....	<u>24</u>	Duties.....	<u>51</u>
Composition and specifications of.....	<u>38</u>	Implements	
Damaged implement.....	<u>86</u>	Illegal.....	<u>86</u>
Determining order, qualifying and/or .....	<u>90</u>	Inspection of.....	<u>86</u>
preliminaries .....	<u>90</u>	Use of competitor's .....	<u>86</u>
Dividing line .....	<u>23</u>	<b>Indoor facilities and race conduct</b>	
Enclosure or cage.....	<u>24</u>	The weight .....	<u>39</u>
Foul throw.....	<u>97</u>	<b>J</b>	
Grip .....	<u>38</u>	Javelin	
Grouping competitors.....	<u>90</u>	Breaking of .....	<u>97</u>
Insert.....	<u>23</u>	Composition and specifications .....	<u>40</u>
Inspection of.....	<u>86</u>	Cord .....	<u>41</u>
Legal throw.....	<u>97</u>	Damaged implement.....	<u>86</u>
Measuring throw.....	<u>98</u>	Determining order, qualifying and/or .....	<u>90</u>
Preliminaries, time limit.....	<u>89</u>	preliminaries .....	<u>90</u>
Recording performances .....	<u>87</u>	Establishing sector .....	<u>29</u>
Safety measures.....	<u>87</u>	Foul line .....	<u>28</u>
Shoe restrictions.....	<u>63</u>	Foul throw.....	<u>96</u>

Term	Page	Term	Page
Grouping competitors.....	<u>90</u>	Measuring distances	
Inspection of.....	<u>86</u>	Around curves.....	<u>14</u>
Legal throw.....	<u>96</u>	In lanes.....	<u>14</u>
Measuring.....	<u>97</u>	Not in lanes.....	<u>14</u>
Preliminaries, time limit.....	<u>88, 89</u>	Medical doctor	
Recording performances.....	<u>87</u>	Duties.....	<u>54</u>
Runway.....	<u>28</u>	Medical personnel.....	<u>54</u>
Safety measures.....	<u>28, 87</u>	Meet director	
Shoe restrictions.....	<u>63</u>	Duties.....	<u>44</u>
Ties.....	<u>100</u>	<b>O</b>	
Using competitor's implement.....	<u>86</u>	Officials	
Warm-up attempts.....	<u>90</u>	Additional.....	<u>43</u>
Judges of the finish [FAT]		Combined events.....	<u>43</u>
Duties.....	<u>48</u>	Event timer.....	<u>84</u>
Fully automatic timing.....	<u>49, 80</u>	Number, types.....	<u>43</u>
Head finish evaluator.....	<u>48</u>	Selection of.....	<u>43</u>
Official pictures.....	<u>49</u>	Order of competition, field events	
Picking places.....	<u>50, 68</u>	Determining.....	<u>90</u>
Placement.....	<u>50</u>	Grouping competitors.....	<u>90</u>
Judges of the finish [manual]		Warm-up attempts.....	<u>90</u>
Duties.....	<u>49</u>	Order of events	
Picking places.....	<u>50</u>	Intervals between events.....	<u>58</u>
Placement.....	<u>49</u>	Time schedule.....	<u>57, 58</u>
<b>L</b>		Two-session meets.....	<u>57</u>
Lanes		<b>P</b>	
Alternating for duals, triangulars.....	<u>80</u>	Pentathlon	
Drawing for.....	<u>79</u>	Order of events.....	<u>57</u>
Legal running in.....	<u>68</u>	Photoelectric timing.....	<u>80</u>
Legal running without.....	<u>68</u>	Places	
Preferred lanes, championships meets.....	<u>79</u>	Determination of.....	<u>50</u>
Specifications.....	<u>16</u>	Method of picking.....	<u>50</u>
Lap counter		Official pictures.....	<u>49, 80</u>
Duties.....	<u>53</u>	Pole vault	
Long jump		Accidental displacement, crossbar.....	<u>93</u>
Determining order, preliminaries.....	<u>90</u>	Breaking pole.....	<u>93</u>
Foul-indicator aid.....	<u>22</u>	Failed attempt.....	<u>92</u>
Foul jump.....	<u>94</u>	Improperly fastened supports.....	<u>93</u>
Foul line.....	<u>22</u>	Jumping aids.....	<u>85, 93</u>
Grouping competitors.....	<u>90</u>	Landing pad.....	<u>35</u>
Jumping aids		Measuring height of bar.....	<u>87</u>
Foot pattern.....	<u>85</u>	Pole, catching.....	<u>93</u>
Markers.....	<u>94</u>	Procedure.....	<u>90</u>
Landing area.....	<u>21</u>	Runway markings.....	<u>20</u>
Measuring.....	<u>94</u>	Runway specifications.....	<u>12, 20</u>
Preliminaries, time limit.....	<u>89</u>	Standards, moving.....	<u>93</u>
Recording performances.....	<u>87</u>	Standards, specifications.....	<u>36</u>
Runway.....	<u>12, 21</u>	Starting height.....	<u>92</u>
Shoe restrictions.....	<u>63</u>	Ties.....	<u>100</u>
Takeoff board.....	<u>22</u>	Time limit.....	<u>83</u>
Ties.....	<u>100</u>	Upright pegs.....	<u>36</u>
Time limit.....	<u>83</u>	Vaulting box.....	<u>20</u>
Warm-up attempts.....	<u>90</u>	Warm-up restrictions.....	<u>86</u>
<b>M</b>		Press steward	
Markings, track		Duties.....	<u>53</u>
Color code.....	<u>13</u>	Protests	
Marshal		Final results.....	<u>58, 61</u>
Duties.....	<u>53</u>	<b>Q</b>	
Measurements		Qualifying, standards [sea level] ( <i>Part III</i> ).....	<u>111</u>
Taking [discus].....	<u>96</u>	Qualifying, track events	
Taking [field events].....	<u>87</u>	Number to final.....	<u>74</u>
Taking [hammer].....	<u>98</u>	Purpose of.....	<u>72</u>
Taking [javelin].....	<u>97</u>	Ties.....	<u>73</u>
Taking [long jump and triple jump].....	<u>94</u>		
Taking [shot put].....	<u>95</u>		



Term	Page	Term	Page
<b>R</b>			
Records		Shoes	
Application for.....	<u>103</u>	No shoes.....	<u>63</u>
Chair.....	<u>103</u>	Number of spike positions.....	<u>64</u>
Curb requirement.....	<u>13</u>	One shoe.....	<u>63</u>
Illegal implements, equipment.....	<u>86</u>	Shot put	
In field events.....	<u>102</u>	Circle specifications.....	<u>13</u>
In high jump, pole vault.....	<u>103</u>	Damaged implement.....	<u>86</u>
In hurdle events.....	<u>102</u>	Determining order, preliminaries.....	<u>88</u>
In preliminaries.....	<u>102</u>	Dividing line.....	<u>23</u>
NCAA championships.....	<u>103</u>	Establishing sector.....	<u>23</u>
Steel tape.....	<u>87, 102</u>	Foul put.....	<u>95</u>
Wind velocity.....	<u>102</u>	Grouping competitors.....	<u>90</u>
Referee[s]		Implement specifications.....	<u>37</u>
Duties.....	<u>45</u>	Insert.....	<u>23</u>
Finality of decisions.....	<u>46</u>	Inspection of.....	<u>86</u>
Primary role.....	<u>45</u>	Landing area.....	<u>23</u>
Relays		Legal put.....	<u>94</u>
After passing baton.....	<u>71</u>	Measuring.....	<u>95</u>
Baton specifications.....	<u>34</u>	Outdoor shot.....	<u>36</u>
Common relay events.....	<u>70</u>	Preliminaries, time limit.....	<u>89</u>
Definition of.....	<u>70</u>	Recording performances.....	<u>87</u>
Dropping baton.....	<u>71</u>	Safety measures.....	<u>87</u>
Four-turn stagger.....	<u>70</u>	Stopboard.....	<u>23, 24</u>
Marking takeoff point.....	<u>71</u>	Ties.....	<u>100</u>
Passing baton.....	<u>71</u>	Time limit.....	<u>83</u>
Receiving baton.....	<u>71</u>	Using competitor's implement.....	<u>86</u>
Shuttle hurdle.....	<u>71</u>	Warm-up attempts.....	<u>83, 85</u>
Starting violations.....	<u>67</u>	Sportsmanship.....	<u>67</u>
Substitution.....	<u>70</u>	Start	
Three-turn stagger.....	<u>70</u>	Control.....	<u>65</u>
Uniforms.....	<u>63</u>	Disconcerting action.....	<u>67</u>
Zones.....	<u>17, 71, 72</u>	False.....	<u>67</u>
relay violations		Location and width, cross country.....	<u>29</u>
Running out of lane.....	<u>72</u>	Methods of.....	<u>65</u>
Relay violations		Practice starts.....	<u>65</u>
Dropping baton.....	<u>71</u>	Starter	
Finishing race without baton.....	<u>72</u>	Assistant's duties.....	<u>48, 67</u>
Impeding opposing runner.....	<u>72</u>	Duties.....	<u>48</u>
Passing outside zone.....	<u>72</u>	Starting races—500 meters and longer.....	<u>66</u>
Running out of lane.....	<u>69, 72</u>	Starting races—500 meters or shorter.....	<u>65</u>
Team member disqualified.....	<u>72</u>	Starting-area marshal	
Transporting baton.....	<u>72</u>	Duties.....	<u>65</u>
Running		Starting blocks	
In lanes.....	<u>68</u>	Design.....	<u>32</u>
Without lanes.....	<u>68</u>	Positioning.....	<u>65</u>
Running violations		Starting line	
Crossing breakline.....	<u>69</u>	Description [track].....	<u>14, 15</u>
Hurdling.....	<u>70</u>	Stagers.....	<u>66</u>
Impeding runner.....	<u>69</u>	Steeplechase	
Leaving track.....	<u>69</u>	Distance.....	<u>17</u>
Outside assigned lane.....	<u>69</u>	Hurdle jumps [number of].....	<u>17</u>
Relay.....	<u>72</u>	Hurdle specifications.....	<u>34</u>
Running.....	<u>69</u>	Hurdle specifications [water jump].....	<u>34</u>
Starting.....	<u>67</u>	Hurdling violations.....	<u>70</u>
Stepping inside curb.....	<u>69</u>	Measuring course.....	<u>18</u>
Stepping on or over lane line.....	<u>69</u>	Placement of hurdles.....	<u>18</u>
<b>S</b>			
Scorer		Running violations.....	<u>69</u>
Duties.....	<u>51</u>	Water-jump construction.....	<u>19</u>
Scoring		Water-jump hurdle.....	<u>19</u>
Championships meets.....	<u>99</u>	Water jumps [number of].....	<u>19</u>
Illegal implements.....	<u>86</u>		
Meet scoring.....	<u>99</u>		
Scoring table [combined events] ( <i>Part II</i> ).....	<u>104</u>		

<b>Term</b>	<b>Page</b>	<b>Term</b>	<b>Page</b>
<b>T</b>			
Throwing circle		Umpires	
Diameters .....	<u>23</u>	Duties .....	<u>46</u>
Dividing line .....	<u>23</u>	Duties of head umpire .....	<u>46</u>
Insert .....	<u>23</u>	Placement .....	<u>47</u>
Legal action in .....	<u>83, 85</u>	Uniforms	
Materials .....	<u>22</u>	Additional clothing .....	<u>62</u>
Maximum inclination of .....	<u>12</u>	Official .....	<u>62</u>
<b>Ties</b>			
Throws and horizontal jumps .....	<u>100</u>	<b>V</b>	
Track events .....	<u>99</u>	Videotape Certification of devices .....	<u>81</u>
Vertical jumps .....	<u>100</u>	<b>W</b>	
<b>Time limit</b>			
Protest, preliminaries and finals .....	<u>58, 61</u>	Warm-up restrictions [field events] .....	<u>86</u>
To complete event .....	<u>89</u>	Weight throw	
To initiate an attempt .....	<u>83</u>	Circle specifications .....	<u>12, 28</u>
Warm up between flights .....	<u>90</u>	Connection .....	<u>39</u>
<b>Timed-section finals</b> ..... <u>72</u>			
<b>Timers</b>			
Duties .....	<u>50</u>	Damaged implement .....	<u>86</u>
Head timer .....	<u>50</u>	Determining order, preliminaries .....	<u>90</u>
Intermediate times .....	<u>50</u>	Dividing line .....	<u>23</u>
Number .....	<u>50</u>	Establishing sector .....	<u>23, 89</u>
Official back-up system .....	<u>49</u>	Foul throw	
Placement of .....	<u>50</u>	See hammer .....	<u>97</u>
<b>Timing</b>			
Certification of devices .....	<u>42</u>	Grouping competitors .....	<u>90</u>
Conversion .....	<u>82</u>	Handle .....	<u>39</u>
Fully automatic timing officials .....	<u>48</u>	Harness .....	<u>39</u>
Methods of recording [FAT] .....	<u>81</u>	Head .....	<u>39</u>
Methods of recording [MT] .....	<u>81</u>	Indoor implements .....	<u>40</u>
Methods of timing .....	<u>81</u>	Insert .....	<u>23</u>
Procedure for timing .....	<u>51</u>	Inspection of .....	<u>86</u>
<b>Timing [field events]</b>			
Event timer .....	<u>84</u>	Legal throw .....	<u>97</u>
Time limit .....	<u>83</u>	Length .....	<u>39</u>
Visible time indicators .....	<u>84</u>	Preliminaries, time limit .....	<u>89</u>
<b>Triple jump</b>			
Determining order, preliminaries .....	<u>90</u>	Recording performances .....	<u>87</u>
Foul-indicator aid .....	<u>22</u>	Safety measures .....	<u>87</u>
Foul jump .....	<u>94</u>	Specifications .....	<u>40</u>
Foul line .....	<u>22</u>	Taping aids .....	<u>85</u>
Grouping competitors .....	<u>90</u>	Ties .....	<u>100</u>
<b>Jumping aids</b>			
Foot pattern .....	<u>85</u>	Time limit .....	<u>83</u>
Markers .....	<u>94</u>	Using competitor's implement .....	<u>86</u>
Landing area .....	<u>21</u>	Warm-up attempts .....	<u>86</u>
Measurement .....	<u>94</u>	Weight .....	<u>39</u>
Method of .....	<u>93</u>	<b>Wind</b>	
Multiple boards .....	<u>94</u>	Acceptable .....	<u>102</u>
Preliminaries, time limit .....	<u>89, 90</u>	Gauge, location .....	<u>102</u>
Recording performances .....	<u>87</u>	Gauge operator, duties .....	<u>53</u>
Runway .....	<u>12, 21</u>	Sock .....	<u>87</u>
Shoe restrictions .....	<u>63</u>		
Takeoff board .....	<u>22</u>		
Ties .....	<u>100</u>		
Time limit .....	<u>83</u>		
Warm-up attempts .....	<u>90</u>		

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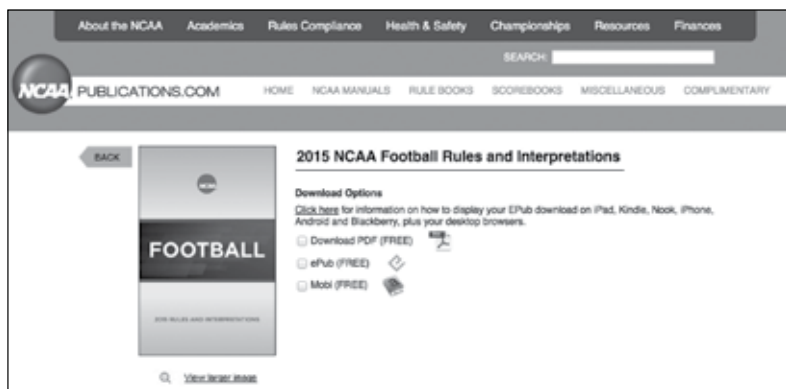
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