

September 2018

Interpretations and Clarifications

a. We have a school who attends one of our meets who is transitioning from D3 to D2 starting this season. Based on their status, do we need to compete them in a separate division at our meet (run in heats only with D2 schools), or do we just not score them against other teams? They are the only Division 2 school who attends the meet.

In a competition, there is nothing that prevents teams from different divisions from competing against one another in scored or non-scored events. I believe the question you are asking is in regards to sport sponsorship which is a Bylaw inquiry and should be addressed to your compliance officer.

b. A “simple” question about when the 2019/20 Rules go into effect. Am I correct in assuming that the XC season is covered by the existing 2017/18 Rules? The new Rules go into effect starting with the upcoming indoor season?

You are correct.

c. Question coming from a conference regarding 8 lane 300m tracks and what is allowed in the 200m, 400m and 4x400m. Are they allowed to run as a 2-section final or a 1 section final? I did see the below from last October’s interpretations which seems to indicate that lanes 7 and 8 cannot be used in any round for the 200m and 400m, but nothing is mentioned regarding the 4x400m. Also, I am thrown off by “more than 8 lanes”. Does this exclude 8 lane tracks? Can you confirm the below is accurate still and what is and is not allowable in the 4x400m?

Please allow me to clarify:

It is permissible to run a two-section final indoors in the 200m; 400m; 600m and 4x400 meter relay. If the facility has more than 6 lanes, only lanes 1-6 shall be utilized during the preliminary rounds without exception. Only 8 competitors shall advance to the final round. For the final, lanes 3 - 6 shall be utilized without exception.

d. I have placed two pictures of my men’s shorts - the sprinters and throwers and my distance ones came in and this is what Nike sent me want to make sure it is not breaking any rules, if so I can send them back and get ones that fit before track season.



Your team members are allowed to wear either short during competition. The primary color on both short examples are the same, therefore they comply with the intent of the rule. The design element (white side panel) on the split short does not violate the intent of the written rule.

e. What markings are required on the track? Do we need to reline our exchange zones? If so, can you provide a schematic diagram of the specific lane/zone markings needed? I realize the 2019–2020 Rule change PDF indicates no cost is associated with this change as current track markings can be used. However, I want to be certain we have the correct markings on our track.

Currently your track is measured correctly.

The start of the 30-meter exchange zone is exactly where the former acceleration zone began.

The end of the 30-meter exchange zone is exactly where the old 20-meter exchange zone ends.

A strip of tape across each lane at the former acceleration zone marking would help your officials to see that the athlete starts in the zone.

A schematic of the 30-meter exchange zone can be found in the IAAF Track and Field Facilities Manual as referred to in the NCAA Rule Book Rule 1 Construction of Facilities.

You may change the relay zone markings when your track is resurfaced or repainted. No additional cost is necessary to comply with this rule change.

October 2018

Clarifications

Uniforms

The Cross Country question has been asked regarding arm warmers and long sleeve T-shirts and whether all team members must wear the same solid color.

Below is the exact wording from the 2017-2018 NCAA Cross Country/Track and Field Rules Book. Please keep in mind that the key phrase to answering this question is the statement, "**each taken separately**".

Rule 4-3.2b.

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 color, 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.

Therefore, arm warmers for all team members must be the same color. Likewise, all long sleeve T-shirts of all team members must be the same color.

However, the arm warmers and the long sleeve T-shirts are not required to be the same color because each garment is considered separately.

Correctable Error

Reviewing a disqualification would not be considered a correctable error and thus, something that could not be reviewed with 72 hours of the meet. A disqualification is not an "administrative error".

Interpretations

- a. Regarding the list of new rules posted on the website Aug 16, 2018, I am curious about the new exchange zones. Will those need to be repainted on an indoor track prior to the start of this season? Will the 4x100m outdoors need to be repainted before this outdoor season? The reason I ask is that this was not budgeted for in our program.

For your indoor track, there are no changes in the exchange zones that need to be made. The exchange zones for the 4x400 meter relay and the DMR have not changed.

For your outdoor track, the start of the 30 meter exchange zone is exactly where the former acceleration zone began. The end of the 30 meter exchange zone is exactly where the old 20 meter exchange zone ends. A strip of tape across the each lane at the former acceleration zone marking would help your officials to see that the athlete starts in the zone.

A schematic of the 30 meter exchange zone can be found in the IAAF Track and Field Facilities Manual as referred to in the NCAA Rule Book Rule 1 Construction of Facilities. You may change the relay zone markings when your track is resurfaced or repainted. No additional cost is necessary to comply with this rule change.

b. Can you confirm the following for the 200m, 400m, and 4x400m with 8 advancing to the finals for 6 lane and 8 lane indoor tracks:

(1) On a 6 lane track you must have a 2-section final with lanes 3-6 used. (Rule 5-11.3b)
This is true, if you are scoring 8 places.

(2) On a 6 lane track in the Prelims, if possible lanes 1 and 2 can be open?
This is true, if the games committee chooses to close those lanes in the preliminary round.

(3) On an 8 lane track the games committee has the option to do a 1-section final or 2 section final?
This is true, the games committee does have the option of running a 1 heat or 2 heat final.

(4) On an 8 lane track with a 2 section final lanes 7 and 8 are not allowed to be used in finals or prelims.
This is true, if the games committee chooses to run a 2 heat final on an 8 lane indoor track lanes 7 and 8 are closed.

(5) On an 8 lane track with a 1 section final all lanes are allowed to be used.
This is true, in a one heat final on an 8 lane indoor track, all lanes are available for competition.

(6) On an 8 lane track with a 1 section final all lanes are allowed to be used in prelims and if possible lanes 1 and 2 can be open.
No this is false, if the games committee chooses to use all 8 lanes in the final, all 8 lanes will be available for the rounds of competition.

The following statement bears repeating:

It is permissible to run a two-section final indoors in the 200m; 400m; 600m and 4 x 400 meter relay. If the facility has more than 6 lanes, only lanes 1-6 shall be utilized during the preliminary rounds without exception. Only 8 competitors shall advance to the final round. For the final, lanes 3-6 shall be utilized without exception.

c. I have a runner who would like to wear soccer cleats or screw in cleats for cross country meets on muddy courses and I am unable to interpret rule 5 as it applies to cross country footwear.

Nothing in the rule book prevents the wearing of the proposed shoes. However, the referee at the competition will need to provide the ruling to determine the legality of the shoes. Number

of spikes, length, sole thickness etc. must be considered. A determination cannot be made without inspection by the referee.

d. Would it render our discs "illegal" if we stamped our school name in the center where the disc weight is already stamped in? It wouldn't affect the weight (and obviously if it did, they would not be legal). The only part of the rule book that I see as being a potential issue is that it states the disc must be "without indentation", but would this be considered an indentation that would provide advantage?

If I understand correctly, the center weight would be stamped with your institutions name. If there are not rough edges and is smooth to the touch this should not be a problem in passing inspection for a discus.

e. I have read through the rules and it does not appear that a lot has changed. I just need it to clarify the rule with the conference meet. I know there were a couple of minor changes in wording so wanted to confirm the following did or did not change as we go into conference/regional:

- (1) Bottoms can be of any length but of same solid color (briefs, shorts, tights) correct?
- (2) Bottoms (shorts, briefs, tights) – They can still have a minor design element (Example: Some all black, some with a white stripe) Correct?

Does the following answer my two items as allowable.

Rule 4-3.2

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 color, 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.

A minor manufacturers design element as mentioned in question #2 is allowable, provided "that no imagination shall be required to justify a clear sense of belonging to a team." Your answers to the questions regarding uniforms and minor design elements are correct. Nothing has changed from last year to this year.

f. For Indoor T&F (which starts in November in this area) do the new rule changes take effect after January 1 or at the start of the season?

The new rule book goes into effect at the beginning of the indoor season.

g. With the new language on uniforms being that the "primary" color must match, would either of these scenarios violate uniform rules?

(1) One athlete has a team logo on bottoms, another does not. (Both would be black.)

This scenario would be legal as the primary color is the same for the bottom.

(2) One athlete has a white "accent", another has a maroon "accent". (Both would be primarily black.)

This scenario would be legal as the primary color is the same for the bottom.

Due to budget constraints, we ask our athletes to purchase their own uniform bottoms so when it comes to cold gear, we get a lot of variety and "is this legal" questions, with these being the primary two. I've always said "no" in the past to just keep everything solid black but with the new language, I thought it might be open to interpretation.

The new language does not leave room for interpretation, follow the rule as written.

h. Quick question for you...relative to the new Exchange Zones.

Our current 4x1 zones are designated by different colors of track (pic attached)...so...what is the most cost-effective way for us to be compliant with the new rule?



*Currently your track is measured correctly.
The start of the 30 meter exchange zone is exactly where the former acceleration zone began.
The end of the 30 meter exchange zone is exactly where the old 20 meter exchange zone ends.
A strip of tape across the each lane at the former acceleration zone marking would help your officials to see that the athlete starts in the zone.*

A schematic of the 30 meter exchange zone can be found in the IAAF Track and Field Facilities Manual as referred to in the NCAA Rule Book Rule 1 Construction of Facilities. You may change the relay zone markings and/or color when your track is resurfaced or repainted. No additional cost is necessary to comply with this rule change.

November 2018 Clarifications and Interpretations

Rule Book Corrections

Rule 3-4.3 (Note on page 46 - Finality of Decisions)

Citing Error - note should read as follows:

Note: See Rules 4.1-12 and 4.1-13 for protest and appeals procedures.

Rule 6-1.5 (page 83 - Time Limit)

Error Correction and Clarification:

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, high jumpers shall have one minute and 30 seconds and pole vaulters two minutes to initiate a trial.

In the High Jump and Pole Vault, when a competitor is taking consecutive attempts at the same bar height while other competitors remain in the competition, high jumpers shall have two minutes and pole vaulters three minutes to initiate consecutive trials.

This written correction will now be in agreement with the correct table in Rule 6.2-6 on page 84.

Interpretations

a. Just got my 19-20 Track Rule Book in the mail. Starting with the 17-18 rule book... Rule 4 (The Meet), Article 4 implemented a new rule setting a minimum number of events... nine track events and six field events for outdoor competition. In this new rule book that piece has completely disappeared. Did we do a 180 and decide to throw all that stuff out and go back to the old way?

This statement was released in November of 2016:

Clarification – Rules 4-1.3 and 4-1.4 Minimum Number of Competitions and Institutions: It has been identified that there is a discrepancy in the 2017-2018 Track and Field Rule Book and the 2017-2018 NCAA T&F Qualifying Criteria. As a result, and until the discrepancy is resolved, the following will apply from the NCAA Men’s and Women’s Track and Field Rules Committee: If a competition is conducted in accordance with NCAA Bylaws and meets the current qualifying criteria, the marks achieved at the competition are eligible for qualifying purposes in the eyes of the NCAA Rules Committee. The final authority in regard to acceptance of the performances for qualification purposes rests upon the NCAA Division Sports Committee.

This is not a rule reversal, as the rules mentioned above were never implemented. Without the rules being implemented they had no place in the rule book and were edited out. The responsibility for the selection of events (track and/or field events) contested remains with the sponsoring host institution.

b. When does the 2019 Rule Book take effect, Indoor Season start or Jan 1, 2019?
The new rule book goes into effect at the beginning of the indoor season.

c. Is there a minimum for total number events required for an indoor/outdoor meet?
In order for a competition to be used for qualifying purposes you must follow the 2019 NCAA Championship Qualifying criteria. This document is distributed by the NCAA Sports Committee and can be found at:
[https://ncaaorg.s3.amazonaws.com/championships/sports/crosstrack/common/2018-19DCXTF NCAA TF Qualifying Criteria.pdf](https://ncaaorg.s3.amazonaws.com/championships/sports/crosstrack/common/2018-19DCXTF_NCAA_TF_Qualifying_Criteria.pdf)

d. Just a question on Rule 6-1-2 - Time Limit:

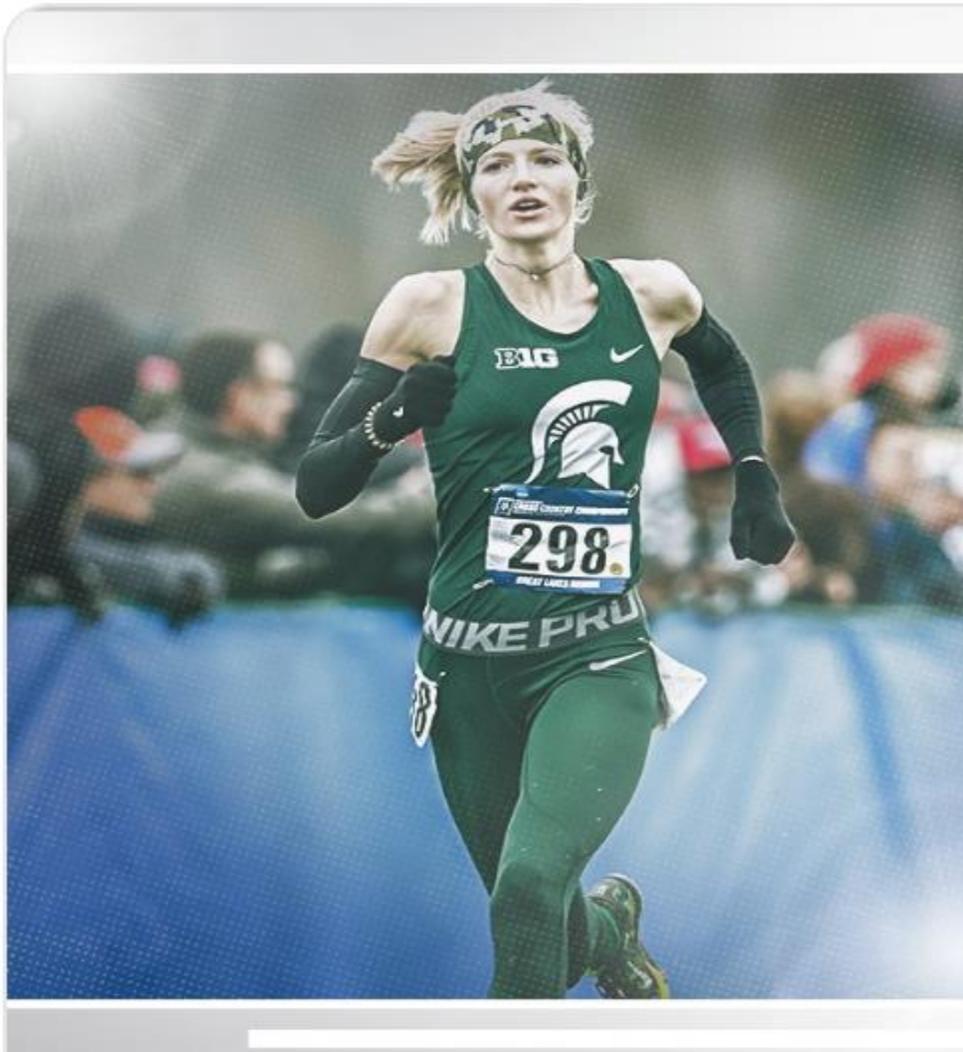
ARTICLE 2. In the throwing events, a competitor shall be charged with a foul if he or she does not initiate a trial within 30 seconds after his or her name has been called, in addition to the event judge making a visual indication.

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.

Once we call the athlete up how long do we give them to step onto the pad before we start the clock? I can envision someone stalling a throwing event by not immediately stepping into the circle. I can't find any other rule to address this.

Your question is not a rule as it is a best practice. When the official calls the competitor up the second time the time clock starts. In caged events, the timing official should be consistent when they start the clock. Coordination with the flight coordinator and the timing official is important to ensure that each competitor has a fair and equitable opportunity. Remember, the Note is a suggested guide and not part of the rule.

e. Is this an illegal uniform with the Nike Pro exposed?



It's more a Bylaw logo violation than a uniform violation. This violates the Bylaw that says the uniform can only have a single manufacturer's logo or trademark.

f. We are preparing for our trip to the DI XC Championship, and given the anticipated cold temps, I want to clarify the uniform rule surrounding undergarments, arm sleeves, etc. Here is what we are planning, please let me know if this is permissible per the uniform rule:

One team member will wear a BLACK long-sleeve shirt under their yellow uniform singlet, while another team member will wear GREEN arm sleeves.

This is allowable since each item is taken separately. Anyone who wears a long sleeve shirt must wear matching black ones and anyone that wears arm sleeves must wear matching green ones.

December 2018 Clarifications and Interpretations

Rule 5-11.3b on page 79 - Regulations for Forming Heats - Advancement by Time

Citing Error: First sentence shall read, “A final round, contested as a result of Rule 5-10.5e.....”
(not 5-10.5f)

Rule 3-4.3 Note on page 46 - Finality of Decisions

Citing Error, note is to read as follows:

Note: See Rules 4-1.12 and 4-1.13 for protest and appeals procedures.

Rule 6-2.5 on page 83 - Time Limit

Error Correction and Clarification:

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, high jumpers shall have one minute and 30 seconds and pole vaulters two minutes to initiate a trial.

In the High Jump and Pole Vault, when a competitor is taking consecutive attempts at the same bar height while other competitors remain in the competition, high jumpers shall have two minutes and pole vaulters three minutes to initiate consecutive trials.

This written correction will now be in agreement with the correct table in Rule 6-2.6 on page 84.

Interpretations

a. Is there a minimum for total number events required for an indoor/outdoor meet?

In order for a competition to be used for qualifying purposes you must follow the 2019 NCAA Championship Qualifying criteria. This document is distributed by the NCAA Sports Committee and can be found at:

https://ncaaorg.s3.amazonaws.com/championships/sports/crosstrack/common/2018-19DCXTF_NCAA_TF_Qualifying_Criteria.pdf

If you have any questions regarding national championships qualifying, please contact Jeff Mylnski at the national office.

b. We have a question regarding the new NCAA 2019-20 Track & Field and Cross Country Rules Book, specifically regarding Rule 4, The meet. The new handbook does not define minimum number of events or competitors needed, it is in fact completely omitted. Is this correct that our assumption would be there is now no minimum number of competitors, teams, or events needed to constitute a meet? Thanks, I've included pictures of the new and old handbooks in questions.

Former Rule 4-1.3 and 4-1.4 were never implemented during the 2017-2018 seasons. Below is the statement that was released in November of 2016:

Clarification – Rules 4-1.3 and 4-1.4 Minimum Number of Competitions and Institutions. It has been identified that there is a discrepancy in the 2017-2018 Track and Field Rule Book and the 2017-2018 NCAA T&F Qualifying Criteria. As a result, and until the discrepancy is resolved, the following will apply from the NCAA Rules Committee. If a competition is conducted in accordance with NCAA Bylaws and meets the current qualifying criteria, the marks achieved at the competition are eligible for qualifying purposes in the eyes of the NCAA Rules Committee. The final authority in regard to acceptance of the performances for qualification purposes rests upon the NCAA Division Sports Committee.

This is not a rule reversal or omission, as the rules mentioned above were never implemented. Without the rules being implemented they had no place in the rule book and were edited out. Below is the link to the current qualifying criteria.

[https://ncaaorg.s3.amazonaws.com/championships/sports/crosstrack/common/2018-19DCXTF NCAA TF Qualifying Criteria.pdf](https://ncaaorg.s3.amazonaws.com/championships/sports/crosstrack/common/2018-19DCXTF_NCAA_TF_Qualifying_Criteria.pdf)

c. I am writing in relation to Rule 6 Article 2. I understand the time limit is now 30 seconds to initiate the trial. For events such as Hammer, Discus, Shot Put and Weight the clock is to begin counting once the contestant enters the ring. It is not uncommon for a contestant to initiate what the official believes to be an attempt but then stops and resets. In the event such occurs and time expires, would this be a foul or not? As the rule states:

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.

Therefore, literal interpretation would say that the contestant has endless time as long as he/she initiates the trial within the time allotted. Is it your interpretation that the word initiate is synonymous with complete execution of the trial, which then in this scenario a foul would be called?

The note in Rule 6-1.2 is intended to provide equity in the competition. Please instruct the athletes how you will conduct the competition and when the clock will start for each competitor. Provide a safe, fair and equitable competition.

d. When the hammer is staged away from the spectator area, are the doors required to be used? Can meet management waive the use of the doors?

No, it is the intent of the rule that all hammer and weight competitions are conducted in the same manner nationally. The games committee does not have the authority to waive any rule. Therefore, the cage doors shall be used at all times. A competition not in compliance with the cage doors properly used would create an unfair advantage.

e. In the weight, the most commonly used cage does not allow the doors to be positioned as per rule 1-9(d). So, do we bring the backside door into where it meets the sector line, and the front side door is parallel? That's what I have always done, since there is no way to get it INTO the sector on the backside. Also, there is no specification in rule 1-10 as to where the doors are to be positioned.

Your action to create the safest and fairest competition area is commendable and has been used in other cases nationwide. I strongly encourage you to continue this practice.

f. Did I understand correctly that the False Start Information system will be used in all NCAA Championship meets, beginning this year? If so, I want to be sure and give the start team a head's up.

As the rule is written, the False Start Information System may be used at any level of competition throughout the competition year. The games committee has the authority to determine its use prior to the competition. Currently, the Division I Sports Committee (games committee) has approved its use for their championships this year.

g. I would like to get some clarification and a ruling on extraordinary circumstances for advancement for the indoor 60m and 60m Hurdles. I know that the rule states that 3 rounds or a qualifying round plus prelims/finals are required if there are 33 or more athletes "unless extraordinary circumstances exist, including facility or scheduling conditions that require alteration by the games committee."

Our extraordinary circumstance is a scheduling condition due to the size of our meets. In the hurdles, for instance, following the rule would require us to put the hurdles on the track three separate times during the meet. Our meets often last 6-9 hours of running events alone. Our proposal/request is to allow two rounds in the event of 48 athletes or less. That would allow us to run 6 sections and advance the 6 heat winners plus 2 time qualifiers. If either event has 49 or more athletes, we would follow the rule with respect to qualifying/prelim/finals.

Rule 5-11.2 states, "The heats in running events, except indoor events that have advancement to the final on time only basis, shall be formed according to the following regulations, unless extraordinary circumstances exist, including facility or scheduling conditions that require alteration by the games committee."

The underlined statement provides the games committee some flexibility in the formation of heats in the 60 and 60H as you have requested. Please be mindful that this flexibility does not allow the advancement by time. Rule 5-10.5b states, "When the number of advancers to the 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 shall advance on the basis of time."

h. In the 2017-18 NCAA Rule Book, Rule 4.1.20, addresses the use of electronic devices in the competition area, "except as authorized by the games committee". At a Division 1 Conference

Meet, the Games Committee authorized the use of electronics devices in the Coaches Box, which was located in the competition area. They ruled it as an aid to assist the coaches in performing their duties. In the 2019-20 NCAA Rule Book, Rule 4.1.17 now states, "except as authorized by the games committee for administrative purposes". Does this now preclude the Games Committee from granting coaches the ability to record in a coaches box, located in the infield, as this utilization is not for administrative purposes?

The statement, "for administrative purposes," in Rule 4-1.20 was in the rule book for several years prior to being inadvertently omitted from the previous 2017-2018 rules book. This does limit the use to video recording and other devices mentioned in the competition area to only those that have administrative purposes.

i. Do the extended time limits for consecutive attempts remain if an athlete requests to take consecutive attempts due to participation in another event?

Referring to your question regarding consecutive jumps, there is no differentiation. In the vertical jumps, athletes that are taking consecutive jumps are provided extra time in between attempts as per the chart in Rule 6-1.6 on page 84 of the current rule book.

j. I have a couple of rule interps that I would like to get cleared up before the season starts.

1) In a 4 x XXX relay A1 is passing the baton to A2. In the middle of the exchange zone the baton is dropped and is kicked/bounces beyond the end of the exchange zone. A2 retrieves the baton and returns to the exchange zone (tags up) before resuming the race. Are they disqualified for not completing the exchange within the exchange zone, or does coming back to the exchange zone clear that violation?

* The NFHS rules, in my opinion, seem to have this covered with their statement " If the baton is dropped in the exchange zone, in a legitimate attempt to hand it, either competitor may retrieve it, even from another lane, provided the competitor does not interfere with an opponent and the baton is retrieved within the limits of the original exchange zone extended across the track."

2) In the 4x400 relay A2 is handing off to A3. The exchange zone is crowded and A2 steps inside the curb 1 or 2 steps and hands the baton to A3 who remains on the track in lane 1. There seems to be some coverage regarding a teammate may not run outside the exchange to take a baton from a faltering or fallen teammate but this does not seem to be addressed directly. Would this fall under 5-5-3f or not be an issue since (if) they have stepped off the track on the straightaway?

Regarding question 1; Rule 5-8.5 paragraph 3 and 4 on page 71 states the following;

"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."

Regarding question 2: Rule 5-8.5 states in the first paragraph the following:

"In all relays around the track, the baton must be exchanged between teammates within the defined zone."

Please refer to Rule 5-9 Relay Racing Violations on page 72 for appropriate referee judgement rulings.

k. We are working on meet information for dual meet that we are hosting and are in need of a rule clarification.

- In the horizontal jumps and throwing events, each team will have 3 entrants, for 6 total.
- We utilize scoring from rule 7-2.1 that allows only two members from each team to score, with 4 scoring places of 5-3-2-1.
- For advancement purposes, we would like to use rule 6-2.7, automatic advancement.

The question we have is are we allowed to automatically advance all six competitors who start the event, assuming they attempt a trial? Or are we limited to no more than 1 person more than scoring places for advancement?

Rule 6-2.5 clearly states that, " 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."

Rule 6-2.7 is not applicable because the numbers of competitors in the preliminary rounds exceeds the maximum number allowed in the final round as per Rule 6-2.5 indicates.

In your scenario, the maximum number of contestants in in the final rounds of the throws and horizontal jumps shall be 5.

January 2019

Clarifications and Interpretations

Clarification Rule 2-2.2, Rule 5-1.3 and 5-2.1 (Note)

Start information system and starting block requirements

For competitions when the “start information system” is required, starting blocks are also required. To satisfy the commencement of a start definition, both feet shall be in contact with the pedals of the block from the time of the “on your marks” command.

Clarification Rule 2-11.5

The Weight

It has been brought to the attention of the NCAA Men’s and Women’s Track and Field Rules Committee that there has been a note omission that addresses an accommodation for the maximum head diameter of an indoor throwing weight. Please note the current rule below with the added note denoted in italics and red in color. This note is effective immediately.

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

NOTE: The maximum diameter for indoor implements is 15 mm larger than the specifications in the chart.

Clarification Rule 4-3.3

Logos

This rule is specifically focused on manufacturer's logos on official uniforms and is addressed per NCAA Bylaw 12.5.4. No NCAA playing rule may supersede an NCAA Bylaw, so as a courtesy, a clarification statement that expanded upon the Bylaw was added to the playing rules to assist manufacturers and coaches. All manufacturer logo violations of NCAA Bylaws should be reported to the institution, conference and/or NCAA. These violations are to be managed at the administrative level. Appropriate penalties will be administered. Matters like these do not constitute a disqualification from competition.

Clarification

Rule 5-8.4 Positions for Receiving the Baton

and

Rule 5-8.5 Passing the Baton

There has been some confusion with the administration and running conduct of indoor relay events. With the adoption of the new relay exchange zone rule this year, the 30-meter exchange zone is specifically addressing outdoor sprint races. The running of sprint relays shorter than the 4x400 relay indoors was not addressed. The following statement should help clarify:

Rule 5-8.4 (second paragraph) - Positions for Receiving the Baton

In all other relays, ***including all indoor 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 markings on the track.

Rule 5-8.5 (second paragraph) - Passing the Baton

For ***all indoor relays and for outdoor*** 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 in the direction of the run.

Guidelines for Staging NCAA Track and Field Events

https://ncaaorg.s3.amazonaws.com/championships/sports/crosstrack/rules/2018-19PRXTF_GuidelinesStagingNCAAEvents.pdf

NCAA Championship Competitions

Explanation of Scratches, Did Not Start, Failure to Participate and Honest Effort

https://ncaaorg.s3.amazonaws.com/championships/sports/crosstrack/rules/PRXTF_NCAAChampCompetitionsExpln.pdf

Interpretations

a. We encountered an interpretation issue at an indoor meet this past weekend. We'd like a clarification as we continue with Indoor and then Outdoor season. The issue surrounds the 30s rule for NCAA throws (Rule 6-1.2). It states that an athlete has 30s to begin an attempt. The Note associated with 6-1.2 states: "as a guide.....the time clock will start when the athlete steps onto the concrete pad..."

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. In caged events, the time clock starts when the athlete steps onto the concrete pad prior to initiating their attempt.

Our clarification request centers on the interaction between the "in caged events" element and "concrete pad" interpretation.

Does "concrete pad" refer to the concrete ring, or to the entire concrete pad poured?

The note in Rule 6-1.2 is intended to provide guidance to promote equity in the competition. Please instruct the athletes how you will conduct the competition and when the clock will start for each competitor. Provide a safe, fair and equitable competition.

b. Rule 6 Article 5 Time Limits states: that the consecutive jumps time for a PV athlete is 2 minutes for an individual. The table says 3 minutes. Did they miss this in their edit?

Rule 6-1.5 (page 83) - Time Limit

Error Correction and Clarification

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, high jumpers shall have one minute and 30 seconds and pole vaulters two minutes to initiate a trial.

In the High Jump and Pole Vault, when a competitor is taking consecutive attempts at the same bar height while other competitors remain in the competition, high jumpers shall have two minutes and pole vaulters three minutes to initiate consecutive trials. This written correction will now be in agreement with the correct table in Rule 6-1.6 on page 84.

As you can see, the time limit for PV consecutive jumps is 3 minutes.

c. I was tasked with getting clarification on the uniform rule and its impact on our current uniforms. I was wondering if you could help. The rule in the handbook reads that the uniform “must indicate through the same primary color, logo and combination of outer garments...”

Does that mean that if the uniforms are two different colors (top and bottom) the primary color on each piece must match throughout the uniform? For example, if we have black half tights and red tops, we'd need black split shorts, full tights, or black bottoms on the speed suit with red for the tops?

Currently we have the following uniform issues:

1-piece speed suits with red top and black bottom

2-piece jersey / half tight (which are red top and black bottom)

2-piece jersey / split shorts (red top, red bottom)

The wordmark logos are all the same.

If we're competing at a championship meet, would we need black split shorts in order to comply with the other two uniform types we currently have (given that the tops are red and the bottoms are black)?

With the information provided, the uniforms with the red split shorts are not in compliance with the other uniform combinations provided as per written rule. To be in compliance with Rule 4-3.1 you must have black split shorts.

d. I am wondering if you can assist by pointing me in the right direction to get an interpretation on our future uniforms. We are switching companies to New Balance and are creating a new uniform. Before we have these uniforms made, we would like to know that they follow Rule 4-3.1.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."

If on the same day of competition an athlete wore the red/plaid split shorts and a different athlete wore the red/plaid stripe long tights, would this be permissible to the NCAA Rule 4-3.1.a? Since both bottoms have the primary color as red/plaid, are they permissible to wear on the same day of competition clearly indicating that they are from the same team?

See attachment for our uniform to be clarified.



I have reviewed your new uniform designs and think they are very nice. However, regarding compliance of Rule 4-3.1.a, I would suggest one correction as the attached design sheet shows the lower garments are not the same primary color. The tights are red with a plaid design element. When the plaid shorts and briefs are in combination with the red long tights this would not be in compliance with the rule. The solution would be either the shorts and briefs need to be red with a plaid design element or the tights need to be plaid.

e. I am writing to ask a question regarding Rule 4-1.17 Electronic Devices. When was this rule changed to not allow electronic devices in the competition area (unless authorized by the games committee)? Were the coaches made aware of this change? To clarify, meet administration does not mean filming their athletes in the coaches box and then reviewing it with their athletes in that area.

The statement, "for administrative purposes," in Rule 4-1.17 was in the rule book for several years prior to being inadvertently omitted from the previous 2017-2018 rules book. This statement does limit the use to video recording and other devices mentioned in the competition area to only those that have administrative purposes. Also, Rule 4-2.4.a.1 (Assistance) does not allow the viewing of video by a competitor during event competition.

f. Back in October you gave me an interpretation of the 200 and 400m when using an 8 lane track indoors. My question now is do you have to have the same format for the 200 and the 400m? For example, could you run a two-section final in the 200m and then a one section final in the 400m?

No, you do not need to do the same format. You may run the 200 as a two-section final by implementing Rule 5-11.3. Remember you advance from the preliminary on a time basis and you may only use lanes 3-6 in the final. Lanes 7 and 8 are not to be used in either preliminary or final round. The 400 may be run as a one heat final by implementing Rule 5-10 and 5-11.2. Advancement must be based on time and place. All 8 lanes are to be used in the preliminary and final rounds.

g. I have had this question asked twice in the past two days. In Rule 5, Section 1, article 2. It talks about a flash and smoke must be clearly visible whenever manual timing is used. Their question was are smokeless blanks allowable with fully automatic timing?

As you noted, Rule 5-1.2 specifically indicates that "when manual timing is being used" a flash/smoke shall be clearly visible to the timers.

My question, were manual timers being used at the meet as a backup to the electronic timing system? If manual timers were utilized, then a smokeless blank should not be used as per rule. If no manual timers were in place and the timing was being done electronically on independent circuits, then smokeless blanks are acceptable.

h. For races above 1000 meters and the DMR (i.e Mile, 3000, 5000) are there any regulations/restrictions as to whether the stagger must one or two turns as is the case in 7d?

In individual races longer than 1000 meters and the DMR, 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. The rule states use a waterfall start. The rule does not specify one or two turn waterfall as both are legal.

i. Rule 6.3 states "When the number of competitors exceeds 20, the games committee . . ."

Not to split hairs, but if I have 22 competitors entered in the high jump or pole vault, and only 16 have elected to jump at a particular height, does this mean that I still must use one of the three options listed in 6.3.a, b, and .c? Since there are only 16 competing at that height, can this be run in straight order, and not use 5-alive?

Rule 6-4.3 states specifically when the number of competitors exceeds 20, the games committee shall select one of the following options. This choice is made by the games committee prior to the competition, not during the competition.

j. In what format do our head officials need to have their 2019-20 rule books (online accessible via their PDA, printed copy of online PDF version, or actual official copy of the rule book) or do they even need to have one?

The important thing is that the officials have a version of the rule book with them and are able to access the information in it easily when necessary.

k. Had a question - I talked to a couple throws coaches of all levels, and we all decided to ask you because we didn't know where to find the answer. The NCAA rule book doesn't say anything about if you can use the small little loop on the end of a wrist wrap around your thumb or not. We all decided that we interpreted the rule as legal, but I don't want to say it's ok to one of my kids unless it is. Do you know how I can get a proper interpretation of the rule? The rule book doesn't ever talk about the little loop on the end, just the tape and whatnot.

The use of the loop off of the wrist wrap is legal as it does not connect two or more fingers or prohibit the thumb to move individually. This ruling would fall under

Rule 6-1.9.a.2 and 6.1-9.b.3

February 2019 Clarifications and Interpretations

a. The NCAA rule book doesn't say anything about if you can use the small little loop on the end of a wrist wrap around your thumb or not. We all decided that we interpreted the rule as legal, but I don't want to say it's ok to one of my kids unless it is. Do you know how I can get a proper interpretation of the rule? The rule book doesn't ever talk about the little loop on the end, just the tape and whatnot.

The use of the loop off of the wrist wrap is legal as it does not connect two or more fingers or prohibit the thumb to move individually.

b. In the Technical Manual for the 800 Meters, it says...

In the final, the three heat winners from the semi-final will be assigned to the staggered waterfall start and starting positions will be drawn by lot. The five remaining competitors will be assigned to the main waterfall start, and starting positions will be drawn by lot.

I'm wondering if NCAA Rule Book pg 79-80 (bottom 79, top of 80) suggests that the 800M should be seeded in preferred alleys (1-2) based on place (weighted by place first, time second). Preliminary winner with the fastest time in Alley 1, then 2nd and 3rd fastest in Alley 2, snaking from there.

NCAA Rule Book Pg 80 (full read suggested), "The athlete seeded No. 1 should be placed inside the athlete seeded No. 2."

Alley 1 Alley 2

1-1 2-1

1-2 3-1

2-2 3-2

NF

NF

The following are the applicable items and an interpretation regarding Rule 5-11.4 and its note:

a. In the first of multiple rounds of competition lanes, alleys or starting positions shall be drawn by lot.

b. 1) For competition other than the first round, lanes/starting positions and alley assignments shall be drawn by lot.

2) For races starting in lanes/alleys assign preferred lanes/alleys as follows:

a) Advancement determined by place:

(1) Weigh place first

(2) Weigh time second

In this case the games committee has decided that the outside waterfall (or alley) is the preferred alley. The individuals placed in this alley are the heat winners. The other qualifiers, the second-place heat finishers and the time qualifiers are placed on the non-preferred waterfall (or alley) start line. The preferred and non-preferred waterfall grouping are then placed on the start line by lot.

To clarify, the intent of the note is as follows, starting at the third sentence: This sentence is specifically speaking to the placement of athletes in laned races. The indoor 800 is being run as a laned race.

c. Out of curiosity if team enters a DMR team on direct athletics for a conference championship on Thursday, runs a last chance meet on Friday, gets a better mark, but forgets to repopulate direct athletics and uses the old mark on conference entries. Entry list come out they did not catch the mistake and heat sheets come out and they are put in a slower section. I am sure team with the better mark will argue they need to have their best mark used. Is there a rule that allows or prevents them from using the mark or is it a games committee call? To me it is like not entering someone after the fact. Thoughts?

Your question is more of a conference entry policy issue. The rule book does not address your question specifically.

d. I am looking for clarification on the Weight Throw, The LENGTH of the implement itself... Has the rules on LENGTH changed at all for the 2018-19 season? Reason I ask is- I find nothing regarding the length (Diameter specs attached in memo from January 29th, but nothing related to LENGTH CHANGES). Specifically, we were at a meet this past weekend- granted I was not at the weigh-in BUT, my athletes told me this:

The USATF official said the length had changed for this season and now the weights were allowed to be LONGER. That's all they told me- I asked them to be as specific as they could, but that was the gist of the conversation. Again, I wasn't there to hear this remark to know if this was taken out of context or a misunderstanding on my athletes' part. But what the rule book says currently (as did the book from 2017-18) was that the LENGTH of the Weight should be 41.00 cm. (Very specific, and no changes from the past years.). We measure ours using a calibrated measuring device (Gill Brand). Our weights are typically at or just short of 41.00 cm. However, our weights were significantly shorter (my athletes' words) than other teams that were measured at the last meet. I am not looking to suggest any wrong doing, I merely need to know if the length has changed. I need to be sure we have implements that will give us the best opportunity to compete. If we are competing with a significantly shorter implement, I need to make some adjustments or buy the right implement to be able to compete on a level playing field.

So again, merely looking to know if there have been any changes in weight LENGTH that I am not aware of. If so, where might I find that info regarding any new length specifications.

Rule 2-11.5 speaks to the specifications of the weight. The 41.00cm length has not changed. The only clarification that was released on the weight spoke specifically to the diameter of the ball.

If it was manufactured prior to 2017 it was calibrated to 40.64cm per 2015-2016 rule. In the 2017-2018 rule book the length of the weight was changed to 41.00cm.

e. At our conference meet we are running on 8-lane 200m flat track. We advance by heat winner then the next fastest times. Are we allowed to run a 2-heat final in the 400 & 600? If we do can we use lanes 5,6,7,8? I am referencing this part of page 77. With the advancing do we have to set it up by the two sections below example or with 3 heats the heat winners plus fastest time in section #1 and next four fastest times in heat #2? This chart to me is only showing if you advance by time and not by heat winners.

To simplify our discussion about the use of an 8-lane 200 meter track, the desire to run a two section final:

Is it permissible to run a two-section final in the 200 through 600m on an 8-lane track? If it is permissible, what lanes that must be used?

Yes, it is permissible to run a 2-section final indoors in the 200-600 meters. Advancement to the finals will be based on time basis following Rule 5-11.3. If the facility has 8 lanes or more, only lanes 1 -6 shall be utilized during the preliminary rounds without exception. Only 8 competitors shall advance to the final round. For the 2-section final, lanes 3 - 6 shall be utilized without exception as per Rule 5-11.3(b) Desire to run all lanes 1-8: If the games committee chooses or wishes to utilize all lanes 1-8, then the final shall be a one heat final. Advancement from the preliminary round shall be heat winners and the next fastest times as per rule 5-10.5.b. The preliminary round shall also utilize all lanes 1-8.

f. One question regarding the 200/400 outdoor. A lot of times lanes 1 and/or 2 will be left open in the trials of a championship. When you have an 8-lane track with eight qualifying to finals. With what you are saying for indoor and that what you do in the finals you have to do in the trials. Does that mean you cannot leave those lanes open?

If you are going to run all eight athletes in the final all lanes are available in the preliminary round. However, if the number of heats and athletes are not equal then lanes may be vacant during the preliminary round in accordance to the pre-set preferred lane assignment.

g. Our referee is telling us that by rule 10-5.d, we are compelled to qualify the heat winners to the final in the 400m. However, Rule 10-5.e contradicts this, as we are qualifying 8 athletes to a 2-section final on a 6-lane track. I know that last year at the D2 national indoor championships, we qualified based on time only in the 400m. What is the right way to do this?

To simplify our discussion about the desire to run a 2-section final on an 8-lane 300-meter track. Is it permissible to run a 2-section final in the 200 through 600m on an 8-lane? If it is permissible, what lanes must be used?

Yes, it is permissible to run a 2-section final indoors in the 200-600 meters. Advancement to the finals will be based on time basis following Rule 5-11.3. If the facility has eight lanes or more, only lanes 1-6 shall be utilized during the preliminary rounds without exception. Follow the seeding directions in rule 5-11.3.a., only eight competitors shall advance to the final round. For the 2-section final, lanes 3-6 shall be utilized without exception as per Rule 5-11.3.b. If the games committee chooses or wishes to utilize all lanes 1-8, then the final shall be a one heat final. Advancement from the preliminary round shall be heat winners and the next fastest times as per rule 5-10.5.b. The preliminary round shall also utilize all lanes 1-8.

h. Our throws area has a landing surface that is above the surface of the ring we throw out of. The NCAA rule book says it needs to be level with the throwing surface. We host our conference championship this year and I want our sector to be within the correct rules. I was also told there may be an "acceptable range" for a grade for the landing area.

You are asking if your throws area is legal for competition because the landing area is at a higher elevation than the surface of the ring surface. Simply, the throwing ring and impact area are legal. No advantage to the national field is gained by competing on such a facility.

i. What makes up a meet for a qualifying for NCAA Meets, and do we need to have the 4 and 14 as well? Want to check with you on that. We had a meet on February 23 and we had some events with unattached athletes in the event against one collegiate athlete does that event count?

You will find the minimum requirements in the NCAA Qualifying Criteria document. If you have questions, please contact your divisional NCAA sports committee liaison.

j. At our conference meet, the decision was made to run the 400 and 500 meters with advancement to finals on time only, no auto for the winner of the heats. We had 4 heats of the 400 for both genders and 5 heats for the 500 for both genders. We are not sure as to the NCAA guideline for a six-lane indoor track under these circumstances, and after having read the rule book, we're not sure. Also, another conference still used heat winners this past weekend with the same type of circumstances.

Desire to run 2-section finals on a 6-lane indoor track. Is it permissible to run a two-section final in the 200m through 600m on a 6-lane track? If it is permissible, what lanes that must be used and what are the advancement procedures?

Yes, it is permissible to run a 2-section final indoors in the 200-600 meters. Advancement to the finals will be based on time basis only, following Rule 5-11.3. If the facility has eight lanes or more, only lane 1-6 shall be utilized during the preliminary rounds without exception. Only eight competitors shall advance to the final round. For the 2-section final, lanes 3-6 shall be utilized without exception as per Rule 5-10.3.b. Furthermore, Rule 5-10.5.e on page 73 states the following:

"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.

k. Does a Pole Vault runway have to be 40 meters long to be legal and have marks count?

Rule 1-5.2 states that a vaulting runway constructed after January 2006 shall be 40 meters. So, my question is, when was the runway first constructed? If the runway is shorter it is a disadvantage to some competitors so therefore, I believe the marks would be eligible however this is not my call. For qualification questions I encourage you to contact your divisional sports committee representative.

l. If worn as outer garments, not under the shorts, can two members of a relay team wear compression shorts and two others wear tights?

All other requirements regarding color, logos, etc. are met, but the phrase "combination of all outer garments worn as a uniform" in 4-3.1.a leaves room for interpretation.

If the compression shorts and tights are worn as outer garments they become part of the uniform and thus must meet all requirements. You indicated that all requirements are met, therefore yes, two members of a relay team wear compression shorts and two others wear tights.

March 2019

Clarifications and Interpretations

Field Event Timing for NCAA Events

Field Event timing for the entirety of the 2019 NCAA Outdoor Track and Field season will remain as written in the chart in Rule 6-1.6 located on page 84 of the current season rule book.

a. Could you clarify Rule 5, Section 2, Article 1, c, Commencement of the start. I have had several discussions with coaches and starters, there seems to be many different interpretations of commencement of the start. If an athlete bobs their head forward but does not lose contact with hands or feet until the gun, to me this is not a false start. This is the way I read the note definition at the end of Article 1.

A head bob may be a reason to call a group up and to provide a warning to the individual but does not constitute a false start. The note in 5-2.1 clarifies what constitutes a false start.

b. I saw an email on use of blocks and start info system for NCAA prelim and finals D1 championships. I have looked at all info I have and wonder if we need to put in rule for blocks that both feet contact with blocks both hands on track with one knee as in the USA T/F rules because now use of blocks is not defined so we could still have stand up starts touching blocks.

When the games committee determines that a start information system is to be used during a competition, the clarification statement that was issued is in effect. Otherwise the NCAA does not require the use of starting blocks or a four-point starting position.

*Clarification Rule 2-2.2; Rule 5-1.3 and 5-2.1 (note)
Start information system and starting block requirements*

For competitions when the “start information system” is required, starting blocks are also required. To satisfy the commencement of a start definition, both feet shall be in contact with the pedals of the block from the time of the “On your marks” command.

c. Thanks for your network wide email addressing the IAAF’s rule change on the 30 second trial rule. After working the indoor NCAA season and an at-large invitational, I’m seeing a continuing lack of understanding on the 30 second rule. Believe it or not coaches are now attempting to argue an interpretation of the 30 second rule with a twist. As stated: 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.” Here’s the attempted new twist: “initiating a trial” simply refers to the FIRST initiation and the validity of a yellow flag dropped (30 second violation) during THAT FIRST INITIATED trial. Coaches have pressed on this saying that if the first initiated trial balks or stops with the athlete “resetting themselves” that the 30 second time should be reset and restarted as well. This is OBVIOUSLY not what the intended time limit is about. The rule wording stops short of including “completion of the trial”. If the rule had been worded: “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, then the trial is complete. Coaches and competitors need to understand that initiating a throw is still under the 30 second rule and involves completion of the throw during that initiation. Any further initiations beyond 30 seconds are a foul and not subject to resetting the 30 second clock.

Thanks for the heads up on this twist. You certainly understand the intent of the rule. When the athlete is called up the 30-second clock starts and it will continue to run. If an athlete balks on their trial resulting in them resetting themselves, the 30 second clock continues to run. The athlete’s action in the ring or runway has nothing to do with a clock reset.

d. We’re painting the track this coming weekend. I want to make sure that I have the new exchange zones/paint done properly. Do you have that verbiage so that I can have our painter remove whatever is not needed? I want to make sure I get that right.

The architect and or track striper that installed and had your track measured will be a great resource for you. Also, the IAAF facilities manual is another great resource for these types of technical questions. Simply stated the 30-meter exchange zone begins where the old 10-meter acceleration zone began. Place a large triangle or international zone marking at this point. The old incoming 20-meter exchange zone goes away (or is painted out) as it becomes part of the 30-meter exchange zone. The current outgoing end of the 20-meter exchange zone remains the same for the new 30-meter exchange zone.

e. This question comes from a team of individuals that are part of the project for a new indoor track facility. Could you confirm what the rule requirement is for runout space beyond the 60m/60h finish?

Rule 1.1-9(d) for an indoor straightway, states, ” Clearance beyond the finish line should be at least 20 meters.”

f. I have a question put to me that I need help in answering. We know that the order for the finals is in reverse of the best mark in the prelims. The question is what to do about ties in the order that are not the last competitors to make the finals. Ties can occur say for 4 & 5, who may be in different flights. Most of the time, meet management has not indicated that ties will be broken in their pre-meet information.

In this case of horizontal field event advancement, the number of advancers shall never exceed nine to the final round. The tied competitors for 4th (A) and 5th (B) will compete in order as drawn in the preliminary round. Competitor (A) was in the 1st flight; competitor (B) was in the 2nd flight.

Final Competition order would look like the following:

- 1. 9th best***
- 2. 8th best***
- 3. 7th best***
- 4. 6th best***
- 5. 4th best (A) because in 1st flight***
- 6. 4th best (B) because in 2nd flight***
- 7. 3rd best***
- 8. 2nd best***
- 9. best preliminary performance***

g. I am refereeing a meet this weekend and due to limited entries, a question has been asked about mixed-gender competition. I have referenced Rule 4-1-10. I need some clarification on "horizontal field event." I believe that this term would include all of the throws, however I can't substantiate that belief by reading the rules. I would appreciate your assistance.

When referenced as a horizontal event it includes the long jump, triple jump and all throws.

h. Question regarding throwing events. The athlete at a ring throwing event on a slightly rainy day, enters the ring, wipes off the implement with a towel, and tosses the towel out the back of the ring. The athlete completes the throw, and all aspects of the throw are legal (time, lands in the sector, etc.) up to this point. The athlete begins to exit the back of the circle, but stops and has their feet in the position shown in the attached file (one foot in the ring, one foot out). They bend over on the leg outside the circle to pick up the towel, and in doing so, raises the other leg off the ground, but that leg remains 'in the cylinder' of the ring. The athlete then stands up after picking up the towel, returning their feet to the same position in the attachment. They then turn and walk out the front of the ring, with the foot that was still in the ring making first contact with the ground outside of the ring, but in front of line Do both feet need to touch the ground out the back half of the circle for that throw to be legal, or have they 'established' themselves outside of the circle with the one foot when they bent over with the other one raise

The question that I have is this, did the ring official call the throw legal before the thrower completely exited the ring? If the official deemed the throw legal by raising a white flag then

the throw will be measured no matter what the athlete does from that point. If the official did not make the final call by raising a white flag, the throw in effect was not completed and the red flag indicating a foul will be raised. Foul throw rules; 6-8.2g; 6-9.2e and 6-11.2d all state, leaves the circle from the front half.

i. I know the rules state all student athletes from the same Institution should be in the same apparel each day of competitions. My questions is does the vest has to have a logo of the institution? If it is the color and all wearing the same, is it required to have a school logo? The competition numbers hides the logo majority of the times anyway. Just need to know, we are in the transition from Asics to Nike and I still have a lot of Asics uniforms without logos. I was told I could not print on them because we are changing. What does the rules stated on this if anything, could not find anything at all.

Rule 4-3.1a on page 62 is very clear.

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. To reiterate, same primary color, same institutional logo and outer garments worn as a uniform.

j. I'm helping with a meet/officiating this weekend and have a couple of weather-related questions. 1) The facility has a common landing area for HT, DT & JT. If we need to move to four throws, does that need to be for all events (SP, TJ, LJ)?

2) If the meet is cancelled due to weather, do completed events count for qualifying?

Regarding question 1; Rule 6-3.1 Four Attempt Competition. The games committee may decide to conduct the horizontal jumps (LJ /TJ) and throws (SP/DT/HT/JT) as a four-attempt final competition. This decision is made prior to the competition by the games committee and applies to all events listed above.

Regarding question 2; Please contact your NCAA Sports Committee liaison for a ruling as the question pertains to qualifying and advancement to the championship.

k. Is the games committee allowed to go more than 16 in a flight in throwing events? Rule 6-4.1 talks about nothing bigger than 16 in horizontal events. Can that be superseded by the games committee in an effort to save time in an event.

Horizontal events in this instance includes all throwing events as well as the LJ and TJ as they all are contested on a horizontal plain. The last sentence in Rule 6-4.1 states, “ The horizontal events shall be arranged in flights not larger than 16 and not smaller than 5.” There is no provision allowing the games committee to go beyond the parameters set by rule.

l. Had a question from a coach on Friday inquiring about striping requirements for the 30-meter exchange zone for the 4x100 meter relay. Most of the tracks currently have the 10-meter acceleration zone and 20-meter exchange zone markings on their tracks. The question has been asked to me if the exchange zones have to be re-striped (i.e. having large triangle striped over existing acceleration zone smaller triangle) for NCAA qualifying purposes, or could they use the small acceleration triangles as the start of the exchange zone, and not have to remark the start of the exchange zone. Not sure if this has come up, but coach was told by another coach that if you don't have track re-marked, times may not be accepted as NCAA qualifying mark.

The new exchange zone does not need to be restriped or re-painted immediately. It can be done during the institution's normal maintenance schedule. As mentioned, the start of the 30-meter exchange zone is already measured and is the start of the old acceleration zone (small triangle) which no longer exists. The outgoing runner must start inside the 30-meter exchange zone.

m. If the pole vault event for an outdoor event was moved indoors due to weather, should that height officially count?

Attached is the link to the 2018-2019 NCAA Track and Field Qualifying Criteria. I draw your attention to item 11b on page 3 for the answer to your question. If you have further questions regarding qualification and advancement to the championship, I encourage you to contact Morgan DeSpain the DII Sport Committee liaison.

[https://ncaaorg.s3.amazonaws.com/championships/sports/crosstrack/common/2018-19DCXTF NCAA TF Qualifying Criteria.pdf](https://ncaaorg.s3.amazonaws.com/championships/sports/crosstrack/common/2018-19DCXTF_NCAA_TF_Qualifying_Criteria.pdf)

n. A college in our area is building a new indoor T&F facility and another is repainting theirs. I have been asked by both institutions for input. I have used the NCAA Rule 1.4 as a guide to my comments. Rule 1.4 is written as recommendations. Is there any document that contains requirements? I have been told that such a document exists but I am unable to locate it.

The IAAF international markings are encouraged and should be used. That being said and with the advent of track surfaces being different colors, it is sometimes difficult to comply exactly with the suggested color scheme. That is why we strongly encourage and not require the markings be exact. In my experience, the track painter will follow the international markings as close to as possible and will make minor adjustments with only the colors that might conflict with the track color.

o. I was looking for guidance about starting lines. I feel that for distance races "assembly lines" 3 meters behind the starting line are extremely helpful as an aide to start management. The painter is not thrilled with the concept.

Rule 1-1.9d states there should be a minimum of 3 meters behind the start line. This area is very important for event management. As in the previous email, the rule does not rise to the shall level because of existing facilities. All new facilities should make every effort to meet the suggested 3-meter area behind the start line.

p. I am seeking a clarification to Rule 6, Section 2, Article 2. Does a competitor in FLT 2 have to check in before the competition begins (FLT 1) or do they just have to check in before their Flight?

Rule 6-2.2 is quite clear. "Field event competitors who first report to the event, or flight if checked in by flight, (editor's comments: this is determined by the games committee prior to competition. If flight specific reporting is not determined, then by default all competitors shall report prior to the beginning of the first flight of the competition.) after the first competitive attempt has been made in the event/flight, shall not be allowed to compete in the event."

April 2019

Clarifications and Interpretations

Clarification Rule 2-2.2; Rule 5-1.3 and 5-2.1(note) Start information system and starting block requirements

For competitions when the “start information system” is required, starting blocks are also required. To satisfy the commencement of a start definition, both feet shall be in contact with the pedals of the block from the time of the “on your marks” command.

Clarification Rule 4-3.5 Shoes - spike length vs. spike type

The second full paragraph on page 64 states " 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 and Javelin Throw, in which it must not exceed 12 millimeters. Spikes shall have a maximum diameter of 4 millimeters for the one-half of the total length closest to the tip. Facility considerations may further limit the type of spikes allowed." Notice there is no provision in the rule for the limitation of spike length. The only limitation allowed is spike type, for example, allowing pyramid type but not allowing christmas tree or needle spikes. Spike length limitation less than minimum standards is not allowed by rule.

a. We have our conference championship meet scheduled for this weekend running Thursday-Saturday, with the multis on Thursday/Friday. There is currently 100% chance of thunderstorms, some severe, and 2-3 inches of rain forecast for Friday from 7am-7pm. I'm working to come up with a contingency plan if we need to make the call to change the schedule tomorrow, and at this point our best bet is doing a split two-day meet on Thursday and Saturday. Would we be able to split the multi like that due to the extreme circumstances? Has that been done before, or would that be frowned upon?

Rule 4-1.6.a and .c states specifically that the decathlon and heptathlon shall be held on two consecutive days in a specific order. There is no provision for an exception.

b. A female javelin thrower of ours recently sprained her elbow. Our athletic trainer is wondering after rehab if she can throw javelin in competition wearing an elbow brace? She said the attached image of the brace has metal in the hinge part section. I wasn't easily finding anything in the rules book as it relates to this question.



Currently there is nothing in the rule book that prohibits the use of an arm sleeve or brace.

c. After some weather concerns by teams, we are now down to two teams in the meet, leaving us with some small fields in several field events. Rule 4, Article 10 says that we can combine genders if we have fewer than five competitors per gender. Some of our horizontal field events meet that requirement (LJ, TJ, JT, HT). The Shot Put we have enough in each gender to warrant separating the event. In the discus we are wondering if it is possible to combine... We have 6 men and 3 women. We are running the meet on Wednesday this week. There are currently threats of thunderstorms throughout the day, and because of that we are wanting to try to be efficient wherever we can in the meet. Combining the discus event would allow us to avoid an extra 30 mins or so of warmup time for the event. Also, it would keep our total numbers at 9,

which is equal to what a “normal final” would be, and the time between throws would be much more appropriate than if we have only three women throwing and they have to go back-to-back-to-back. Please let me know if this is allowable, as it would really help us in the running of this meet.

Rule 4-1.10 states specifically that mixed gender competition is permitted in the horizontal field events with fewer than five competitors per gender. There is no provision for an exception.

d. This past weekend our meet management (me) and one of our field event officials had a disagreement regarding the rules for warm up times. Below is the information that was sent to the competing teams and shared with our officials:

Check-in for field events

1. Please check in 1 hour prior to the start of your event, at the event site.
2. If not checked-in athletes will be scratched.
3. The top 8 performers will advance to the finals.
4. There will be 30-minute warm-ups for field events with 1 flight and 15-minute flight specific warm-ups for field events with 2 flights.
5. After the first legal mark for each athlete, a scratch line will be implemented. See below for minimum marks.

Below is the rule from the NCAA rule book:

Article 10: The games committee determines the length of all warm up periods. A maximum of 15 min, 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 competitor in the final for a period not greater than the time allowed for flight-specific warm up.

I interpreted this rule to allow a greater than 15 min warm up period when there is not a general warm up as long as it is applied consistently. The official interpreted the rule to mean there is never to be a greater than 15 min warm up under any circumstances.

Rule 6-1.10 is quite clear: “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...." Therefore, if a general warm-up period is not provided it is allowable to have a longer than a 15-minute flight specific warm-up period per flight.

e. We have a small meet here this Friday. Wanted to ask about mixed gender field events. All I could find in the rulebook was the following about horizontal jumps (nothing on throws or vertical jumps) and then the note in the qualifying criteria on the mixed gender 10k. My question: Does this mean that mixed-gender competition is NOT permitted in the throws or the vertical jumps? Or does it mean that ONLY the horizontal jumps limits entries to five per gender and the vertical jumps and throws can have more than five per gender? It seems to me that since running events and combined events are specifically noted as not permissible, then the throws and vertical jumps would be allowed. Not sure why the horizontals would have a limit in numbers while those would not. Previous rulebook (2015-16) noted that ANY field event could have mixed gender competition.

In Rule 4-1.10 the first sentence, it speaks to any horizontal field event. Horizontal field events are all events that are contested on a horizontal plane. Thus, all throwing events along with the Long Jump and Triple Jump are included in the phrase horizontal field events. If a mixed gender competition is contested in these events, then there shall be fewer than five competitors per gender. There is no provision for a mixed gender event being contested in the vertical jumps (High Jump and Pole Vault). By rule a mixed gender 10,000-meter race is allowed however in the Qualifying Criteria the Sports Committee will not recognize the marks achieved in such a competition for qualifying purposes. No other running event has a provision to be contested in a mixed gender format.

f. I have a question for you about the uniform rule. Our issued uniform is the jersey with spandex shorts for the team. Some of our athletes wanted bundies and so we ordered them for those that wanted them, and they paid individually for them. They are the same color as the spandex shorts but without a school logo on them. So far this season some of the athletes are wearing the bundies and some the spandex shorts. With the rule are the athletes allowed to be mixed as far as spandex shorts or bundies if they are the same color, or do they all need to wear the same spandex shorts that were issued to them as their uniform? I just want to make sure we follow the rules.

Simply the answer is yes, the style of the garment, in this case lower garment, (spandex shorts and bundies) is not addressed in the rule book. Rule 4-3.1.a on page 62 states: 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 on the same team.

g. I'm looking for clarification regarding an upcoming twilight meet that we are attending. We have a long jumper competing and she is the only jumper in the competition. We just wanted to

get clarification that this would be okay for NCAA Preliminary Qualification. She has jumped 5.99 this year and is currently 70th in the West. I have attached the accepted entries for the meet.

This question has to do with NCAA meet advancement and qualifying. The information is found in the 2018-2019 NCAA Qualifying Criteria which is managed by the NCAA Sports Committee.:

www.ncaa.org/championships/division-i-mens-and-womens-outdoor-track-and-field

h. Is the wearing of arm sleeves allowed and if so what restrictions are to be followed?

Only a few of our men wear these and something that began very small is now obviously in need of definite clarification for all of us here. Of interest is that in the recent dual meet, athletes wearing arm sleeves with a different color logo on them. This certainly provokes further clarification as to whether a team's logo on another piece of team-issued uniform below the shoulders is allowed.





I have reviewed your concern regarding the wearing arm sleeves during competition. The intent of Rule 4-3.1.b.4 on page 62 would cover arm sleeves. "Additional visible clothing is an undergarment. It must be worn under the uniform and be of a solid color." I understand that arm sleeves are technically not under the uniform but act similarly to a long-sleeved tee-shirt.

All members of a team that wears arm sleeves must wear the same solid color arm sleeves. The same team logo or print on one or both arm sleeves is allowed.

i. I am reaching out with a uniform question pertaining to our outdoor track and field championships. One of our teams had a volunteer assistant coach pass earlier this month. They would like to wear a memorial patch in his honor at the championships. I went through the uniform section of the manual and did not see any rules that would prohibit this. Would you please confirm if this would be permissible?

Memorial patches are allowed and should not exceed 2¼ square inches. The patch must be contained within a four-sided geometric figure (that is, rectangle, square parallelogram.) These parameters are consistent with the Logo section found in Rule 4-3.3 on page 63 of the current rule book.