

**September 2017**

**Interpretations and Clarifications**

a. Looking for some uniform clarity. I have two different brand uniforms. Under Armour Uniform and Nike Uniform. Both virtually the same Royal Blue Color, both have the exact same text, both have the exact same font, both have the exact same school logo on the back but, Nike has school logo on front left chest and Under Armour does not. They have different brand logo's and are in different spots. Can I use both? On the same day? At the same meet? Basically can I combine uniforms and still be in compliance?

***Yes, you may use both brand uniforms and be in compliance with rule 4-3.1 & 4-3.2***

b. I will be officiating as a Referee for the Division III cross country meet later this season. While officiating, as the assistant referee at Kansas U. in the region two years ago I noted a painted line on both sides of the course, acting like lane lines. Is there a required distance between time lines? What I saw appeared to be about 20-30 feet apart. The course was also marked with the correct red and yellow flags for turns.

***You will find your answer on page 30 of the NCAA Rule Books - Rule 1-12.2(c) highlighted in blue as it was a new rule change: c. A Cross Country course shall be at least 4 meters wide throughout***

c. We have a client who wants to build a non-conforming runway (runway length to be less than 33.5m). Couple of questions:

1. How would the owner handle competition using this runway? Would they have to notify meet participants that it is short prior to competition?
2. Would any record set using this runway be allowed if all other slope requirements were met?

We've advised them to building the conforming length, but they want to know the ramifications. ***As you are aware below is the exact wording of Rule 1-11.2 (The Javelin Throw Area – 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.***

***When the written word SHALL is present in the rule book there is no room for interpretation.***

*If their intent is to host an NCAA competition the minimum length specifications of the runway must be met.*

*The competition director will need to make certain that a note be placed in their meet information that the Javelin will be contested on runway that does not conform to NCAA rule. No records, American and above would be ratified.*

d. I hope this e-mail finds you well. I wanted to reach in hopes you, or someone you recommend, could clear a uniform question that our program has. It is in regards to Men's uniform bottom and if they are "legal bottoms" or not. You can find a link to the bottoms [here](#). We were stopped last year at one of our meets and told they were illegal. I wanted to check to see if this is true or not, so we know if we need to order new bottoms for this athletic year.

*I strongly advise you to discuss this with your Director of Compliance as it is governed by NCAA By-Laws.*

*I have pasted the information from the rule book to assist but you must make certain that the By-Laws are met.*

*I see more than one manufacturer's trademark, leg and waistband, not mentioning the size of the print on the waistband.*

#### *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.*

e. I wanted to check in and see if you can clarify a rule for me. When it comes to achieving a mark that is eligible for D1 qualifying purposes, does a D1 team have to compete against another D1 team? Or is it just as long as the track meet meets the NCAA standards to be a qualifying track meet (minimum number of events dependent on if it is an indoor or outdoor meet, and a minimum of 2 member institutions represented in each event) and at least one other 4-year institution has a minimum of 14 athletes competing then the mark will count? I think the

confusion comes in the term “member institution” does that mean and NCAA institution, so any D1, D2 or D3 team?

We are asking because we would like to go compete at a meet where we know there are going to be several D2 schools, but we do not know for certain if there will be another D1 school in attendance at this point.

*An NCAA "member institution" is a team from any division. The rule book is written for all three divisions, the criteria document and handbooks are division specific.*

f. I have been involved in several meets where the number of contestants have been less than nine total. Several officials have been of the opinion that all go to final round even if they foul on the first three attempts. The justification is that all throws are actually finals. I am of the opinion that the contestants must have a fair trial in the first three trials.

*When following NCAA rule 6-2.5 which states, "In throwing events and horizontal jumps, each competitor shall be allowed three trials....shall advance by best mark in the preliminary rounds to the final rounds, provided each has a valid mark in the preliminary rounds."*

*However, NCAA rule 6-2.7 allows for automatic advancement which your question specifies. Please see the wording below for clarification*

#### **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.**

**October 2017**

**Interpretations and Clarifications**

a. Is there an official NCAA position on the use of curbs/cones for the steeplechase water jump course? The question arises when calculating the measure line offset for the water jump approach & exit. (30 cm with curb – 20 cm without). I've seen it laid out both ways for interior water jumps with curbing and/or cones used or nothing on lane 1. It also seems to be very problematic for exterior water jumps that would need a curb crossing the running oval.

***For the measuring of the run line for water jump area of the steeple chase event the NCAA will accept either method. The run line with a curb shall be measured at 30cm and the run line without a curb at 20cm. I draw your attention to the opening paragraph of Rule 1 regarding technical information on layout.***

b. Can a team wear the same shirt with the same institutional logo on it AND all wear the same spandex bottoms with a different logo from the top on it?

***Yes, as long as each team member on that given day has the same markings upper and lower.***

c. What is the NCAA's ruling on running athletes wearing "body cameras" during a cross country event?

***I draw your attention to Rule 4 Section 1 Article 20 Electronic Devices:***

***ARTICLE 20. Coaches, athletes, competitors and officials shall not use video or audio devices, radio transmitters or receivers, mobile phones, computers, unmanned aerial systems (i.e., drones) or any similar devices in the competition area, except as authorized by the games committee.***

d. Please see attachment regarding our uniform layout. Per our conversation this morning, is the purple uniform bottom permissible with two "different" colors on the Adidas logo? Please clarify to me for future reference. I want to make sure that we as a Team are staying compliant regarding the NCAA Uniform rule.



*Both uniforms that are shown in the picture are compliant with Rule 4-3.1 and 4-3.2. In this rule when speaking to the logo it is referencing the institutional logo. The manufacturer's logo must be compliant to NCAA Bylaw which is shown in the pictures attached.*

e. Is it mandatory to have an inside rail for you track in order to host a NCAA outdoor track meet?

*I draw your attention to the 2017-2018 NCAA Cross Country / Track and Field Rules Book pages 15 and 16, Rule 1 Section Article 6. For your convenience it reads as follows:*

*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 outdoors and 1.5 meters indoors.*

*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 indoor facilities shall have a curb, installed appropriately to reflect the method of survey. (This statement has been suspended)*

*I have also attached a PDF of the current rule book for your use and to refer to the figure mentioned in the rule.*

*To answer your question specifically I must know how the track was surveyed. If the track was surveyed for a curb then yes, the track SHALL have a curb to meet the minimum standard stated in 1-1.6. If the track was surveyed without a curb then no and cones are acceptable.*

f. The track at the stadium was originally constructed in 1966 and has been resurfaced but I do not know about the survey of it. Can you help me/us more? Would the survey of it be when the lines were/are painted last which was Spring of 2007 or the original construction in 1966? When we hosted the conference championship in 2010 we used cones so that leads me to believe that the survey would be based on the original construction since from my reading of Article 6 it does not appear that is a recently written or modified rule.

*The most recent resurfacing in 2007 surveyors report of the markings with the accompanying drawings and certificate should show the line of the run for the existing track. The rule below for the 2017-2018 NCAA Rule Book explains the proper measurement for tracks surveyed for curb or without a curb.*

#### *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.*



***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).***

g. I wanted to confirm that 1) it is indeed permissible to run a two-section final in the 200, 400 and 600m on a 300m track and 2) if it is permissible, the lanes that must be used.

***Yes, it is permissible to run a two-section final indoors in the 200-400 and 600 meters. If the facility has more than 8 lanes, only lane 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.***

h. I believe a situation arose last year at one of the championships where a jump or throw was deemed “good” but then was later overturned based on the protest of another team’s coach. Our coaches’ question is: If a jump or throw is deemed “good”, what is the process for overturning that decision? Is there a deadline by which the protest must be made to overturn (i.e., prior to the end of the flight?).

***Regarding the protest timeline question:***

***During a field event if an immediate protest is made the procedure is the following:***

***The head field judge will inform the referee of the facts regarding the protest and the referee will start their investigation.***

***The coach must file the formal protest paperwork in a timely manner, even if it means leaving the competition venue.***

***If the referee needs to review official video and immediate review capabilities are not available.***

***The review will be made at the end of the flight and a decision will be rendered. The referee's review will not stop the normal flow of the competition.***

***Upon their decision, the referee will inform all coaches involved and make appropriate correction to the official scoring sheets if necessary.***

i. The question is, may the conference score 8 places for all individual events, but score only 6 in the relay events? This would appear to require an exception to the rule as currently written.

The reason for scoring only 6 in the relay events would be to insure competitiveness. In that our conference has only 8 members, a team would be guaranteed of scoring at least a point simply by showing up, irrespective of whether the team they put on the track was even remotely competitive. This is not a concern in individual events as athletes must earn their way to an 8-person final through the preliminaries, and each school may enter up to 5 athletes in any event.

Rationale for allowing only 6 teams to score in the relay events for conferences with 8 or fewer teams would follow that used in Rule 5, Section 10, Article 3 of the NCAA Rules. That Article allows the Referee and the Games Committee to redraw heats "in order to restore the element of

competition." Scoring 8 places in a meet with only 8 relay teams eliminates the element of competition; limiting the scoring to 6 teams in such circumstances restores that element of competition.

*This question deals specifically with Rule 7 Section 1 Article 2 which reads:*

***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:***

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

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

***Per rule you can either score 6 places for all events or 8 places for all events.  
No other hybrid scoring method is allowed***

j. Our coach has a specific question regarding the guide runner during competition. We have no experience with this type of waiver so my apologies for the questioning. This guide, does he/she need to be another member of the cross country team, a friend, someone from outside of the institution? We just need clarification on that when you have an opportunity.

***The guide is a non-scoring individual thus the guide cannot be a member of the scoring team. The guide may be a friend, or someone that is outside the institution.  
Remember the guide provided instruction to the competitor regarding conditions of the course and safety measures. The guide is not a pacesetter.***

Also, we do understand the two must be tethered according to the waiver, can you give us an example of a tether used in the past?





**November 2017**

**Interpretations and Clarifications**

a. The “Indoor Track & Field/Cross Country” FAQ document released late September does not address having a US Flag on uniform. I trust that’s acceptable, right? We have a 3”x4” flag above the left breast on our singlets.

***The US flag displayed appropriately on a piece of official team uniform is allowed.***

b. Has the NCAA made a decision as to whether they are going to go along with the IAAF rules change concerning sprint relay exchange zones?

***The NCAA Rules Committee will be polling the coaches on this specific question and will make a final decision during the June 18 meetings of the Rules Committee.***

c. We had a question come up regarding the floor planarity on an indoor track. I looked through the rule book & could not find a definitive answer. Should we use the IAAF tolerance of 6mm under a 4m straightedge or 3mm under a 1m straightedge?

***As mentioned in Rule 1 of the 2017-2018 Cross Country/Track and Field Rules. Technical information on construction, layout and markings on construction is contained in the IAAF Track and Field Facilities Manual. Therefore, if the NCAA has not recognized the minimums necessary please refer to the above aforementioned.***

d. During the pre-championship cross-country run meet, we had 2 runners tied in the non-scoring position - nobody cared. We did try to break the tie using our Finishlynx camera - runners were dead even on the finish line. We did use chip timing for the race, we did verify finishers closer than 0.1 sec according to NCAA Rules using Finishlynx camera.

To our surprise dealing with this situation we have discovered:

1. There is no rule in NCAA Rules Book referring to individual runners tie in a cross-country run race. The head coach contacted NCAA and returned with the explanation applying the TRACK race tie resolution and team scoring points split from NCAA Rules Book.
2. All major scoring software (Run Score, Race Director, Hy-Tek Meet Manager) used in US for cross country races DO NOT have this situation build into the programming code including the team scoring points distribution if the tie occurs in the scoring position. After contacting our software developer we did get the answer "Tie does not exist in XC running and none of the major software has this situation build into the code".

Historically ties in XC did not exist. Runners were shuffled into the finish chute - places were determined by meet officials on the finish line by sorting runners right after the finish. There were no ties, no place verification, all decisions were final. Due to the relatively new equipment (Finish line cameras) used to time and/or verify places in cross-country races and the rare occurrence of ties in cross-country run races this situation has been forgotten in the NCAA and NHFS rules books.

***The rules committee will address your question and concern. Obviously, this situation that you bring up is very rare but certainly could happen and is something that needs to be discussed. In my opinion, once applying all tie breaking methods and a true tie continues to remain the only logical solution would be to split points of the tied individuals. We will further discuss on our next committee teleconference.***

e. I would like to get an interpretation on double dual track meets. How many teams can participate in a double dual meet, for example, we may have between 4 and 6 institutions attend our first meet in December and have requests to score the meet as double duals. If we do score the meet as a double dual meet is there any limit on the number of teams who could participate and can we score each team against the other creating many dual meet scores? If we did, our institution could possibly have 5 separate scores (assuming we have six teams including our team). Does each score count as a singular meet, or does it count as one meet with multiple scoring scenarios?

***Currently the 2017-2018 NCAA Cross Country/Track and Field Rules does not specify the maximum number of teams for scoring double dual competitions.***

***The second question is a question concerning sports sponsorship which is a By-Law question which is not within the purview. The question is whether each separately scored contest, on one date should count as multiple contests to fulfill sports sponsorship contest requirement compliance or does a calendar day of competition count as one competition?***

f. We're having a bit of a debate up here, and the issue at hand is double dual meet scoring for cross country. We know it can be done for track, but can you do it for cross country, and what would be the format you would need when we submit these results. We have a meet coming up and some coaches would like to have their teams scored head to head in order to get an extra competition and meet their minimum requirements. In principal we are all ok with this, but are not sure if it's allowed and want to be certain it is.

***Currently the 2017-2018 NCAA Cross Country/Track and Field Rules does not specify the maximum number of teams for scoring double dual competitions. The format for results would be one set of results and then individual contest team scoring would be broken out separately.***

***The second question is a question concerning sports sponsorship which is a By-Law question which is not within the purview. The question is whether each separately scored contest, on one date should count as multiple contests to fulfill sports sponsorship contest requirement compliance or does a calendar day of competition count as one competition?***

g. How should the following line in Rule 4-3.5 be interpreted “Facility considerations may further limit the type of spikes allowed”? We can further limit the length of the spike pin ie to ¼” (6.35mm) as long as the ¼” pin installed in the shoe does not break the 9mm from the surface of the plane rule for sprints and 12mm for Jav and HJ, correct? As well we can designate pyramid spikes only, correct?

***The highlighted section of Rule 4-3.5 states: "Facility considerations may further limit the type of the spikes allowed."***

***The facility host may only allow certain styles (TYPE) of spikes. In your document you disallow Christmas Tree and Needles that is allowed within the rule.***

***Regarding spikes length if the allowed spike style falls within the parameters of the rule they shall be allowed.***

h. Here are the concerns I have about the 6k and 8k course at Garret Mountain Reservation.

There are 3 points during the race where the course narrows to a width smaller than the prescribed 4 meters according to the NCAA rule book. All of these points are due to either a permanent structure or natural barriers/obstacles. Is this permissible? The straight leading to the finish is 75 meters long, it is preceded by a gradual turn of about 200 meters. Is this permissible though it falls short of the 100 meters prescribed in the rulebook?

***You have a very unique course situation due to bridge crossings regarding your width of the course. Rule 1-12.2c states that the course shall be a minimum 4 meters wide.***

***Rule 1-12.2g states the finish shall be straight minimum of the last 100 meters.***

***To be proactive, make these situations known to your conference representative and coaches as soon as possible***

***In my opinion the course is acceptable for competition.***

i. As we again approach Conference/Regional competition can you please clarify a couple of uniform questions (the gift that keeps on giving). I have read through the rules and it does not appear that a lot has changed.

Arm Sleeves – Do they have to be of identical color

Bottoms (shorts etc) – Can there still be a minor design element. (Example: Some all black, some with a white stripe)

***To answer your question #1; I refer you to 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 mentions in question #2 is allowable provided, "that no imagination shall be required to justify a clear sense of belonging to a team."*

j. Please see attached uniform design from Michigan State. The question that MSU has is if some student-athletes are wearing the green buns or shorts and others are wearing the black long tights are they in violation of the uniform rule?



*I draw your attention to Rule 4-3.1 and 4-3.2*

#### *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. 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 color, 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'*

### **RELAY/CROSS COUNTRY TEAM UNIFORM**

**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.*

*The question was directed towards color so that is what I will address.*

*It is my interpretation that all members of a team must wear uniforms on any given day that are like in color on the top and bottom.*

*Therefore, if athletes wish to wear black tights then all athletes on the team must wear black bottom garments.*

k. I just want to double check and make sure that having a gator lead a xc race is okay?

***Yes, a lead vehicle is permissible, make certain that the vehicle maintains a good safe distance from the lead pack. Also, a trailing vehicle with a trainer is advisable to address issues that may occur on the course.***

l. I am trying to get a long sleeve uniform top through Under Armour that will match with our singlets. With most of our meets taking place in very cold weather in the spring it is nice to have a long sleeve instead of having to always have the kids trying to match a black shirt underneath.

Can you please take a look at my current singlet and the new long sleeve I would like to order and tell me if this is legal for us to wear at the same time. Often one athlete does not always feel cold and the other one would like to wear a long sleeve.







*This design, color and institutional logo looks good and is in compliance with the current rule.*

m. I have been contacted by a Paralympic athlete who has requested entry into any of our non-scored meets. From an NCAA standpoint, there is no issue with him competing as an unattached competitor in our home meets, correct?

*There is nothing that prohibits the athlete from competition.*

*Just keep in mind these items that come from Appendix E of the 2017-2018 Rule Book*

- 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/event;*
- or*
- 3. Provide the student-athlete an unfair advantage over the other competitors.*

n. A rule question regarding entries. I am in the process of finalizing our indoor meet participant guide and want to make sure I am clear on any changes. My question is in regard to 4-1.14

From what I understand, under Acceptable Entries, parts b, c, and d have been tabled [<http://www.ncaa.com/news/trackfield-outdoor-men/article/2017-06-20/ncaa-track-and-field-rules-committee-rescinds>] for the upcoming season. This seems pretty clear to me. My question is if part a, regarding publishing a performance list with entered marks, is still in place?

For our meets, I do not accept speculative marks. We changed how we accept entry requests four years ago. I do allow marks from last season and the current season from tfrrs. For anyone that does not have a mark (freshmen, transfers, etc), a coach is required to email me a link to the performance, or include the information with an ability by myself to verify within the Direct Athletics entries' notes. For eight years, I have posted an alphabetical list of athletes that are

accepted into our meet without the entry marks (performance list). So, my question is if I need to change my posted performance list to show the entered marks?

***The intent was never to suspend item (a) in rule 4.1.14. It was placed provide to transparency and to assure that seeding procedures were followed correctly. I would encourage you to adopt the policy of posting the seed lists and not the alpha list of entries.***

**December 2017**

## **Interpretations and Clarifications**

a. We have an owner that wants to install the Gill 732140 IAAF discus cage instead of the Gill 732130 NCAA cage. Would the IAAF cage be acceptable for NCAA competition? I know the IAAF hammer cage is not acceptable, but am unsure about the discus cage. I've attached cut sheets for both.

<https://mail.google.com/mail/u/0/?ui=2&ik=da70c5f619&view=att&th=15f9d11d76607b7b&attid=0.1&disp=inline&safe=1&zw>

<https://mail.google.com/mail/u/0/?ui=2&ik=da70c5f619&view=att&th=15f9d11d76607b7b&attid=0.2&disp=inline&safe=1&zw>

*I refer you to Rule 1 in the 2017-2018 NCAA Track & Field / Cross Country rule book:*

**Construction of Facilities: The facilities specifications listed in this rule represent the minimums necessary to host intercollegiate track and field and cross country.**

*If the facility/ venue meets the minimum requirements listed, then it is allowed.  
What is proposed is more restrictive to NCAA rule thus it is allowed.*

b. In anticipation for the colder temperatures, my team would like to wear additional layers this weekend. We were issued two official uniforms- one singlet style, one long sleeve- both are solid gold in color. Some of the athletes would prefer wearing the long sleeve jersey but others would like to wear the singlet with arm sleeves. We would like to know if they would be allowed to wear black arm sleeves if the rest of the undergarments they choose are black. This would mean that some of the athletes will have the gold sleeves of the uniform while others would have black sleeves of the undergarments??

*Each item is taken separately. Rule 4-3.2b states the following:*

***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***

c. We are timing the D3 West Region XC meet. Are there any official rules or protocols for chip timing? I keep hearing rumors but can't find anything official. Can you point me in the right direction?

***FAT timing is preferred. Please see Rule 5-12.2e:***

***When a transponder system is being used for 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. (by video or FAT imagery)***

d. Do you know if it is a requirement to post splits on TFRRS? The two programs I use do not provide this option.

***By rule there is not a requirement. That being said, I would check with the sport committee representative with their advancement requirements from Regional Championship to National Championship.***

e. I have an athlete who always writes "hakuna matata" in sharpie down each of her calves in capital letters. Does this break any NCAA rule?

***There is nothing in the rules that prohibits this practice.***

f. I need to know are arm warmers considered like gloves and can be any color? What will they have as protocol at nationals?

***As Rule 4-3.2(b) states the arm warmers and gloves are handled differently. All arm warmers are to be an identical solid color for each team member who chooses to wear them. Gloves do not need to be identical in color as stated in the second sentence of item (b):***

#### ***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, armwarmers, 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.***

g. In our upcoming meet next weekend, it appears we will have 4 four-year universities compete along with one community college. I am wanting to inquire if we have a race where there is only one four-year school competing with one two year school, would that race be considered a contested event for NCAA qualifying purposes.

***This is a qualifying criteria question and to get an official answer I would encourage you to contact your divisional sports liaison.***

h. We opened up a new indoor track facility last year around this time. As with any new building we've been ironing out little issues here and there, but I wanted to reach out and see if you may have some additional information about some requirements needed for indoor facilities that I have been unable to locate. Specifically, pertaining to the temperature and conditions associated with that. Are there any rules, guidelines, or recommendations from the NCAA as to how temperature should be maintained during an event? We would appreciate any help you can provide in this area. Please feel free to let me know if you have any questions.

***The NCAA playing rules do not specify temperature/humidity conditions for indoor facilities.***

i. Can a meet run an invite section and an open section during the same meet. These would be all collegiate. If they run an open/invite section, they want the top 16 marks in the invite and everybody else in the open. These would be sections against time.

Follow up to question 1, can the open sections run all 6 lanes for an oval race but 4 for the invite?

Seeding question - Can a meet run the top 4 seed marks in the preferred lane in separate section? So fastest in section 1 lane 5, 2nd fastest sect 2 lane 5, etc... Then would you seed left to right or would it have to be serpentine?

***I refer you the Staging of a Meet document link attached:***

***[http://www.ncaa.org/sites/default/files/2017CCTF\\_Guidelines\\_for\\_Staging\\_NCAA\\_Track\\_and\\_Field\\_Events20170206.pdf](http://www.ncaa.org/sites/default/files/2017CCTF_Guidelines_for_Staging_NCAA_Track_and_Field_Events20170206.pdf)***

***Remember only one invitational race per event. Multiple heats in an invitational section are not allowed. You may utilize all lanes for races***

***Indoor seeding with advancement by time is left to right. Rule 5-11.3a and 5-11.3b***

j. In response to a conversation about indoor meets with a coaching colleague he sent me the following NCAA T&F rule information. The rule was cited from the 2015-16 Rule Book, so I question it. The current Rule 5, section 10 & 11 is completely different.

#### **RULE 10-4 ARTICLE 1-a**

Due to recent rule changes by the NCAA that impact events that Kent State hosts, please be aware that the following changes have taken place to comply with these new rules.

#### **60m Dash or 60m Hurdles**

1.) If there are 41 or more entries in the 60m Dash or 60m Hurdles, then 3 rounds will need to be run of those events. Not all athletes will have to run three rounds but a subset may potentially do so. On the accepted entries list and/or heat sheets you will see an event labeled "QUALIFYING".

This means that those athletes may potentially have to run 3 rounds. The top 8 times out of the qualifying rounds will then advance to the "semifinals".

2.) At this point the Semi's will NOT be seeded until the qualifying round has been completed. Please do not ask for heat/lane assignments prior to the meet as they will not exist. Once the qualifying is complete the 4 heat winners plus next 4 fastest times will qualify to the finals. NCAA Rules for tie-breaking will be utilized.

3.) Should an athlete decide to not participate after qualifying, be it to semis or finals, thenext athlete available will NOT move into their spot. That athlete did not qualify.

The rule can be referenced in the [2015-2016 NCAA Rulebook on page 99 Rule 10-4 article 1-a.](#)

*This rule will be strictly enforced by the NCAA* and should we not be in compliance there are serious repercussions such as times being thrown out for qualification purposes. That is not a road we wish to go down.

### **200m Dash**

For the 200m as always we will seed this event on the fly during the course of the meet. Calls will be made during the meet for athletes to declare their intent to run (this will be done at thehip number table). Athletes that do not check in by the required time will be scratched and NOT added back in. Once the heats/lanes are formed, athletes will just check in at the starting line.They will not need a hip number. Thus because we seed on the fly, no heat/lane assignments will be made for this event ahead of time. You will only see accepted entries published.

*The **2015-2016 Rule Book became obsolete** with the release of the 2017-2018 Rule Book. Reference from any other rule book is moot.*

*Please apply only rules that are currently written in the 2017-2018 rule book. Attached is the link for the current rule book (PDF version):*

<http://www.ncaa.org/playing-rules/cross-country-and-track-and-field-rules-competition>

*For assistance in staging a meet I took the liberty of attaching a link that will be helpful.*

[http://www.ncaa.org/sites/default/files/2017CCTF Guidelines for Staging NCAA Track and Field Events20170206.pdf](http://www.ncaa.org/sites/default/files/2017CCTF_Guidelines_for_Staging_NCAA_Track_and_Field_Events20170206.pdf)

k. This would apply to any of the throwing events, but in this example let's use the men's shot put. Rule 2-8.3 states that a men's shot must weigh a minimum of 7.26kg. There is no maximum weight listed in the rule. So, if a competitor wished to weigh in and use a 20lb shot for warm-ups, is there anything in the rule book that prohibits this?

*Provided that the implement meets all size and measurement specifications there is nothing that prohibits the implement from being used. The implement inspector should mark clearly that the implement is overweight (heavy) to make other competitors aware of the fact.*

l. I read this as an event only counts if two NCAA institutions are represented in each event. So, if within a meet, several institutions are represented, but during an event, let's say men's long jump, there is only one institution represented, is that event disqualified? The way I read the rule is that the meet counts, but the event where only one school is represented would not have marks that would be counted?

***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 By-Laws 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.***

m. A proposal has come up in our coaches conversations that I would like you to look into. We are proposing to race the Men's/Women's Indoor 200m/400m/500m Dashes at our Indoor Conference Championship as a "Timed Final. This way we can run "Slow to Fast" heat order and run the 4 fastest seed times in the last heat all against each other.

This proposal is for two reasons: 1) eliminate the multiple rounds for the 200/400/500 at our championship because these top athletes also compete in the 4x200, 4x400 and DMR relays all in a two day meet. 2) we want to race the fastest athletes against each other at the conference championship in order to hopefully produce NCAA qualifying times.

Do you see any reason why someone would protest these races and have our marks removed from the NCAA qualifying list if we passed this proposal?

***Rule 5-10.1b states the following:***

***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.***

***You are allowed to utilize this seeding format if you choose. Follow all rules pertaining to the seeding and administration of the total contest as directed in the 2017-2018 NCAA Competition Rules.***



n. I am looking for your guidance and input on meet information verbiage and protocol as I am working on adjusting our home meets in order to be more inclusive of athlete's with disabilities. We have a number of adaptive sport athletes, Paralympians and other athlete's with disabilities who are in the area and are looking for opportunities to compete and I am more than willing to change our structure to accommodate for these student athletes. Could you offer some guidance and interpretation on the following:

Paralympian/Non Collegiate affiliate athletes who will be competing as open athletes.  
Scoring of Division I teams only while other DII, DIII and AWD/Open athlete's are in the field.

We will maintain the same playing rules such as advancing to finals and seed marks so I don't see any issues there.

***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. Please make certain that the rules or the nature of the competition are maintained in accordance with the current NCAA rule. Items to consider are as follows:***

- 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***

***By rule there is nothing in place that prevents open athletes with disabilities from competition.***

***Regarding scoring please apply the applicable scoring method listed in Rule 7 of the current NCAA Rule Book.***

**January 2018**

## **Interpretations and Clarifications**

a. For many years the NCAA Combined Events tie-breaking rule, in my opinion, was one of the best rules in any of our four rulebooks. It simply stated that in the Combined Events, ties are not broken. For the 2013 season, the NCAA changed the rule to align itself with the USATF and IAAF in this area. Here is the current rule (7-7-2) on page 101 of the 2017-2018 NCAA Rulebook.

### **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.

In my opinion, at best, this is a very arbitrary way to break in a tie in a decathlon after two hard days of competition---not good for the competitors nor the spectators. Also, this is a very cumbersome process which makes it hard on the officials and greatly delays the results for all. As of last week, both the USATF and IAAF have gone back to the old NCAA policy in that ties are not broken in the Combined Events.

*Thank you for your comments regarding the combined events tie-breaking. Currently with the team scoring element within the NCAA, ties must be broken and the current published system will be employed. I will bring your suggestion to the committee.*

b. Can you tell me the material(s) that is allowed to be used on LJ and TJ take off boards for both indoors and outdoors (e.g. wood and/or synthetic, etc.)?

*Rule 1-6.3 on page 22 of the current rulebook states: "The takeoff shall be a board made of wood or a suitable rigid material". Therefore, the answer to your question is either.*

## **February 2018**

### **Clarifications**

#### **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 Rules 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 Divisional Sports Committee.

#### **Clarification – Rule 5-10.5b**

The rule states the following: “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.”

*This rule was brought over from the 2015-2016 NCAA Cross Country/Track and Field Rules and was cited as Rule 10-3.6b. Rule 10 was titled Indoor Track and Field. Currently this rule is incorrectly cited as Rule 5.10.5b. The error occurred during the rewrite of the 2017-2018 rule book where 10 rules were combined into the current 7. This rule will be moved in the 2019-2020 rule book to Rule 5-7 - Requirements for Heats/ Finals – Indoors.*

#### **Clarification – Rules 5-10.5f and 5-10.3(a&b)**

##### **2 Section Finals Indoors**

*Is it permissible to run a two-section final in the 200 through 600m on a 300m track? If it is permissible, what lanes that must be used?*

*Yes, it is permissible to run a two-section final indoors in the 200-600 meters. 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 two-section final, lanes 3-6 shall be utilized without exception. Rule 5-11.3(a&b) must be used.*

## Clarification – Rules 5-10.1 and 6-2.1

### Staging an NCAA Competition

There have been several questions and some confusion as to how to seed sprint and hurdle (60M and 60MH) races in large fields. I draw your attention to the Guidelines for Staging NCAA Track and Field Events paper that has been posted in the NCAA website since December 2014:

<http://www.ncaa.org/sites/default/files/Guidelines%20for%20Staging%20Track%20and%20Field%20Events.pdf>

### Interpretations

a. What is the NCAA rule relative to electronic devices in or around the track & field competition areas? For example, can coaches use phones or iPads to record athletes in their coach's boxes or in the stands, etc.?

*Having a coach use video devices in the stands and in coaching boxes is standard for most competitions. However, the games committee/meet management determines if they can be used and if so the areas in which filming is allowed.*

*Rule 4-1.20 reads as follows regarding Electronic Devices:*

#### *Electronic Devices*

*ARTICLE 20. Coaches, athletes, competitors and officials shall not use video or audio devices, radio transmitters or receivers, mobile phones, computers, unmanned aerial systems (i.e., drones) or any similar devices in the competition area, except as authorized by the games committee.*

*Rule 4-2.4(a & b) reads as follows regarding Assistance:*

#### *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 non-competitor 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.*

b. We have a uniform question for you. Our women's team has a slightly new uniform top. We are thinking they are similar enough to meet the requirements of uniformity (same color scheme, etc.) and therefore the athletes can choose which style they prefer to wear. I have attached photos of them below. One photo is of the two versions side by side. The other photos are of each top by themselves. The back is not shown in the photo, but one version does have "Michigan" printed down the middle and the other does not. Please let me know if our team can wear both versions at the same meet.

*The 2 uniform tops that are displayed in the picture attached meet the spirit of the rule and may be worn on the same day of competition.*



c. We are running a meet next weekend with two D1 schools and about six D3 schools. We run the meet as one meet and then score separately. Are we allowed to run two finals, a regular final and consolation final? I understand that if we have less than 16 we would just have to run a timed final.

*If the event is run as one competition then only one final can be legally contested.*

d. An institution has informed me that they have joined a new conference, which is having its outdoor track and field championships during the last weekend in April. In reviewing the conference policy manual, I am noting that scoring the meet is utilizing Rule 7-1.3 which allows for scoring four places in individual events and three places in relay events. However, I believe that Rule 7-1.2 must apply, with minimum six places scoring in individual events and five places scoring in relay events (or one relay entry per institution), since this is a championships meet for the conference. Please provide an interpretation so I may advise the member institution which is hosting the conference championships.

***Rule 7-1.2 clearly states and without exception the following:***

***RULE 7; SECTION 1. Scoring - Track and Field  
Meet Scoring***

***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:***

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

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

e. A few college coaches have asked me the following:  
Since the IAAF and USATF are now allowing a 30 meter exchange zone in the sprint relays (incoming runner-200m or less) may a conference use such a zone in their conference meets? They are to believe that this will become a rule for the NCAA soon.

***All of Rule 5; Section 8 on page 71 and 72 covering The Relays in the current 2017-2018 NCAA Cross Country Track and Field Rule Book are being enforced throughout this competitive season.***

f. In a team-scored meet, timed final running event, is it permissible to name the fastest section of an event an "Invitational" section, note it separately on the meet schedule, and combine those results with the other sections of the same event for team scoring?

***No, run the event as one competition with the proper number of sections, do not separate***

***If you choose to run a true invitational with open and college athletes, it is allowed but run as a stand-alone event and do not count in team scoring.***



g. For a 4 team dual scored meet on a track with 8 lanes on the straightaway, advancers to the finals in the 60m/60h should be top 2 each team. If a team doesn't have 2 athletes compete or finish, the extra spot would be filled with the next fastest time to fill 8 lanes. In the field events, advancers to finals should be top 2 each team plus the next best performance to fill 9 positions.

In both instances, we do NOT use the typical heat winners + time (running events) or top 9 overall (horizontal field events).

***If you are utilizing scoring method Rule 7-1.1 then you are correct.***

***Note the differences with scoring method in Rule 7-1.2.***

***It's your choice as to how to score your quadrangular competition.***

h. I was officiating men's shot put at a meet this weekend and noticed that several athletes were spitting on their hands and wiping it on the bottom of the shoe on their pivot foot. According to rule 6.1.8.a3, it is illegal to put any substance except water for cleaning on the bottom of the shoes. Do you have any experience with this and know if it has been judged acceptable or not?

***This practice is acceptable and is within the written rule as saliva is 99.5% water.***

i. At two recent NCAA Track & Field Meets, a team was wearing tied head bands. On the head bands were two (2) initials, approximately 2"-3" in length and width per letter. The two letters are NOT manufacturer logos, nor are they school designations. When questioned, I was told they were being worn in honor of a late team member. Is there an approval process for the coach to follow, so that the individual team members may participate wearing the tied head bands?

***Currently there is nothing in the current NCAA Rule book that prohibits the wearing of headbands.***

j. While being a referee at a college meet last weekend. I felt that this female coach was serious about this question, and she might have observed it.

The question: CAN AN ATHLETE THROWING THE WEIGHT, ASSIST THEIR THROW BY PUSHING THE WEIGHT WITH THEIR HAND DURING A TRIAL WHILE ONE HAND IS STILL HOLDING THE HANDLE?

RULE 6.11.2.(a) states: uses any method contrary to the definition of a legal throw. Would the above be a legal throw?

***Currently NCAA rules do not address this question therefore this initiation technique is allowed in the weight throw. No discernible advantage seems to be gained.***

k. The fields in the triple jump are 4 men and 5 women. All of the coaches involved would like to combine the TJ competition to single gender to allow the athletes enough recovery time between efforts. Our understanding is that the rule states that a mixed-gender competition is permitted if each gender has 4 or less competitors.

Is there any way that we can have the women grouped together followed by the men grouped together in the same lineup for recovery reasons? We'd like to give the athletes the best chance to have a productive meet. 4 jumpers staying within NCAA rules wouldn't allow enough time between efforts for sufficient recovery.

***Rule 4-1.12 States the following:***

***Mixed Gender; ARTICLE 12. 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.***

***Unfortunately your numbers prohibit you from conducting a Mixed Gender competition in the triple jump.***

l. This is in regards to the rule about video and electronics, from page 61 of the rules book:

Electronic Devices

ARTICLE 20 Coaches, athletes, competitors and officials shall not use video or audio devices, radio transmitters or receivers, mobile phones, computers, unmanned aerial systems (ie, drones) or any similar devices in the competition area, except as authorized by the games committee.

First off, is this rule enforced at your home meets? Or at any meets that you attend, other than the national meet? Is it up to the event official to police it and enforce it? If there is a violation of the rule is the athlete's current attempt ruled a scratch, or is the athlete disqualified from the event, and/or the meet? What if it's just the coach? Are they tossed out?

***The answer to your question is found in Rule 4-2.4 - 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 non-competitor 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 pace setting 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.***

m. I was looking for clarification on the uniform attire rule in the manual rule 4, section 3, article 1, part b it states the uniform consists of two school issued components- short or briefs, and a top. A one-piece body suit is acceptable as a combination of the two components.

My question is it acceptable if members of our team wear a white top with blue shorts or briefs on the same competition day as someone wearing an all-white one-piece body suit. If the top of both uniforms are the same.

***Your question seems to be reasonable since most (if not all) bodysuits tend to be of one color. Therefore, when an individual chooses to wear a team issued bodysuit during competition, the upper portion shall be the same color and have the same team logo as the remainder of the team on that day of competition.***

n. This mostly relates to Shot-Putters who wear wrist wraps with the elastic strap that comes up over the thumb. My interpretation has been it is OK with the changes past few years allowing taping on hands/fingers as long as two or more fingers are not taped together. Do not really see an advantage gained. However, I do hear opinions that this is still NOT allowed to have that strap over the thumb. Can you elaborate for me and if it truly is NOT allowed can you point me to the rule that we should be using. I know for NFHS it is still a no-go as nothing above the wrist allowed except for an open wound.

***Currently in Rule 6-1.2 - Throwing Aids there is nothing that prohibits these straps from being used.***

**March 2018**

## **Interpretations and Clarifications**

a. A young lady suffered an injury at some point in the Pent Long Jump. Her marks were 5.35, 5.31, Foul. Due to that injury she did not start the Pent 800. Thus rendering her status for the event as DNF and being awarded no points. Please see the note below from her coach asking that her points and marks be reinstated due to injury

*By rule the following shall take place:*

*Rule 4-2.2(c) states: Failure to Participate:*

*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.*

*Rule 7-2.1 Scoring - Combined Event*

*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.***

b. Has there been any discussion about modifying the shot put competition rules to reflect the recent IAAF change that eliminates the foul when the foot brushes the back of the rim during the first turn of a rotational technique throw? I am including the text from the IAAF rule book. Rule 187.14. If there has not been any discussion about including this interpretation to the NCAA rules, would it need to be proposed?

*14. It shall be a failure if an athlete in the course of a trial:*

*(a) releases the shot or the javelin other than as permitted under Rules 188.1 and 193.1;*

*b) after he has stepped into the circle and begun to make a throw, touches with any part of his body the top (or the top inside edge) of the rim or the ground outside the circle;*

*Note: However, it will not be considered a failure if the touch is made without providing any propulsion and occurs during any first rotation at a point completely behind the white line which is drawn outside the circle running, theoretically, through the centre of the circle.*

*The addition of the Note to Rule 187.14(b) applies to rotational techniques used by athletes in Shot Put, Discus Throw or Hammer Throw. It should be interpreted that any “incidental” touch of the top of the rim or the ground outside in respect of the back half of the circle during the first rotation should not of itself be regarded as a failure. However, it is clear that any technique which thereby obtains an advantage through leverage or propulsion would constitute a failure.*

***The 2017-2018 NCAA Rules are still in effect throughout the 2018 season. There has been some discussion but there has not been a formal rule proposal submitted to date.***

c. As discussed at the convention that many major meets do not post their performance lists before their meets. For some reason they purposely ignore the rule. I am just bringing this to your attention. I am not trying to get anyone in trouble. For the good of the sport I want to see this implemented.

I do not understand why this rule is ignored. Transparency of performances should be the cornerstone of this sport. I could not imagine going to a IAAF event or Diamond League meet where the performances were not listed. How can you promote a meet without publishing the performances of each participant? It all defies logic. I don't care who they invite to the meet or why some with lesser performances are put into faster heats and flights. It is important to know if dishonest marks were submitted and used. Most important, participants, coaches and fans should have an honest list to determine what that competition is.

Also, I fully support that an athlete does not have a performance mark until they earn a performance mark. However, I do not see why high school/lifetime marks cannot be included in a data base. This can be done at the beginning of the year when we turn in our rosters. However, again you should never be able to use a fake mark...Period ...It is not that tough of a concept...run-jump-throw then get your mark.

***Thank you for bringing this to my attention. I have reached out to the meet directors and told them that Rule 4-1.13 is in effect***

#### ***Number of Entries***

***ARTICLE 13. 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.***

d. We are hosting our conference meet in two weeks and need assistance on a rules interpretation. I read the rule book and didn't find this specifically covered.

Our facility measures 236.16m in lane 1. Because we are oversized, marks on our track are penalized. Is it possible to race in lane 4 (approximately 260m) to make the track as large as possible. Racing in lane 4 has been done in the past but not in recent years. Our track has no curbing but we do have enough cones to sufficiently mark off lane 4.

***Thank you for asking the question and providing the surveyors report for races (mile, 3000M and 5000M only) run in lane 4 on the Edinboro University PA indoor track.***

***Having reviewed the official survey documentation and researching past interpretations, there is no precedence that prevents you from legally running the above mentioned races.***

***Please make certain that you comply with Rule 1-1.6 Cones and Curbing for those races and all races on the track.***

e. I have kind of a question for you in regards to the pole vault. Is there any rule that states an athlete cannot wear gloves during the pole vault? If so can you please send me the documentation for it?

***Rule 6-6.4(c) page 94***

***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.***

f. In the CC/TF '17-'18 rule book, Rule 1 Article 6 covers the specifics of cones used to replace curbing temporarily on those tracks surveyed based on the existence of a curb. i.e. cones at least 15 centimeters high, placement not exceeding 1.5 meters indoors, placement on top of line. I have always assumed tracks surveyed without a curb follow the same cone protocol. Please clarify.

***You are correct, when curbing is not in place Rule 1-1.6 applies.***

***...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 outdoors and 1.5 meters indoors....***

g. I'm doing some prep work in advance of hosting our indoor conference meet and I would like some clarification on Rule 5 Section 10b about the order of races being fast to slow or slow to fast. We run a single round against times for all events except the 60 and 60H. If I'm reading the book correctly all events should be seeded slow to fast except the 200 and 400. Is that correct and do we have to do it that way? Our conference would prefer to run all events slow to fast. We believe there is a slight advantage to knowing what times your competition has run and that advantage should go to the athletes who have run the fastest times coming into the meet.

***When you see the word SHALL in the rule book there is no room for interpretation.***

***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.***

***\*\*\* The only options that you have as a games committee is the running the 200 and 400 sections. All other events must be run slow to fast***

h. Based on how I was reading the rules my athlete is allowed to tape their hand the in the picture below when throwing the shot put, is the correct? It is my understanding that as long each finger can move individually it is acceptable, there is no limitation to how much the fingers have to be able to bend at the knuckles, they just have to be able to move independently.





*The picture shown is in compliance with Rule 6-1.8 Throwing Aids.*

i. A female would like to do a decathlon in the spring. Mixed gender isn't allowed, but she couldn't qualify in the decathlon anyway. If the referee allowed her to compete, would it invalidate qualifying marks for men in that decathlon? It doesn't provide them any advantage, just an opportunity for her to do a decathlon.

*Rule 4-1.12 is specific*

***Mixed Gender***

***"ARTICLE 12. 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."***

*A rule violation would take place if a mixed gender combined event took place.*

j. I hope you are doing well! I have a question for you regarding the procedures for 60m/60H and heat assignments. Our coaches have brought up this question and I want to make sure we are following the procedures correctly at our championships so there is no question about the times being valid for NCAA qualification purposes. The question is in reference to Rule 5, Section 11, Article 2. It appears that if you have more than 32 entries then you must have prelims, semis, and finals. Here are my questions:

1. Is it a requirement to have semis in this situation?
2. If we have advancement based only on time are semis required?
3. Can this be a games committee decision to opt out of having semis (if advancement is not based only on time)?

I hope you can provide some clarification on this so we make sure our procedures line up with the expectations of the national committee with regards to qualifying times.

***For the 60 and 60H the conference must apply rule 5-11.2b***

***As mentioned if you have larger numbers you may employ a qualifying round, please see link: <http://www.ncaa.org/playing-rules/cross-country-and-track-and-field-rules-competition>***

***Scroll to Updates Guidelines for Staging Track and Field Events for assistance.***

k. Can I get a question answered in regards to an indoor track facility? In the 2017-18 NCAA T&F Rules book for indoor facilities it has the statement below:

Rule 1-1.2bThe 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.

It says the indoor track should have at least six lanes, does this apply to the oval and the straights, or can the oval have 5 lanes and the straights 6 lanes, as long as it is a 200 meter track and has a curb installed, would the track be able for NCAA qualifying marks? Or would the facility have to have 6 lanes for the oval and straight. The facility lays out much better with 5 lane oval and 6 lane track, due to the width of the building.

***There is nothing in the NCAA rule book that prohibits 5 lanes on the oval and a 6 lane straight. The only challenges will be in the conduct of the competitions run at that facility because it is non-conforming.***

l. I have a question about pacers and the DMR. If we were to use a pace team in a relay race, do all four legs have to report and check-in, or can we do it where only the first leg checks in if we know that the first leg is going to drop out before the first exchange? We are investigating some pace teams for next year, but don't want to run afoul of any NCAA rules.

***By the rule stated below it explains what constitutes a relay team. Therefore, all athletes on the team will check in with the clerk.***

***Rule 5-8.1 Relay Racing***

***Four unique competitors constitute a relay team, each of whom (except in shuttle relays) carries a baton. (A single person does not constitute a relay team)***

m. For an athlete to finish a combined event must an athlete compete in an event that they are declared to compete in that starts in the middle of the combined event?

***An athlete may complete the combined event, even if they fail to start an open event after the start of the combined event. The combined event is considered one event and the athlete has the right to complete that event. The athlete will be prohibited from competing in all other open events they are entered in due to the failure to start the open event.***

n. I thought that you might like to make a clarification regarding runway markers before the Championships next week. This only comes into play with a raised runway for the horizontals and the pole vault. There is controversy among Master Officials regarding coaches marks on the vertical side of the raised runway, which is in addition to the two runway markers for the athletes. The coaches marks cannot be seen by the athletes, only the coaches. At the USATF Indoor Championships, the referee allowed the coaches mark on the vertical section of the runway as long as the marker could not be seen by the athlete. Some officials say it is legal while others say only two markers are allowed, whether they are for the athlete or the coach. Some of these officials will be working the championships next week.

***Rule 6-1.7 Jumping Aids/Runway Markers***

***ARTICLE 7.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.***

o. In the case of the final men's 4 x 400m relay on the track to determine a conference championship. There were 5 teams in the race but one of the team fell off and was about ten seconds back of the other 4 teams. When the winning team along with the other three teams crossed the finish line, the student-athletes ran into the infield to congratulate them not realizing that the 5<sup>th</sup> team was still on the track. They crossed the track and were close to the finishing runner but did not impede his progress. Should this be considered "flagrant" or not? Should the winning relay team be disqualified when this action did not change the outcome of the team results or may not be in the definition of flagrant? Secondly is a person from the same school but different gender team considered a "teammate?"

***Obviously this is not something that you want happening at any competition. Considering the information that is provided it appears there is nothing that raises to the level of "flagrant", warning would have been distributed but no disqualifications are warranted.***

***A person on the opposite gender that represents the same institution is not a team member.***

**April 2018**

## **Interpretations and Clarifications**

a. I always thought the maximum number of athletes in a flight for a field event (throws and horizontals) was 16. When I had a flight of 18 scheduled for a hammer throw last weekend, I initially told my flight coordinator to divide the group into two flights of 9. Then, I read the rule book and could only find a flight size reference to the LJ/TJ...not the throws. All our officials think the max flight size is 16...so if we are wrong, we need to set the record straight.

***Rule 6.4-1 on page 90 states the following:***

### ***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.***

***The bold and underlined horizontal events speak specifically to all horizontal events, the throwing events are horizontal.***

b. At our indoor track, we currently have two triple jump board inserts for boards (not painted lines). I'm exploring putting another insert in so that we can also long jump on that runway (therefore, there would be 3 inserts for takeoff boards on one runway). I did not find anything in the rule book that limits the amount of takeoff board inserts a facility can have but wanted to check and see if this is a possibility before we move forward.

***There is nothing in the rule book that prohibits the number of board inserts on a runaway.***

***Rule 1-6.2 (a & b) provides suggested distances of the board placement.***

c. Had a question in regard to the recent IAAF change of the Relay Exchange Zones going to 30 meters. I believe the NCAA coaches voted not to follow suit and adopt the IAAF change, instead staying with the 20-meter zone and 10-meter acceleration zone, can you verify this.

And, looking ahead, do you think that this will be voted on again in December? The reason I'm asking is that we currently do on some installation the exchange zone for the 400-meter relay in a different color than the rest of the track, but not sure on any new installations if we want to offer that, because the rule may change in the future to adopt the IAAF policy.

***For the 2018 NCAA Track and Field season nothing has changed regarding the conduct of relay competition. The current Rule 5.8 continues to be in full effect.***

***The NCAA Rules Committee will meet in June to discuss all potential rule changes at that time.***

d. Rule 4.4a.4 states: 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 A number of coaches in our area have discussed entering "rabbits" in events at the "last chance meets" to "pull" competitors to qualifying times. Question 1- 4.4a.4 does not address pacesetting by competitors ***in*** the race who have not been lapped or are of the same gender. Can rabbits be entered under any circumstances?

***There is nothing in the rule book that prohibits an individual who is legally entered in an event to compete.***

e. We are currently using city owned track facility, and we're looking into what upgrades we need to make in order to start hosting meets in 2019. The long jump take off area does not have a board and is just painted. In the rules book it seems as though that would be fine for triple jump but it is not clear in regard to long jump.

***Rule 1.6-3 clearly specifies that the takeoff for the LJ & TJ shall be of wood or suitable material.***

#### ***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.***

## May 2018

### Interpretations and Clarifications

a. Q1 I am seeking a Rules Interpretation of Rule 4 section 1, article 4 in the 2017-2018 Track and Field rule book for 2018.

We have a meet scheduled on Saturday and yesterday received about 6" of snow and are anticipating more snow on Thursday. It is hard to believe that the snow will melt enough in the field to contest some the field events, specifically the throws without risk of safety.

I had heard at an earlier meet that this rule was currently suspended, but I don't want to take that word of mouth:

Minimum Number of Events ARTICLE 4. The minimum number of events contested for outdoor competition shall be nine track events and six field events per gender.

Could you please clarify? I want to do all we can in order to try and contest the events, however if that is not a possibility I want to know what our best course of action is regarding this rule.

Q2 We are hoping that you may be able to provide some clarification regarding Rule 4 (page 56, NCAA Rules) for us as we prepare to host a last chance qualifiers meet (post Conference championship)

Based on the following:

Minimum Number of Competitors ARTICLE 3.

*A minimum of two different member institutions shall be represented in each event.*

We have received information to suggest that, although anyone can compete in a meet, at least 4 participants are required to make it a legal qualifying event.

We are seeking clarification regarding

- the number of participants (2 or 4?) per event
- Make up of the participants – essentially can it be DI participants vs DII (in an event)

***This interpretation was issued during the previous year and is still in effect. Please check your Qualifying Criteria for the number of events that need to be contested. I have attached for your convenience. If you have further questions regarding qualifying please contact your divisional sports committee liaison.***

***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 Rulebook 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 By-Laws 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.***

b. We have an athlete that has had elbow surgery last summer and now wants to know if he can wear a brace while he throws javelin or shot put. The brace is the one below.



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[Bionic Elbow Brace](http://www.donjoyperformance.com)

[www.donjoyperformance.com](http://www.donjoyperformance.com)

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#### Details

I've read through the rule book and found Rule 6-1.8a and Rule 4-2.4a but still am not sure if wearing this is legal. Can you lead me in the right direction to find out if it's legal or not.

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

**June 2018**

## **Interpretations and Clarifications**

a. Can you please tell me all that apply regarding running violations regarding steps on or over the line? The runner hits the line or over in the pattern A. Left, right; B. Right, left; C. Left, left; D. Right, right

***Rule 5-5.2b on page 70 is quite clear.***

***"In races run on the curve, steps on or over the lane line to the left with two consecutive steps with either both feet or a single foot." All of your examples are a violation.***

b. Can marks made with rubber tipped javelins be used for NCAA qualifying? We have a school that is looking to move javelin into their stadium which has an artificial turf field.

***In rule 2 and rule 6 it specifically talks to the javelin, metal head. There is no provision for a substitute, therefore the rubber tip javelin is not allowed.***

c. Rule 4 Article 12 allows for mixed gender competition, no more than 5 competitors in each gender. Meet directors have interpreted this as no more than 10 total. I have run events with the no more than 10 total. This works out very well for the times when a gender only has 2 or 3 athletes. It gives them recovery time and time to get ready and relaxed for their next attempt. Are we within the limits of interpretation of the rules? If that is the case the rule should be rewritten, using 10 total athletes.

***Your interpretation of the rule is incorrect. The rule clearly states that it's less than five individuals per gender, not I repeat not a total of 10.***

***The way you conducted the competition explained in this email is in violation of the rule.***

d. At an NCAA Conference Championship, apparently they will be "chipping" all distance runners for the 5000 and 10,000. Does that eliminate the need for lap counters in case "technology" fails?

***No lap counters are still necessary as per rule.***

e. Does the NCAA maintain records? For example, it appears that we've had a couple of collegiate records set this year (800 & 1500). I'm not sure how these get certified, what documentation is required & who receives it.

***Collegiate records (which should be designated as collegiate bests) are not officially kept by the national office. Only national meet records are kept and those must be accomplished at the site of the finals.***

f. An institution has a nine lane track but for some reason it sticks in my mind that to be compliant with NCAA rules you can only use 8 lanes even if you have 9 lanes available. Am I correct on that one?



***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.***

g. In Rule 6, Article 2 it states, “before the start of the event, each competitor must declare the board he or she will use throughout the competition.” At our conference championship we will have a 32’ and 36’ board for women and a 36’ and 42’ board for men. Due to coaches asking based on a seemingly inconsistent application during the outdoor season, I want to confirm that once the athlete “declares” the board for the competition, he/she cannot then switch to the second option.

For example, if a female declares the 36’ board, she must stay with that board throughout and cannot elect later to move down to the 32’ board. Is that the correct interpretation of the rule?

***Rule 6.7-2 on page 94 of the current rule book is quite clear.***

***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. There really isn't anything to interpret, please apply the rule as written.***

h. I was working a meet and a coach came up to me asking for interpretation of when vaulting outdoors and a competitor clears the bar and the wind knocks the pole into the crossbar and

becomes displaced. When I read rule 6-6-3 (page 94) of the 2017-2018 Rule book, I read that when the wind catches the pole after the athlete clears it's an attempt. He is questioning when the official rules that there was no wind and the pole displaces the crossbar (there is no pole catcher assigned to the meet) as there is no attempt by the athlete to throw the pole back towards the runway. I guess a meet he was at prior to the meet I was working, there was a coach that said that it's always a clearance even if there is no attempt by the athlete to throw the pole back with no wind. The coach that he was talking to said it's unfair for those who are vaulting at a lower height to have them attempt the throw the pole back when those at higher heights can have the pole pass through and not hit the crossbar. I'm hoping that you might have a good interpretation of this scenario that I can report back to the coach, and hopefully make sure that all are on the same page.

***Rule 6.6-2 is quite clear. FAILED ATTEMPT***

***"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."***

***The action of the vaulter (or the inaction in this case) caused the pole to dislodge the bar from the pegs.***

***If the official deemed that the athlete did make an attempt to push the pole away and that the wind did move the pole to dislodge the bar then Rule 6.6-3 is applied.***

***This is the judgement call of the official at the pit.***

i. Scenario: In a meet that is team scoring 8 places, there are 10 competitors that check in for a horizontal field event (after scratches). After the first 3 attempts, 2 of the competitors fouled on all 3 attempts and do not have a valid mark. Games committee designated that rule 6-2.7 applies for events with 9 or fewer entries. Games committee did not designate tie breaking.

1) Does rule 6-2.7 apply since, as the rule reads, there are more competitors than 1 more than the number of scoring places at the start of the preliminaries? Based on that language it does not apply.

a. If 6-2.7 does not apply, then I assume you resort to rule 6-2.5 which would result in neither competitor advancing since they do not have a valid mark. Tie breaking is irrelevant.

b. If 6-2.7 does apply, how many advance to finals since tie breaking was not designated?

***Prior to the start of the event there are more contestants than the number that are allowed to advance to the final round. Rule 6.2-7 does not apply for this particular event.***

***Rule 6.2-5 is applied and the individuals that did not achieve a legal performance will not advance to the final round.***

## July & August 2018

### Interpretations and Clarifications

a. We're trying to get clarification on the NCAA's position on long/triple jump venues in the D areas.

1. Typically, D areas are graded at a 0.40% radial slope based on a high point at the center of the infield curb.
2. In a typical IAAF layout, the pole vault is located in the D area.
  - a. The centerline of the D area is a high point.
  - b. The runway runs up the & then down across the D area where the overall inclination is approximately 0.00% - there is a cross-slope on the landing area
3. If the long triple jump is installed in the D area with a radial slope then the take-off boards would be slightly higher than the sand pits & likely exceed 0.10%.
4. If the D area is graded to create a slope less than 0.10% in the running direction, it creates a large potential for ponding & may not be usable for high jump.

Question: Would the long/triple jump be legal in a D zone with a radial slope?

***Regarding your question for the long and triple jump runway construction, Rule 1-1.1b is quite clear regarding maximum downward inclinations in the direction of the run and how to measure them. If the runways don't meet these minimum standards they would not be in compliance with the written rule. Placement on the track or "D zone" does not change the rule.***

b. I have been asked by our cross country host what the rule or requirement is on umpires for cross country. Are there certain places they should be located? Does there have to be so many every so many feet? Any guidance you could provide would be greatly appreciated.

***As you are aware, every cross country course is unique and presents different needs. Current rule 3.5-1 places the responsibility of umpire placement on the course to the Head Umpire. No specific number of umpires is recommended, but enough personnel is to be assigned to ensure a safe, fair competitive environment for the student athletes. Placement of umpires at turns, pinch points, areas where the course can be cut and at the finish is recommended.***

c. Now that the press release has gone out about rules changes, throws coaches are asking if NCAA has or is adopting the IAAF rule about being able to have the heel touch outside on the back side of the circle in a throw. I've told them that I've seen nothing to indicate that but that I would check.

***You are correct, the NCAA Rules Committee did not adopt the IAAF back of the ring rule.***

d. I am reaching out to you to look into formalizing how we draw lanes for the finals at NCs. As it is currently written, the lane assignments are decided by the current games committee,

meaning they vary yearly. I think it is unfair to the committee to have to bear the burden of this, and face the arbitrary criticism of varying coaches year to year. If there is a set way in which we do this (with some flexibility for facility differences), it takes that burden off their shoulders. It also protects all member institutions from the whims of the varying track minds of our sport. I am willing to submit a proposal but I wanted to get your thoughts and clarity on it all before moving forward.

***The rules committee is very open to entertaining a proposal if you wish to submit one through proper channels. Current preferred lanes at the championship sites are established by the games committee and they work closely with the host institution. This is not an arbitrary process and much thought goes into every decision made to ensure fair and equal opportunities for all contestants.***

e. "In caged events, the time clock starts when the athlete steps onto the concrete pad prior to initiating their attempt." What defines the "concrete pad." Why was the word "concrete" used as that is not always the surface in or around a throwing circle (wood/track surface/grass/etc)? What if it is all concrete surrounding the ring and cage? Or if the surface surrounding the ring is all track surface?

***The intent of this rule is equity. This is more of a competition official administrative que. The countdown timing official should have a visual to ensure providing each athlete has equal time opportunity.***

## **CURB**

f. Our university recently constructed a new track & field facility (completed Nov. 2017) and we are getting some conflicting information about whether an aluminum curbing is required for NCAA legal meets. Can you clarify what the rule is on this? Are we required to have curbing or will cones suffice?

***Rule 1-1.6 on pages 15-16 in the 2017-2018 rule book clearly states, "Beginning December 1, 2018, all indoor facilities shall have a curb, installed appropriately to reflect the method of survey."***

***Rule 1.1-6 also states that, "cones may be used to replace curb temporarily when the curb interferes with other events, but is not a substitute for a curb."***

g. Can you update me on the status of 1-6.1 specifically on the requirement of a curb on existing indoor tracks certified with cones for 10cm, due to go into effect Dec 1, 2018?

***The new rule reads as follows: "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.***

## EXCHANGE ZONE

h. With the new rule for the exchange zones moving to 30m I was wondering if the extra ten meters would just be added to the end of the exchange zone?

***The new 30 meter exchange is measured exactly as the current zone. The existing 10 meter acceleration zone now becomes a part of the new 30 meter exchange zone.***

***The new 30 meter exchange zone eliminates the acceleration zone.***

***Therefore, your track is currently measured for the new zone without having to do anything.***

i. Will there still be a 10 meter acceleration area? Obviously this does not affect the 4 x 400.

***There will no longer be a 10 meter acceleration zone. The outgoing runner must start within the exchange zone, just like the 4x400.***

j. I am receiving some question about the new exchange zones for the sprint relays going from 20 to 30 meters. What is the expectation for schools as far as track markings?

With the current acceleration zone and end exchange zone already at 30 meters apart, will this be good enough or will all track need to be remarked?

***It is not necessary to remark the exchange zones for the sprint relays. The current measure is sufficient. When the track is relined, resurfaced or resurfaced then the newly marked exchange zones can be installed.***

k. Does the 30m exchange zone begin at what was previously the acceleration zone so the exchange zone now encompasses 20m in front of the former middle of the zone rather than 10m in addition to 10m past the former middle of the zone?

***Yes, 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.***

## UNIFORM

l. With the new uniform rule the NCAA has adopted, how will that affect schools that use black or grey as a uniform color when they are not school colors?

***All the more clarified rule states is that on any given day the team will wear the same primary color. I think you are asking about institutional colors which is not considered within our playing rules. It is my understanding that uniforms and colors are approved at each schools marketing and compliance team.***

m. (1) In the case the first athlete to check in for competition on a single day of competition wears type 'A' uniform but the remainder of the team is wearing type 'B' uniform, what should

the procedure/penalty be for either the first competitor (especially if it is not known what the rest of the team is wearing) or all following competitors?

***Prior to competition have the coaches declare the uniform of the day. If that does not happen then the first athlete to compete establishes the uniform of the day.***

(2) If an athlete is identified to be wearing a uniform different of his/her teammates what is the penalty when it occurs:

- a. After competition (such as after finishing a race)
- b. During competition (such as middle of a field event between attempts)

***If a uniform violation is not detected prior to the start of the event by a meet official, once competition begins the incident may not be protested. Competition will not be delayed and all marks are admissible.***

n. I wanted to reach out to you about any rules the NCAA might have regarding head pieces, specifically hijabs, during competition. We have a new freshman on our team who is Muslim and she has to wear a hijab at all times. I didn't know if you knew of any legislation that would explain the rules of wearing head pieces during competition. I also wasn't sure if that was an issue with the team uniforms matching. She wasn't issued a hijab by Bradley, she will wear her own.

***Individuals may wear a head covering without a waiver. Current uniform rule does not apply to items of apparel above the shoulder and those covering the hand/feet.***

o. We ordered replacement jerseys for our blue uniform. What came in doesn't exactly match our original uniform. I wanted to send you a picture and see if the difference would be violation of the uniform rule. Please let me know what you think.

**\*\* SEE FOLLOWING PAGES**







*The updated rule reads as follows:*

*" 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."*

*The pictures shared do not meet the "same primary color", portion of this rule therefore they are not in compliance and should not be worn together on any single day of competition. They however could be worn on separate days.*