
RULE 1

Construction of Facilities

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

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

Note: Figures are not drawn to scale.

SECTION 1. The Track and Runways

The Area

ARTICLE 1. With respect to grade or slope:

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

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

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

Surveying

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

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

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

Track Markings

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

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

Measuring Distances

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

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

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

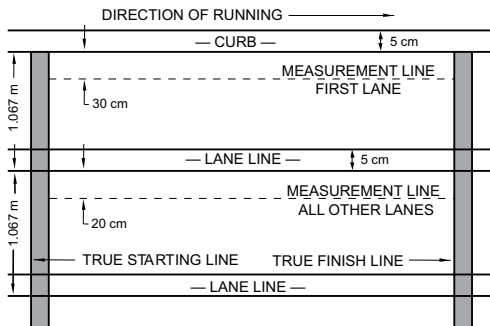


Figure 1—Track Measurements

Cones and Curbing

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

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

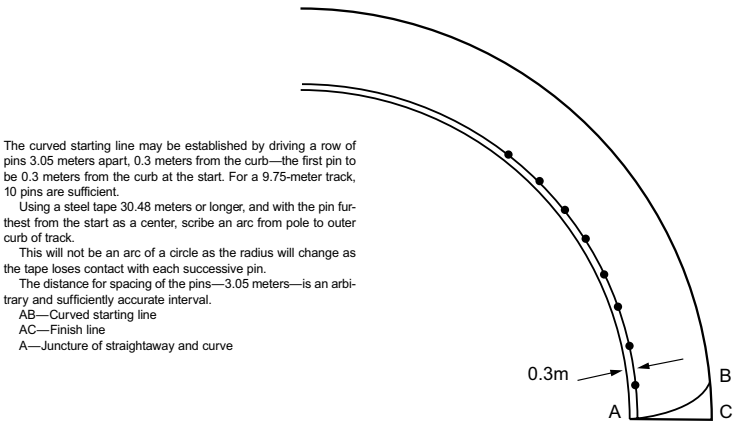
Cones may be used to replace a curb temporarily when the curb interferes with other events, but not as a substitute for a curb. If a section of the curb must be temporarily removed for any reason, its place shall be marked by a white line 5 centimeters wide and by cones at least 15 centimeters high.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

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

Visible Starting Line

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

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



The curved starting line may be established by driving a row of pins 3.05 meters apart, 0.3 meters from the curb—the first pin to be 0.3 meters from the curb at the start. For a 9.75-meter track, 10 pins are sufficient.

Using a steel tape 30.48 meters or longer, and with the pin furthest from the start as a center, scribe an arc from pole to outer curb of track.

This will not be an arc of a circle as the radius will change as the tape loses contact with each successive pin.

The distance for spacing of the pins—3.05 meters—is an arbitrary and sufficiently accurate interval.

AB—Curved starting line

AC—Finish line

A—Juncture of straightaway and curve

Figure 2--Curved Starting Line

Visible Finish Line

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

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

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

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

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

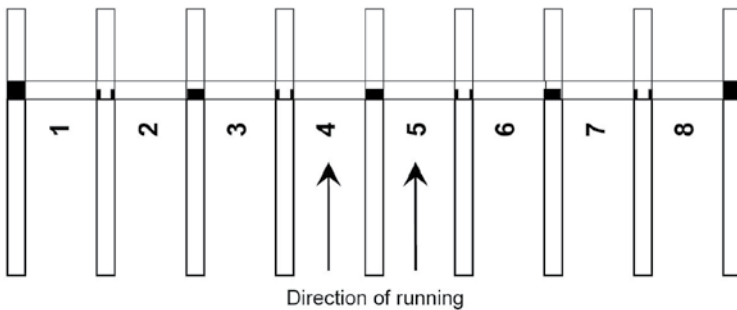


Figure 3--Finish-Line Intersection Example

Running Lanes

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

Break Line

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

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

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

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

Relay Zones

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

SECTION 2. The Hurdles

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

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

SECTION 3. The Steeplechase

Distance

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

Jumps

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

Measuring Course

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

Possible Steeplechase Measurements

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

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

Placement of Hurdles on Track

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

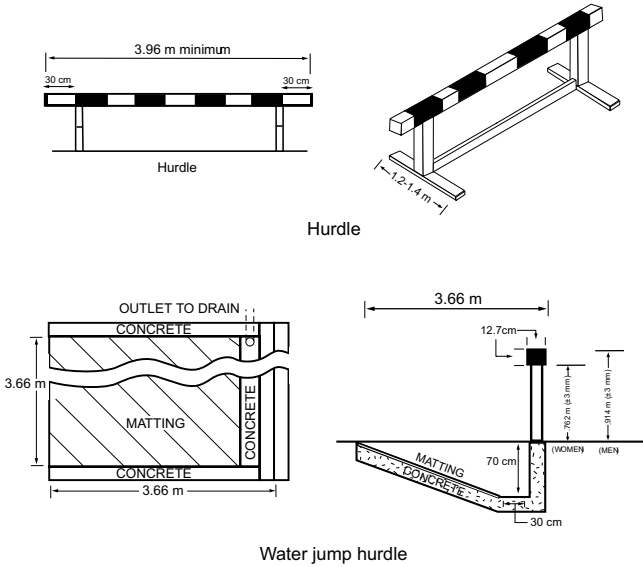


Figure 4-Water-Jump and Hurdle Measurements

Water-Jump Construction

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

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

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

SECTION 4. The High Jump

Approach

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

Takeoff Area

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

SECTION 5. The Pole Vault

Vaulting Box

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

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

Runway

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

Runway Markings

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

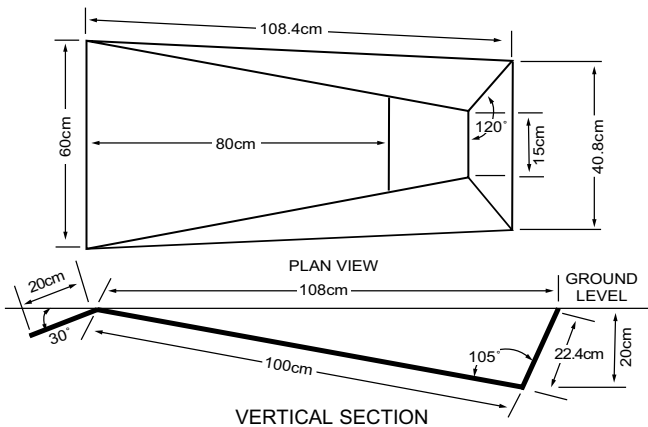


Figure 5--Pole Vault Box

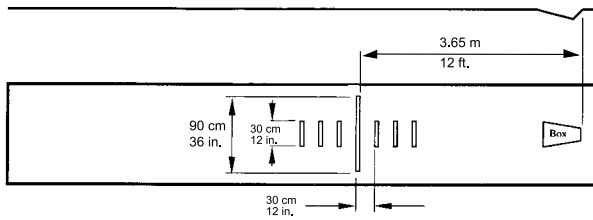


Figure 6--Pole-Vault Runway Markings

SECTION 6. The Long Jump and Triple Jump

Runway

ARTICLE 1. For Long Jump and Triple Jump runways constructed after January 2006, the length shall be at least 40 meters from the edge nearest the pit of each event's takeoff board. The maximum width of the runway shall be 1.22 (± 0.01) meters. The construction and material of the runway shall be extended beyond the takeoff board to the nearer edge of the landing pit.

When the runway is not distinguishable from the adjacent surface, it should be bordered by lines 5 centimeters wide from the start of the nearer edge of the landing pit.

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.

Landing Area

ARTICLE 2. The landing area, in construction after January 2006, shall not be less than 2.75 or more than 3 meters wide, and shall be filled with damp sand at least 30 centimeters deep with the elevation of the top surface identical with that of the takeoff board. Figure 7 shows an appropriate device for ensuring proper sand level.

- a. In the Long Jump, the distance between the takeoff board and the nearer edge of the landing area shall be at least 1 meter and not more than 3 meters. The distance between the foul line and the farther edge of the landing area shall be at least 10 meters.
- b. In the Triple Jump, the nearer edge of the landing area shall be at least 11 meters from the foul line for men and 8.5 meters for women. Distances of 12.5 meters and 11 meters, respectively, are recommended.

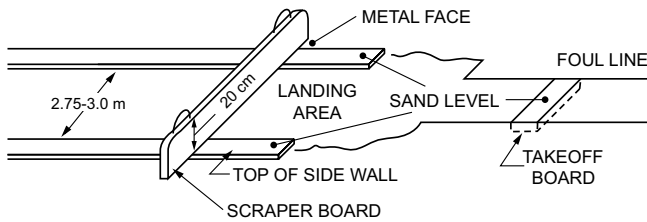


Figure 7--Control of Sand Level in Long Jump and Triple Jump

Takeoff

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

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

Foul Line

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

Foul-Indicator Aid

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

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

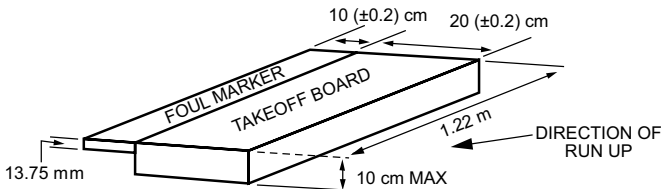


Figure 8—Long Jump and Triple Jump Takeoff Board and Foul Marker

SECTION 7. The Throwing Area

Shot Put, Discus Throw, Hammer Throw, Weight Throw

Materials

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

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

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

Diameters

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

Insert

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

Dividing Line

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

Sector

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

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

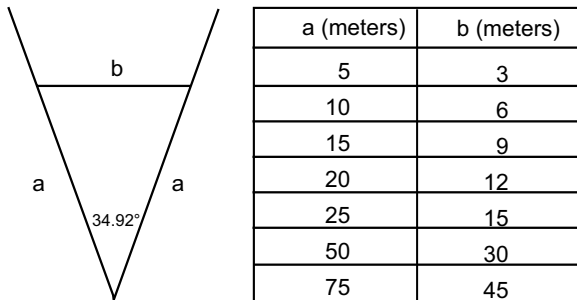


Figure 9—Establishing the Sector

SECTION 8. The Shot Put Area

Stopboard

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

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

Stop Barrier

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

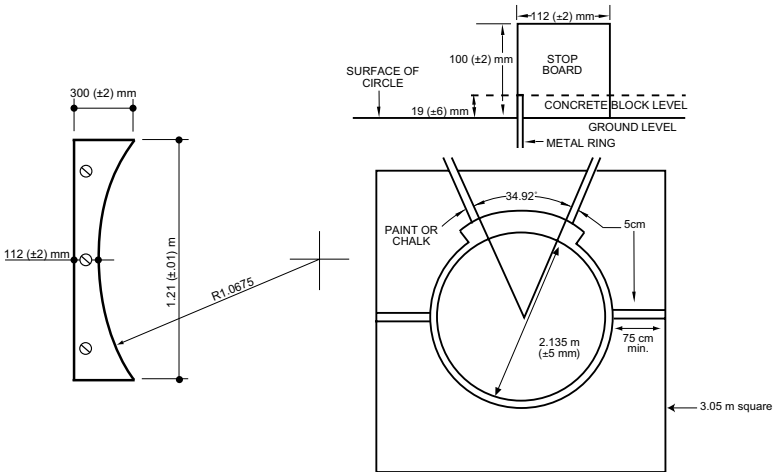


Figure 10—Shot Put Circle

Note: Lines shall not be inside the circle.

SECTION 9. The Discus Throw/Hammer Throw Area

Enclosure

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

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

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

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

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

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

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

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

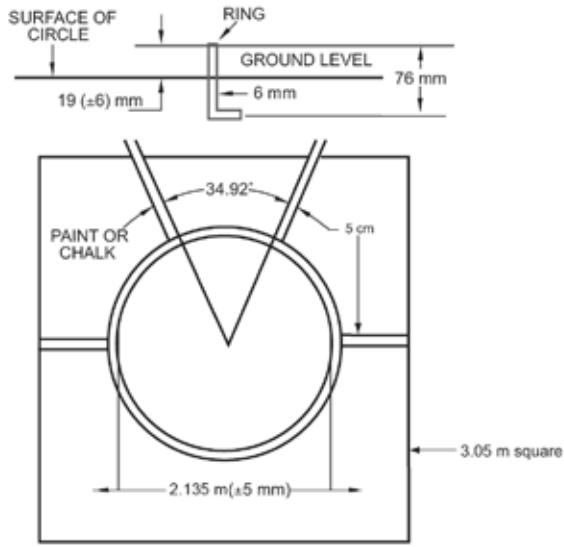


Figure 11—Hammer Throw/Weight Throw Circle
Note: Lines shall not be inside the circle.

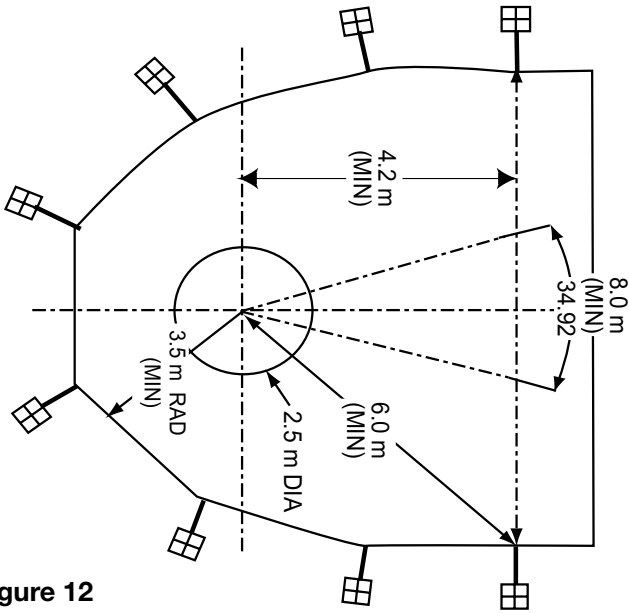


Figure 12

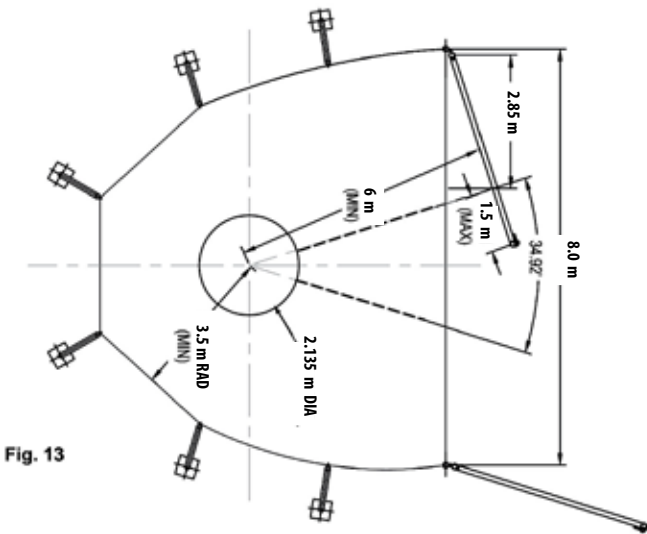


Figure 12 and 13—Possible Discus/Hammer Cage Designs

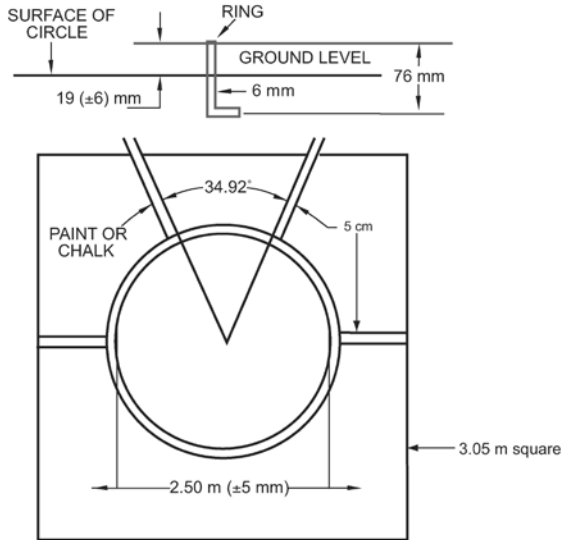


Figure 14—Discus Throw Circle
Hammer throw requires an insert in the circle
(see Figure 11 and Rule 1-7-3).

Note: Lines shall not be inside the circle.

SECTION 10. The Weight Throw Area

Enclosure

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

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

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

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

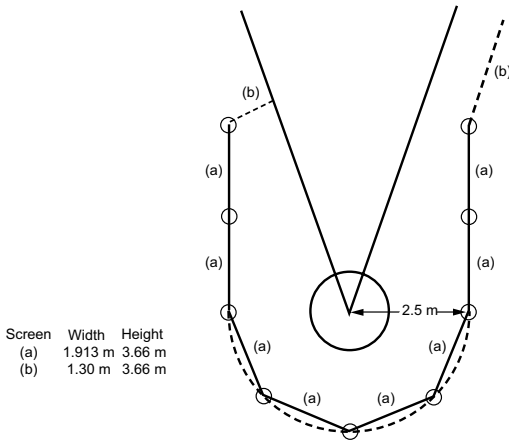


Figure 15 — Construction of Weight Cage

SECTION 11. The Javelin Throw Area

Foul Line

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

Runway

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

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

Sector

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

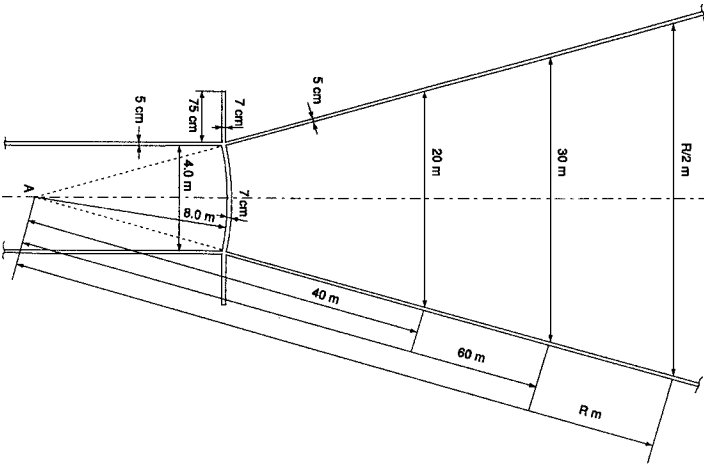


Figure 16—Javelin Throw Area (Not to Scale)

SECTION 12. Cross Country

Course Lengths

ARTICLE 1.

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

Course Layout

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

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

Course Markings

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

Starting Line

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

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

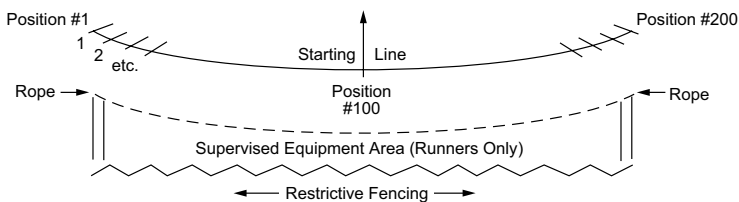


Figure 17—Starting Area

Finish Area

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

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

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