Clarifications

The question was asked, what happens when using a start information system and a student-athlete refuses to use the blocks as mandated by meet management in those sprint events (400m on down).

This situation would fall under the purview of the referee and misconduct (page 61) of the rule book. Additionally, it would be a failure to participate and without medical clearance, it would be a forfeiture of any other event participation.

Interpretations

a. I’m working a Championship event beginning today with the Combined Events. With the chance of severe weather on Thursday, what are the guidelines regarding weather and the Combined Events. Specifically, the NCAA institutions represented were curious if marks are legal if Thursday has to be moved to Friday morning (thus having Combined on Wednesday & Friday).

Rule 4.1-6(a & c) states specifically that the decathlon and heptathlon shall be held on two consecutive days is a specific order. There is no provision for an exception.

b. Is it legal to throw discus in competition without a cage?

Rule 1-9 states that all hammer and discus throws shall be made from an enclosure or cage.... This leaves no room for interpretation.

Rule 6-1.18 Safety Considerations. The field event judge and referee are responsible for ensuring fair and safe competition. Conducting a discus competition without an enclosure or cage is an unsafe environment.

c. Are hats/caps allowed to be worn during a competition? The rule book states that athletes must wear school issued uniform and a hat would not be issued as part of the uniform.

Items on the head, hands and feet do not fall under rule 4-3.1 and 4-3.2, therefore head coverings are allowed.

d. I was hoping you could review and confirm whether or not the high jump tie-breaker procedures were followed correctly based on the results below. Our coaches seemed confused as to why the ties were broken the way they are shown. Any information or interpretation you can provide is appreciated!
Rule 7-1.7 Ties - Vertical Jumps on page 100 of the current rule book reads as follows:

"In the High Jump and Pole Vault, ties shall be resolved as follows.

a. The competitor with the lowest number of jumps at the height at which the tie occurs shall be awarded the higher place.

b. If the tie still remains, the competitor with the lowest total of failures throughout the competition up to and including the height last cleared shall be awarded the higher place.

c. If the tie still remains:

   1) Jump-off procedure for 1st place tie break
   
    2) If it concerns any other place, the competitors shall be awarded the same place in the competition.

The first 3 placing competitors each cleared 1.64 meters on their 3rd attempt therefore item (a) does not break the tie. Item (b) then is then applied. One jumper has 3 total misses, one jumper has 4 total misses and the other jumper has 5 total misses. The placing as written of the top 3 contestants are correct.

Placing for contestants 4-6 are also correct. Current 4th place cleared 1.58 on her second attempt (applying tie breaking item a.). The other 2 competitors made the bar of their third attempt (applying tie breaking item b.) Jumper in current 5th place had 2 total misses and current 6th place had a total of 4 total misses.

The tie for 7th place is correct as the tie could not be broken therefore, item c (2) is applied.

Everything regarding the placing of this high jump competition is in compliance with NCAA rules.
e. If we have 33 or more athletes in the 200, 400 Meters in a meet, do we follow the format of preliminary, semi, and final rounds (3 rounds)? Currently we do have a prelim/final format. Our numbers in some events have grown and we are on an 8 lane track. Indoor on a six lane track and outdoor on an 8 and 9 lane track.

For indoor 200 and 400 apply Rule 5-10.5e located on page 73 and Rule 5-11.3 located on page 79. Advancement on a time basis is allowed.

For outdoor 200 and 400 apply Rules 5-10.5b located on page 73 and Rule 5-11.2c located on page 78. You may run up to 8 heats but remember you must advance at least the heat winners and then fill the remaining finalists on a time basis. Therefore 4 heats = 4 winners + 4 fastest times; 5 heats = 5 winners + 3 fastest times; 6 heats = 6 winners + 2 fastest times etc. If there are more heat winners than there are finalists then a semi-final round shall be run but technically you can run 8 heats of 8 and still only run 2 rounds.

f. We are scheduled to host our Indoor Track championship this upcoming championship season. The coaches have asked if the NCAA committee would look into this change- Change the 2 section final seeding of the 60 and 60 hurdles to lanes 1-4 and 5-8. Since we only have a 6 lane straight away for the sprints they were requesting this change or exception for our championship.

The request to change or one-time waive the rules of seeding for a 2 heat final of the 60 and 60 Hurdles would establish a precedent that is not within NCAA policy, therefore the request is denied. However, I do understand why the coaches have asked for this exception. Their wish is to have the top seeded athletes race against one another. I suggest the coaches consider a final in timed sections (Rule 5-10.1b). This format would allow the top seeded athletes to race against each other within the rules. The only concession is the athletes will run a final only.

g. A coach hosting a last chance meet has five or fewer competitors (per gender) for the throwing events. To my understanding, they can combine the competition because it is a horizontal field event (/marks measured horizontally).

Rule 4-1.10 states:
"Mixed gender competition is permitted in any horizontal field event with FEWER than five competitors per gender."

If there are 5 or more contestants of one gender then Rule 4-1.10 does not apply, therefore separate events must take place.

Horizontal field events are all throws and LJ and TJ as they are contested on a horizontal plane.
July & August 2019
Clarifications and Interpretations

a. I have an athlete running the women’s 5km tomorrow evening. Is it permissible for her to wear any sort of apparel designed for body temperature cooling purposes during the race - ice vest (under uniform top), ice/cooling hat, ice/cooling bracelet, etc. None of these devices would be worn in a way to obstruct or violate the uniform rules. Haven’t decided if we would do this if it is permissible per the rules, but figured I would ask the question ahead of time.

Assistance Rule 4-2.4 (a2) states the following: "For the purpose of this rule, the following shall be considered assistance, and therefore not allowed. Using any device or technology that provides the user with an unfair advantage over another athlete."

The athlete is welcome to use these cooling devices until they are clerked onto the track before their race. Also, for athlete well-being and safety a cooling fan and hydration will be provided for all athletes competing in the 5,000 meters.

b. One of the questions raised prompted a thought in my mind. It may not be a rule issue but more a best practice, but what if a thrower hears their name called the second time, enters the circle on an inclement day, and then begins to use a towel to dry off the throwing surface. In your mind, should the official automatically reset the 30 seconds after the thrower completes the housekeeping, or continue the timing unless the athlete asks for permission to mop up the circle.

The throws question is definitely a best practice, more common sense. The athlete certainly can housekeep, with permission, prior to their clock starting.

c. I had a question regarding the formation and re-formation of heats within the 4x400m outdoors. This situation came up during our conference championships in May and I was hoping to get clarification from you before our annual Head Coaches’ Meeting. Below is the situation:

1. Event: Women’s 4x400m Outdoors
2. Track: Eight (8) lane track
3. Teams: Originally nine (9) teams with three (3) teams in the first heat and six (6) teams in the second fastest heat.
4. Scratch: A team from the first slow heat scratched about an hour before the event. The result left two teams in the first heat and six in the second heat.

Question: Can you redraw the heats an hour before the event to include the remaining eight (8) teams in a single heat of the Women’s 4x400m? Or, do you leave the heats as originally drawn? The referee has the authority to call for a redrawing of an event when clerked entries dictate.
d. If a competitor in the steeple puts their hand on the barrier, are they’ DQ’d? It seems like the word “traverse” in SECTION 7.b allows this, as opposed to SECTION 6, Article 2.d which does not allow a hurdle to be knocked down with the hand. We’ve had mixed interpretations at meets, and I believe it is ok at the USATF/International level. Thanks for any insight.

SECTION 6. The Hurdles
Hurdle Placement
ARTICLE 1. In order to assure equitable competition:
a. Hurdles may be run in alternate or consecutive lanes, as determined by the games committee;
b. Hurdles shall be placed in all lanes.

Violations
ARTICLE 2. The referee, after consulting with the appropriate officials, shall disqualify a competitor who:
a. Advances or trails a leg or foot outside the hurdle width and below the top horizontal plane or plane extended of the hurdle;
b. Does not hurdle each hurdle within the competitor’s lane;
c. Deliberately knocks down any hurdle; or
d. Deliberately knocks down any hurdle by hand.

SECTION 7. The Steeplechase
Violations
The referee, after consulting with the appropriate officials, shall disqualify a competitor who:
a. Advances or trails a leg or foot outside the hurdle width and below the top horizontal plane of the hurdle;
b. Does not traverse over each hurdle; or
c. Does not go over or through the water.

Rule 5.6-1 and 5.6-2 speaks only to hurdle events, (100H/110H and 400H), Rule 5.7 speaks specifically to the steeplechase. Please do not combine the two rules. In the steeplechase event, touching of the barrier with the hands is allowed, the important item is that the competitor traverses (travels across / over) the barrier.

e. With championship, college and Eastern sections of the jumps and shot put (not enough field space for more than two divisions in the long throws), may multiple athletes from school A be entered (or placed by our seeding) in different sections of the same event? If in the TJ they have an NCAA scorer in the, a conference scorer and a walk-on, can we put them in the three separate sections?
You wish to host 3 separate seeded competitions of the same event. This practice is allowed and athletes from the same team may be placed in different sections. Remember that all athletes are only allowed to compete in only one section of the particular event throughout the entirety of the relay carnival.

As confirmation of what I understood yesterday, after we advance 9 teams to a Championship final from the championship pool, we cannot also advance 18 teams out of the college section to a pair of finals, the first 9 teams to the college final which would count for NCAA qualifying, and the second 9 teams to an Eastern final with the stipulation that marks made in the final would not count for NCAA qualifying.

Rule 5-10.6a states: "The number of runners or teams shall not exceed the number of lanes available for the race in any heat or final of the 100M, 200M, 400M, 100H/110H, 400H, 4x100M Relay and 4 x 400M Relay, and the final of the 800M."
Knowing this fact, advancing any other non-qualifying individuals or relay teams to another section or consolation final is illegal.

Also as confirmation, a school can compete in the 4x1 in the championship, and in the 4x4 in the college section, correct?

These are separate sections and is allowable, however as mentioned previously, the team may only compete in one competition of the particular event. As a reminder athletes and/or relays teams may only have one opportunity to compete in a particular event throughout the course of the relay carnival.

f. We have a young lady that is part of a non-violence against women group who wishes to paint her face as some type of awareness message to others. We have no rule on face painting and in this age of tattoos, etc. on the body, I don't believe the NCAA has a rule to address this specifically. If the young lady reaches our cross country national final, she wants to paint her face to deliver this awareness message. My question is, is face painting legal in the NCAA?

I have seen temporary tattoos on individuals faces but not face paint. Currently there is nothing in the NCAA Cross Country/Track and Field Rules book that prohibits face painting.

g. We have questions as to the certification process in order to hold meets on a newly resurfaced and lined track. It would be helpful if we could get in writing that using an indoor track that is less than 200m is eligible to host NCAA meets as long as they are surveyed and certified. To that end, could you please clarify what the certification process requires? Is the attached IAAF document necessary? In contrast, article 3 of the NCAA construction document lists the markings that need exact measurements - is that sufficient? Lastly, if we paint the track lines and
As mentioned, the NCAA does not certify tracks for eligibility of competition. In the current NCAA Cross Country/Track and Field 2019-2020 Rules Book you will find the process of track certification and who is responsible for taking the certified measurements. Rule 1 will provide the guidelines for all measurements necessary for all event areas for certification.

Rule 1-3 on page 13 Surveying clearly states:
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:

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

Your question regarding the definition of an undersized track is quite simple. Within the member institutions three types of indoor tracks exist.
1. Undersized (less than 200 meters)
2. Standard (200 meters flat track)
3. Oversized / Banked (larger than 200 meters or 200 meter banked).

Radius guidelines are found in Rule 1-1.2g. Please note the defined minimum radius of a 200 meter track SHOULD be a certain radius. A smaller radius does not disqualify a facility from hosting a competition.

A track is eligible for competition once all official measurements have been taken and certified and an official document is created and signed by certifying personnel. The institution will maintain a copy of this certification document and will be available upon request.
h. Is there a rule that requires a cross country course to be a certain length, prior to the September 13th date when the qualifying window starts? I know during the qualifying window a course has to be at least 75% of championship distance. We’re looking to host a “rust buster” 5k on September 6th and want to make sure it still counts as a meet for the men.

*Rule 1-12.1a on page 29 of the current rule book states, the length of a men’s cross country race course shall be at least 4000 meters. Therefore, your 5000 meter men's race meets the distance criteria for a competition.*

i. I wanted to reach out regarding two questions that I received from one of our institutions. If you could provide any sort of feedback that would be greatly appreciated!

1. Are pacers permissible at XC meets?
2. Are high school runners allowed at XC meets? (could be a different heat not all running together)

*Rule 4-2.4 Assistance on page 61 states the following:* "For the purpose of this rule, the following shall be considered assistance, and therefore not allowed. 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."

Regarding your question pertaining to high school student athletes competing, my opinion is that it would be best if university and high school student athletes compete in separate races. I strongly encourage you to talk to an NCAA compliance officer regarding recruiting rule limitations and to contact your state high school association for clarification on athlete eligibility to compete.

j. I had a college ask me about the requirements for a new pole vault pit. They were asking if a target area is required. I searched through the NCAA book and IAAF book and did not see any reference to it. Just a statement about a common pad on top. They are talking about putting their mascot on the top. I need to yet to check the high school book to see if they reference this. This college also hosts high school meets.

*The rules regarding the pole vault and its equipment in the 2019 - 2020 NCAA Rules Book have not changed. At this time, there is no mention of a landing area within the rules also a school logo on the top pad is allowable.*

k. I’m curious on the use of technology section in the rule book. Are GPS watches allowed to be worn by competitors? I did not know if this fell under the designation of “smart watches.
GPS watch devices are allowed within Rule 4.1-17 Electronic Devices. All communication ability functions must be disabled. No text, voice messaging, email, etc. is allowed during competition.

1. Rule 1.1.9d states that for indoor straightway races, "clearance beyond the finish line should be at least 20 meters." I am not finding a stipulation on outdoor straightway races. Does one exist? In an effort to run sprints "in reverse" due to wind, some games committees have created some very short clearances.

For an outdoor facility, clearance beyond the finish line should be at least 20 meters and free of any obstruction.

m. Is it possible to build a 300m-banked track? The NCAA (as does all other governing bodies) only recognizes banked tracks of 200 meters or less. Any performance achieved on a banked facility greater than 200 meters will not be admissible.

n. Is it a requirement that the pole vault standards be anchored/fixed to the ground in order to be compliant with the NCAA Rules for competitions? Can these be portable and not fixed to the ground during competition events?

Located on page 36 of the current rule book, Rule 2-7.3, Standards addresses your question. "Any style of uprights or posts may be used for the Pole Vault, provided the style is rigid and supported by a base not more than 10 centimeters high above the ground. Cantilever uprights are recommended."

To clarify, the rule does not require the base of the standards or base to be fastened to the ground. Of the many facilities that I have visited most have portable standards to allow for easy moving if wind conditions change.

O. Is it permitted for a team to have a singlet of the same manufacturer (Adidas), that is the exact same, but have half of the team wear half tights (Nike), and the other half running shorts (Adidas), as long as all of the shorts and half tights are the same color?

Yes, it is allowable for team members to wear different manufacturers garments provided that the primary color is the same for the entire team.
a. Here is the request for clarification of meet advancement procedures:

A large and non-scored meet has running events with more than 50 entries and may use a Qualifying Round (5-10-1a) in those events to allow the games committee to assure that the most qualified teams are in the event of the competition proper in a final of multiple timed sections due to time constraints (5-10-1b). This also helps ensure the best competition proper since it is an early season competition when some events have no entry performance or no entry performance reflective of actual ability due to early season weather and opportunities.

Entrants compete in the event’s Qualifying Round one day prior to the event in the competition proper to vie for the 27 spots (9-lane track) in the competition proper (final number to be determined by the games committee). Advancement to the competition proper event will be based on performance in the Qualifying Round. The event during the competition proper will be run in timed sections (fast to slow or slow to fast as determined and announced by the games committee ahead of event). The games committee may choose to award prizes based on the placement in each section regardless of overall placement.

To ensure that both the Qualifying Round and the event in the Competition Proper are eligible as NCAA Championships’ qualifying marks, should the Qualifying Round(s) be reported to TFRRS as its own competition(s), or can it be included with the competition proper results as a Qualifying Round?

As mentioned during our conversation, Rule 5.10-1(a) addresses the application of a qualifying round. This allows the games committee to reduce the field size to a manageable number. A two round competition would then be conducted. In your scenario a total of 27 qualified teams will be running 3 heats of 9 teams each. Then applying Rule 5.10-5(b) which states, at a minimum the heat winners plus the next 6 fastest times would advance to the final. Awards would be presented by place finish only.

In your request for clarification, after the qualifying round you wish to apply Rule 5.10.1(b), which addresses time section finals. This application is not allowed in combination with the utilization of the qualifying round scenario. Time section finals are only a one round contest and cannot be combined with Rule 5.10.1(a). If time section finals are implemented, awards are presented by time place finish only. Bottom line is that Rules 5.10.1a and 5.10-1b must be considered separately, they cannot be combined.
Regarding the question pertaining to reporting of results, if Rule 5.10.1(a) is utilized the qualifying round is identified and reported as a separate event. Showing the number of qualifiers with the (q) denotation

b. We had a question pop up in our coaches meeting this week that I would appreciate your insight on if possible. Our coaches are discussing the start setup for the DMR and would like to clarify what lanes are permissible to utilize. Are we able to utilize all 8 lanes in our boxes or are we only able to utilize 1-6?

For the start of the DMR on a 300 meter track, the games committee may utilize all 8 lanes available for a 2 alley one turn start.

Should we return to a 200m track, would that adjust what lanes we are able to utilize?

For a DMR, because the race does not start in lanes, all lanes are available to be used for a 2 alley start. On a 200 meter track, the stagger would be for a 2 turn start.

c. I have a question related to the running of our Indoor Track Championship. We are in the position of having to find a new facility to host us and are having difficulty in securing a site. I have the following two questions I hope you can help with:

1. Is it possible to hold Day 1 and Day 2 of our championship at different facilities? Our Day 1 schedule would include prelims for finals to be held on Day 2. The multi-events would also be split amongst the two days. Our coaches have indicated that it’s not permissible to run the prelims in a different facility than the finals, but I cannot find language in the rule book.
2. Is it possible to hold the multi-events at a different location on different dates than the remainder of the meet? I believe this is possible, but I cannot find the language in the rule book for this either.

Rule 4-1.7 Two-Session Meets allow for competition over a two-day period to occur. Conducting a competition on consecutive days at different venues is permissible. Remember trial heats should be held in the same order and with the same time interval as in the finals.

There are other conferences that have been conducting the combined events as a separate competition on different days and facilities, it is permitted. The one criteria that is followed is that the combined event competition must be concluded within 7 days of the championship final.
d. I am needing assistance relating to uniforms and our men’s and women’s cross country teams and competition. In preparation for Hurricane Dorian, our fall teams made arrangements to evacuate West Palm Beach area prior to the mandatory evacuation for the county. The men’s and women’s cross country teams are scheduled to participate in a competition on September 7th. Several of the student athletes do not have their uniform. What are the minimum requirements a uniform needs to meet in order to be in compliance and have the meet count for us? The coach is prepared to run to the store to purchase some items to make a uniform.

As per our telephone conversation, this note is to confirm that due to extenuating weather circumstances and a mandatory evacuation order created by hurricane Dorian, Rule 4-3.2 Relay/Cross Country Team Uniform rule for the Florida Tech Cross Country Invitational is suspended.

I have also contacted Florida Tech's compliance officer and head coach via email regarding this matter.

e. We are in the process of updating our track construction manual in ASBA and have found a statement in the rules that we need some clarification on please. In Rule 1, in section 1, subsection G it states "The inside radius of the curves on a 200-meter indoor track should be at least 18 meters and not more than 21 meters." Our discussion has been that we cannot clarify if that recommended measurement is to the measure line or the runners side edge of the lane 1 lane line. Could you provide us some guidance as to what the NCAA's intention was with this statement please?

Rule 1 Section 1 Article 2(g) on page 13. The intent of the Rule 1-1.2(g) is that the radius mentioned reflects the radius of the inside curb.

We are assuming this is the track side of the inside curb since curb width can vary.

Technically it is the inside (track side) edge of the 5cm line on which the curb sets upon.

Figure 1 on page 14 shows this line.

f. I am seeking clarification in the 2019-20 TF/CC manual on athlete assistance in Rule 4, Section 2, Article 4(a) We are looking to use a timing chip from a cross country timing system to collect split data on athletes during indoor distance races. The chips would be worn by the athletes competing and would not give any feedback to the athletes during the competition, but would be able to be reviewed afterwards the same way as if a coach is writing splits down.

Item a-2: Using any device or technology that provides the user with an unfair advantage over another athlete. There is no effect on the athlete during the race to create an unfair advantage,
just another means of collecting data during the race similar to a timing company doing manual splits recording with a Lynx camera. This would allow the data to be collected through the chip system without the extra cost from the timing company. Would this be permissible under those guidelines?

The use of this technology is currently being used in some competitions. All of the athletes in the field are chip timed and their splits are recorded on the official results. I would suggest that you follow this established protocol for the entire field of competitors. This practice does not meet the definition of illegal assistance and is permitted.