

June 2019

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 in 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!

FINALS

| PL | JD | # | Athlete | Yr. | Team | Mark | English | Jumping Record | Pts |
|----|----|-----|---------------------|-----|---------------------|-------|---------|---|-----|
| 1 | | 276 | TINSLEY, Taylor | SO | Radford | 1.64m | 5'4.50" | 1.40 1.45 1.50 1.55 1.58 1.61 1.64 1.67 P P O O O XO XXO XXX | 10 |
| 2 | | 155 | RAINES, Jaiilyn | FR | Hampton | 1.64m | 5'4.50" | 1.40 1.45 1.50 1.55 1.58 1.61 1.64 1.67 P O O XO XO O XXO XXX | 8 |
| 3 | | 157 | SCOTT, Kaitlin | SR | Hampton | 1.64m | 5'4.50" | 1.40 1.45 1.50 1.55 1.58 1.61 1.64 1.67 P O O XO O XXO XXO XXX | 6 |
| 4 | | 65 | EDMONDSON, Caroline | JR | Charleston Southern | 1.58m | 5'2.25" | 1.40 1.45 1.50 1.55 1.58 1.61 P O XXO O XO XXX | 5 |
| 5 | | 212 | MORROW, Charlotte | SR | High Point | 1.58m | 5'2.25" | 1.40 1.45 1.50 1.55 1.58 1.61 P O O O XXO XXX | 4 |
| 6 | | 214 | REYNOLDS, Madison | SO | High Point | 1.58m | 5'2.25" | 1.40 1.45 1.50 1.55 1.58 1.61 P O XO XO XXO XXX | 3 |
| 7 | | 118 | CONWAY, Khalilah | FR | Gardner-Webb | 1.55m | 5'1" | 1.40 1.45 1.50 1.55 1.58 O O O XXO XXX | 1.5 |
| 7 | | 145 | FISHER, Tamadj | SR | Hampton | 1.55m | 5'1" | 1.40 1.45 1.50 1.55 1.58 P O O XXO XXX | 1.5 |

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 have a surveyor measure them once applied is that acceptable? We are nearly at the point in our renovation when lines are scheduled to be painted, so your attention to this matter is greatly appreciated.

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:

- 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.*

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 racecourse 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.

l. 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.

September 2019 Clarifications and Interpretations

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.

October 2019 Clarifications

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

Below is the exact wording from the 2019-2020 NCAA Cross Country/Track and Field Rules Book. Please keep in mind that the key phrase to answering this question is the statement, "**each taken separately**".

Rule 4-3.2

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

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

Therefore, arm warmers for all team members must be the same identical solid color. Likewise, all long-sleeved T-shirts of all team members must be the same identical solid color. However, the arm warmers and the long sleeve T-shirts are not required to be the same identical solid color because each garment is considered separately.

Interpretations

- a. Team A requests to have "block holders" as they are not confident in the ability of their blocks to hold. The Starter denies the request. Question: Is this proper procedure and application of the rule?

Rule 5-1.1 "The starter has sole control over all aspects of the start."

Address challenges to any meet procedures, entries or event seeding before the competition begins.

b. Games Committee decides to run in "reverse direction" for the 100 meters due to wind direction 1 hour prior to the Start. Team A protests. Are Games Committee decisions subject to protest?

Rule 3-2.g The Games Committee shall "Designate running event direction at least 1.5 hours before event competition begins."

This decision by the games committee is not subject to protest.

c. An official in our group has created a laser measuring system (device & software) that can perform measurements in the horizontal jumps using multiple board offsets. Besides being approved by the Games Committee for use, are there any other requirements necessary for use of this system?

Rule 2-13 Calibration of Measuring Devices "It is recommended that all equipment used for timing, wind measurement weighting and measuring implements and measuring performance be certified for accuracy by an appropriate testing agency in accordance with methods specified by the manufacturer, before the first competition each year and preferably before each major competition, to comply with Rule 6-1.11 and 6-1.14.

If this equipment is going to be used, in my opinion, it should be used in conjunction with another proven method of measure to ensure accuracy early in the season.

d. We are hoping we could get your thoughts related to a scenario we have.

Our office as well as one of our institutions "hosts" our conference championship meet. We have a host institution mainly because of all the personnel that are needed and our office is only a 3 person office. The host institution takes on the cost of the timing company, EMS, etc., since they will be choosing a course that is close to home and don't have any travel expenses such as hotel or buses. I understand that this isn't necessarily a rules question, but we are looking for your thoughts and letting us know if this would be something that would be frowned upon. This year our host institution is asking us if they are allowed to take the timing company and the three officials out to dinner the night before the race to be able to answer any last minute questions as well as just good hospitality. Our conference does not have any rules that prohibits this, but we feel that the perception it might give to other teams who might go to the same restaurant might think that it is strange. My boss and I don't know if this is something that is a common practice or would look bad. We know that this would not occur in other sports such as basketball, soccer, baseball, etc.

Over the years I have attended many pre-event coach's meetings where the referees and timing company representatives are in attendance. It's helpful to have them present to manage any questions, concerns or changes that may arise prior to the event. Obviously, anything that is done to make changes to published information is done with full disclosure as all members are in attendance. The scenario you share may be completely innocent and a courtesy, however, it could be perceived by others as irregular. Please let me state that there is nothing in the rule book that prevents this dinner meeting. My suggestion is that a representative from the conference office or a member institution administrator join the group to help eliminate any incorrect perception and to also ensure that the business discussed, if any, is legitimate.

e. 1. A new indoor facility must have curbing, correct?

Yes - Rule 1-1.6 "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."

2. Same for outdoor tracks beginning in 2021?

Yes - Rule 1-1.6 "Beginning December 1, 2021, all newly constructed or resurfaced indoor tracks shall be surveyed for a curb and shall have a regulation curb in place for competition."

3. Can take-off boards for a new indoor facility be painted? I've had a question about the term 'synthetic'. Some contractors are stating synthetic is the track surface and thus can be painted.

Rule 1-6.3 on pg. 22 Takeoff - At a minimum, "the Long Jump takeoff shall be a board made of wood or other suitable rigid material.... In the absence of a takeoff board, the triple jump takeoff area shall be approximately 20cm wide and at least 1.22m long, and shall be painted white...."

4. I'm not seeing anything about outdoor facilities, so does that mean that the take-off boards can be painted for an outdoor facility?

The same rule applies as in question #3.

f. I am going to be the referee for the conference XC meet in November. Should ties be broken in a conference championship for consideration of making the national meet as an at-large team? I know ties are broken for advancement to the national meet at the regional level but is that the only reason to break a tie. There is a very likely chance we could have a tie at this meet. Last year only one point separated 1st and 2nd

Rule 7-3.3(d) Scoring - Cross Country on page 101 states the following: "Ties in team scoring shall be broken by comparing in order the place finish of each of the five scoring members of the tied teams. The team with the majority of winning comparisons shall be awarded the higher place." The word "shall" being placed in a rule is a directive.

g. Are compression shorts considered undergarments? So my question is do compression shorts that are visible under the outer garment need to be the same color as undergarments worn by other team members.

Compression shorts that are visible are not considered an undergarment thus the ruling falls under Rule 4-3.2(b) on page 63 of the current rule book.

h. In a three-way tie how would the tie breaker be determined? I have provided a scenario below.

Team Scores

| | | | | | | Total |
|---------------|---|---|----|----|----|-----------|
| Team A | 2 | 7 | 10 | 15 | 17 | 51 |
| Team B | 1 | 8 | 9 | 14 | 19 | 51 |
| Team C | 3 | 6 | 11 | 13 | 18 | 51 |

Rule 7-3.3(d) on page 101 is in effect.

Compare 1st runners: B; A; C

Compare 2nd runners: C ; A; B

Compare 3rd runners: B; A; C

Compare 4th runners: C; B; A

Compare 5th runners: A; C; B

Comparing all three teams head to head the tie breaking result is as follows:

Team A = 1 win

Team B = 2 wins

Team C = 2 wins

Team A is third with one tie breaking win.

Then you must compare the two remaining teams with 2 tie breaking wins each that are still tied after the first head to head comparison.

During the second comparison, both teams have 2 head to head wins through the first 4 runners being compared. Therefore, we come down to the comparison of the 5th runner head to head tie breaking comparison.

Team B's 5th runner finished 19th

Team C's 5th runner finished 18th

Team C thus has 3 tie breaking wins versus Teams B's 2 tie breaking wins.

Team C is awarded the championship

Team B is second and

Team A is third

i. This relates to Cross Country, in the conference manual the following is stated:

“Final Declarations are to be submitted to the Clerk 20 minutes prior to race time. At that time each institution’s unused bibs are to be returned to the Clerk.”

Can substitutions, due to injury, be made after the 20 minute final declaration deadline? What is the procedure if a team does not return their unused bibs?

The more I think about it this question the more I realize that it pertains to the conference's administrative rules found in their manual. These procedures are to be followed by all participants, both coaches and athletes.

On page 10 of the rule book, Code of Conduct: Coaches and Institutional Representatives - "Doing the utmost within the rules to help the athletes perform their best, placing honor and team well-being above victory. Acts of dishonesty, unsporting conduct or unprofessional behavior is unacceptable in track and field and cross country and subject to reprimand and/or removal by the referee or meet management."

Willful disobedience of a national, or in this case a conference, directive could be considered a violation of the Code of Conduct.

Also, see Rule 4-2.3 Misconduct on page 61.

Regarding the final declaration time mentioned in the conference manual, it certainly can be determined as the closing time for not allowing additions or substitutions after that time.

j. Can you help me find the criteria of what constitutes a cross country meet? Race Distances? Number of Teams that need to participate? Number of Runners that need to compete/ complete the race?

Thanks for reaching out with your question however, all questions regarding requirements to meeting sports sponsorship should be directed to your institutional compliance officer, conference compliance officer or the NCAA directly. The following is the rule that speaks to the length of the course:

Rule 1-12.1 (a & b) on page 29 states the following:

a) Men - The length of a cross country racecourse shall be at least 4000 meters. The distance for a championship race shall not be shorter than 8000 meters or longer than 10,000 meters.

b) Women - The length of a cross country racecourse shall be at least 3000 meters. The distance for a championship race shall not be shorter than 6000 meters or longer than 8000 meters.

For DII NCAA Championship qualifying I have attached the link to the information posted on the national office web site.

https://ncaaorg.s3.amazonaws.com/championships/sports/crosstrack/d2/crosscountry/2019-20D2XCC_PreChampsManual.pdf

k. Can you provide me with the procedure for a Conference meet if we get a lightning strike after the runners are on the course? While we are on it with our weather radar alerts and would not start a race if we know a storm is moving in, we are trying to be prepared for the unexpected. At our conference meet last year, we had planned how to get the runners off the course if we get an unexpected lightning strike, i.e., we would use the PA system to get the closer runners to a permanent structure or buses; and do our best to get the open field runners to a permanent structure or buses using our gators. However, the question has come up as to what distance would we go to restart the race. Some are saying that a distance up to 3k could be used as a point that the race would be restarted after a 2 hr wait. However, the question is what if the lead runner is further out. In all my experience, I have never had to stop a race, but it is forward thinking to have a plan, just in case.

First, the event administrator, games committee and referee should work closely with local weather officials to determine a window of opportunity where the weather would be safe to conduct the race and complete the contest without a weather interruption. Secondly, currently there is no agreed upon point as to where to a race is stopped and can be considered complete.

This is something that the games committee is to consider and agree upon. One suggestion, i.e., is to put sensor pads at a point on the course, maybe at 4K for men and 3K for women. This strategy would provide an intermediate time to that point and if the games committee agrees, the placing at that point could stand if the race had to be called. (this is only an option in a bad weather situation, every effort should be made to complete the race)

If the race was suspended before such a point, the suggested 2 hour delay before a new start is acceptable. If, for instance, the women's race is called before the check-point, their race could start again after the men's race. As far as getting runner's off the course, the procedure above is acceptable, that is get those close to the buildings to the buildings, and the others off with gators as quickly as possible.

l. We had an athlete this past weekend in the Men's Varsity race not show up in the results (I was just notified of it). As I looked at the picture, I see him with a time. But the bib number didn't match up to the bib number the coach gave me. The athlete wore female competitors bib/chip combination. We were using foot chips. So, the question that I have is, do I fix the result to show this, if I do, his team now has 5 finishers instead of 4 and thus gets a place and points team-wise. Or is this a DQ since he wore the incorrect chip and bib? I know in HS it could be a DQ but that's the referee's decision. Here we're WELL past that 30 minute protest period.

This situation falls under Rule 4-1.14 Correctable Error. Please correct the results and inform the host of the error and changes.

m. Is it legal for an athlete to carry and use an inhaler (prescribed to them, of course) during a race? We are unsure of the procedures and legality of this.

Rule 4-2.4(b 4) Assistance states:

b) "For the purpose of this rule, the following shall not be considered assistance, and therefore allowed:"

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 competitor's trial in a designated order."

n. We are looking at different shading options for our soccer benches because it can get hot in west Texas. We are building a new track/turf soccer facility, so we are trying to do things as well as we can for the student/athletes. Can you please let me know if rules would allow for a shade structure to overhang on the track. What we are exploring would be about 8' off the ground and it

may overhang 4' - 6' feet on the track. I can't seem to find any rules for something like this. There is the good chance we would take down the canopy during the track season, but the arms would still hang over. If we were to do this, we would probably have something like 2 different 35' long shaded overhangs, one for each team. Here is a link to something like I was describing:

<http://www.belson.com/T-Cantilever-Shade-Structure>

There is nothing in the rule book that would prohibit an overhang over a portion of an outdoor track. I have seen stadium structures that provide shade so this structure that you show would provide similar shade cover. My only concern is that these structures might catch wind and possibly become a hazard.

o. We receive sneakers from our shoe company for almost every team (a few don't use them like our squash teams). Our men's cross country program has frequently been given new sneakers for his student-athletes to wear, try, test. He just received boxes of the new sneakers. Is it permissible for his student-athletes to race in them?

A similar question was asked prior to the outdoor conference championship season last year. The shoes may be worn in competition.

p. We have a team slogan. Are we permitted to compete in NCAA meets wearing arm sleeves with the slogan printed on them?

The wearing of arm warmers is permitted. Remember, the arm warmers must be identical for those individuals that choose to wear them. School name and/or the institutional logo maybe placed on the arm warmers. A team slogan does not qualify as an approved institutional logo therefore it is not allowed.

q. I'd like your opinion on NCAA Rule: 4-1-17. If coaches and athletes are not allowed to have electronics within the competition area, who decides if the rule is in effect at meets?

NCAA Rule 4-1.17 Electronic Devices is always in effect, it is not an option. Prior to the competition the games committee will determine and define the competition area. The referee will have this information and should provide the officials the games committee instructions during the pre-event officials meeting.

r. Question for you regarding Cross Country. Is there any NCAA ruling regarding snow on the Cross Country course?

There is nothing in the rule book that prevents the competition from being contested with snow on the ground. Rule 1-12 on pages 29-30 of the current rule book provides course layout and marking information. Along with following the directions outlined in the rule book, I

would suggest that there be a lead cart for each race, driven by a person that knows the course well, is provided to ensure the complete course is followed. Also, additional officials and marshals are also recommended, they should be positioned at critical turns and other areas where a potential shortening of the course could occur.

November 2019

Clarifications

Clarification Rule 6-1.2.6 Field Events - Time Limit (pages 83-84)

During the annual summer meeting of the NCAA Men's and Women's Track and Field Rules Committee, it was decided that the current written field event timing rule will be in place for the 2019-2020 competition year, with the following modification that was issued in December 2018:

Error Correction and Clarification of Rule 6-2.5 (page 83) - Time Limit (effective December 2018):

In the High Jump and Pole Vault, when there are two or three competitors remaining in the competition at the start of a bar height, high jumpers shall have one minute and 30 seconds and pole vaulters two minutes to initiate a trial.

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

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

Interpretations

a. Our women's cross country team will be competing in the NCAA Regional (Nov. 15) and NCAA Championships (Nov. 23). Our current racing uniform bottoms are green; however, due to the possibility of cold weather the team would like to wear tights. The current team issue tights from Nike (in green) has Nike Pro in caps along the waistband. My questions are as follows:

1. Is it permissible for the team to wear the green tights without a waiver? If no, then what is the process for requesting a uniform waiver for the above mentioned competitions.
2. The team could wear a plain black tights; however, if an athlete does not want to wear tights during the race her only option would be the current green racing bottoms. Is it permissible for some members of the team to wear black tights and some to wear the green racing bottoms? If not, would that require a waiver as well.

Regarding question #1; the tights with the NIKE PRO wording on the waistband does not fall under the playing rules purview, however, I am certain that will not meet the logo regulations set forth in NCAA Bylaw 12.5.4. For your convenience, the wording can also be found on page 63, Rule 4-3.3 of the current NCAA Cross Country and Track and Field Rule Book. The wearing of these tights would not be permissible. Relative to the waiver question as they relate to the Bylaw your compliance officer can reach out directly to the NCAA AMA staff by submitting the questions through the NCAA RSRO portal.

Regarding your second question, the black tights would be acceptable if everyone wears black bottom garments. If some of the women decided to wear the green racing bottoms, then a violation would occur.

Rule 4-3.2(a) states: "All relay and cross country team members must wear uniforms clearly indicating, through the same primary color, institutional logo and combination of all outer garments worn as a uniform, that members are from the same team."

Your scenario indicates that some women's lower outer garments would be black, and some would be green. There is not a procedure for a waiver of this rule.

b. I have a question about something in the Pre-championships 2019-20 Manual. This is from Section 7 - Logo Policy. I cannot understand the sentence I've put in bold. Does it just mean that the uniform/items of apparel shall not bear a logo that is bigger than that specified by the rules? If that is all it means, then why not just state this?

2. The student-athletes institution's official uniform (including numbered racing bibs and warmups) and all other items of apparel (e.g., socks, head bands, T-shirts, wrist bands, visors or hats, swim caps and towels) shall bear only a single manufacturer or distributor's normal label or trademark (regardless of the visibility of the label or trademark), not to exceed 2-1/4 square inches in area (rectangle, square, parallelogram) including any additional material (e.g., patch) surrounding the normal trademark or logo. The student-athletes institution's official uniform and all other items of apparel shall not bear a design element similar to the manufacturer's trademark/logo that is in addition to another trademark/logo that is contrary to the size restrictions.

Please note rule 4-3 in the NCAA rule book which states that a uniform may only bear a single manufacturer normal trademark not to exceed 2¼ inches in size. On this uniform top there is also an Adidas logo on the front. Therefore, this uniform top may not meet NCAA Bylaw compliance, thus the above in bold statement. Since ultimately the logo rule is an NCAA Bylaw, a compliance officer can reach out to the NCAA Academic and Membership Affairs group for an interpretation on this. A compliance officer should know how to submit the request through the NCAA RSRO portal.



c. Does the NCAA certify cross country courses? If yes, are there guidelines or procedures for certifying a course?

The NCAA does not certify cross country courses as each are unique. NCAA Rule 1-12 on page 29 & 30 provides the minimums for course length, layout, markings, start line and finish area.

d. Where can I find a resource defining what markings are allowed/not allowed on a track? For example, a rule prohibiting having lines painted every 10m on an indoor 60m straight away?

Please refer to the IAAF track and field facilities manual for standard marking. I have provided the link for your reference and convenience.

<https://www.worldathletics.org/about-iaaf/documents/technical-information>

e. Question for you regarding Cross Country. Is there any NCAA ruling regarding snow on the Cross Country course?

There is nothing in the rule book that prevents the competition from being contested with snow on the ground. Rule 1-12 on pages 29-30 of the current rule book provides course layout and marking information.

Along with following the directions outlined in the rule book, I would suggest that there be a lead cart for each race, driven by a person that knows the course well, provided to ensure the

complete course is followed. Also, additional officials and marshals are recommended. They should be positioned at critical turns and other areas where a potential shortening of the course could occur.

December 2019

Clarifications

Clarification Rule 6-1.2.6 Field Events - Time Limit (pages 83-84)

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

Interpretations

a. Our conference outdoor championships are taking place at a facility which has 8 lanes on the straight and 6 around. So, for the 200, 400 and 400 hurdles we plan to run a 2 section final with 4 in each heat. Can we do this? For seeding can we run the 4 fastest in the second heat or should it be seeded like indoor track?

With only 6 lanes on the oval, it is allowable to run a 2 heat of 4 runners final in the 200, 400 and 400H. Seeding should follow the existing indoor model. (Rule 5-11.3b)

b. The IAAF has changed the high jump slope (Rule 27.4) from 1/250 (0.40%) to 1/167 (0.60%). They've also updated their Class 1 & 2 certification forms to reflect this change. Will the NCAA be revising the slope as well?

The NCAA Men's and Women's Track and Field Rules Committee will address this change by World Athletics and consider its adoption during its summer meeting in June. World Athletics Rule states that "Construction complying with 2019 specifications (1:250) remains valid." Therefore, it is only speaking to new construction moving forward.

We are also working on a couple of indoor tracks that might seek WA (IAAF) certification. There is some confusion based on the following:

1. The current WA striping plan (attached) shows a 20m exchange zone with no international zone
2. WA Technical Rule 48.1 (indoor relay races) reads as follows:
 - a. "In the 4×200m race, all the first leg and the first bend of the second leg up to the nearer edge of the break line described in Rule 44.6 of the Technical Rules, shall be run in lanes. ***Each takeover zone shall be 20m long and the second, third and fourth athlete shall start within this zone.***"
3. The NCAA rule book (Rule 1, Section 1, Article 11 & Rule 5, Section 8, Article 5) calls for a 30m zone for the 4x100m, 4x200m & first zone of the sprint medley relay – I did not see (doesn't mean it's not there) a differentiation between indoor & outdoor facilities.

Please let us know the NCAA's position on marking the indoor relay zone. I'm also curious about the acceptance of a 4x200m world record set on a track with an international zone.

The intent of the NCAA rule for the exchange of the indoor 4x200 relays is to follow the WA directions. This will be clarified in our upcoming 2021-2022 rule book.

c. Writing to you to get the interpretation in the NCAA 2019-2020 rule book, Rule 6, Section 3, Article 2, says, "The games committee may establish a time by which all preliminaries in a field event (especially the Long Jump and Triple Jump) must be completed. Preliminaries not taken before this time shall be forfeited." I interpreted this to mean open pit, but need to be sure and if it would be to the letter of the rule. We will be hosting a very large indoor competition soon. This meet has grown in the past years and saw a large number of competitors last year. This year's meet looks to be large in schools competing. We changed the starting time for the Running Events to 1100 (from 1230 last year) and all field events beginning at 1200 (from 1300 and 1400 from last year). My main concern is with a qualifying round in the 60M Hurdles and Dashes, as well as Prelims on the same events (Men's 5000M Run between the different rounds), trying to set up the Horizontal Jumps in Flights, might be demanding with the time frame. Does Rule 6, Section 3, Article 2 allow us to conduct an Open Pit (90 minutes to 2 hours) for the LJ/TJ prelims? Would we within the rule and conduct the Horizontal jumps for this meet only.

Numbers of Horizontal Jumpers last year were:

Long Jump: 50 Men, 4 flights 63 Women, 4 flights *note, 4 Women passed the finals
Triple Jump: 29 Men, 2 flights 45 Women, 3 flights

Please advise on Rule 6, Section 3, Article 2 Interpretation; and, if this is something we can incorporate an Open Pit for the Horizontal Jumps or go with Flights with the time schedule of the running events and the large field we'll have in the 60M

The use of Rule 6.3.2, alternative procedure of a set time limit in the horizontal field events, is certainly allowable, but very seldom used.

In my opinion, to mitigate your time concerns I would also consider the following:

- 1. Add more time to your field event schedule. (start earlier)*
- 2. Place a limit to the number of entries allowed per team or limit to the top 32 entries*
- 3. Establish seeded flights of 16 and run a 4 attempt competition as per 6.3-1*

If you choose to employ 6.3.2 Time Limit model, then the following is recommended:

The games committee establishes a set and open warm-up period for all entered athletes.

At the conclusion of the warm-up period the pit is prepared and a countdown timer is set for the time limit of the competition. Athletes have the ability to take up to 3 preliminary attempts any time within the established time limit on a first come first served basis.

The countdown timer starts when the first athlete is called up for their first attempt. Once started, the countdown timer is never paused for the duration of the event.

When total time has expired finalists are selected from the preliminary results gathered.

All preliminary trials not taken within the defined time of the competition shall be forfeited.

d. It appears that many of the cross country course layout rules are written as suggestions/recommendations. I am trying to figure out if the following highlighted section on width of each starting box is a recommendation or if it is a requirement?

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

a. 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.

b. 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.

In Rule 1 - Construction of Facilities on page 12 it states in the first sentence of the first paragraph, " The facilities specifications listed in this rule represent the minimum necessary to host intercollegiate track and field and cross country."

e. We are looking for some clarification on marking the curbing for safety purposes. Are there any rules regarding how we can mark the curbing, so it is visible and not a safety hazard? Specifically, we were looking at putting yellow tape only the top - is this allowed?

The NCAA Rule Book states, "at a minimum have the full curves bordered by a curb of suitable material approximately 5 cm high and a least 5 cm wide. The edges of the curb shall be rounded. Color of the curb is not specified in the book and there is nothing mentioned about placing tape on the curb for visibility.

f. I am sure I already know the answer (**no**), but I will exhaust what I can do. The proposed change to the rule regarding having unattached, more elite level ,and advancing up to 12 to finals (9 collegiate and 3 unattached with the 3 unattached having a better mark than the 9th place collegiate athlete) cannot be implemented for a meet by the games committee, correct?

You are correct NO!

Rule 6.2-5 states the following, "The number of advancers shall never exceed nine, except that competitors tying for the last advancement position, by mark, shall advance to the final round, unless tie-breaking is designated by the games committee before the competition."

g. We are hosting our league meet this year and had a concrete runway extension poured this fall to make our runway of legal length as it was previously 30ft short. Now we must put a surface on top of the current bare concrete. Is there any rule stating that this material has to be the same as the current material? We currently do not have the funds to grind down and resurface the entire runway, so we were taking quotes to just have the new section covered with a material similar to the current (sprayed urethane). Please let me know if this is legal?

Only covering the newly poured concrete addition with a similar urethane material to the current facility is permitted. Resurfacing the entire runway is not necessary to be in compliance.

January 2020 Clarifications

Rule 1-1.6 Curbing and Cones states: “Beginning January 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.”

A reminder to all, an italicized note in the rule book is a point of clarification of the rule.

Rule 6-2.7 Automatic Advancement states, “ Before the competition begins the games committee may allow automatic participation of each competitor in the final round in the throwing events and horizontal jumps when the number of competitors at the start of 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.

Interpretations

a. Wanted to touch base to follow up on our conversations last year about prelim/finals for the 60/60h. I know the rule book states that anything over 32 requires something beyond prelim/finals, whether that is a qualifying round or adding a semifinal round. We discussed last year that we could go to as many as 48 athletes before requiring that.

We are hosting a conference meet and they may go beyond 32. I shared with them that they need language in their manual that stipulates a qualifying round if they go over 48 entries. We just want to get confirmation from you that that is okay. They don't want to have 40 entries and run five heats and advance heat winners and next three fastest only to find out that they should have run another round because they were beyond 32 entries. We would still follow the rule that heat winners would advance, as I know that is a large part.

Apply Rule 5-10.5b for the 60 and 60H:

"When the number of advancers to the final round is less than or equal to the number of lanes, or for any round outdoors, at least the heat winner shall advance to the next round. All other qualifiers in the round shall advance on the basis of time."

This being said, theoretically you could run 8 heats of 8 athletes advancing only heat winners and you would still be within the spirit of the rule.

b. I help set up a Conference Championship. My question is about the 4x400m Relay. The NCAA Technical Manual says that you should only use lanes 3-6, the same as the open 400. We

have 5 men's teams and of course would only run 1 heat in that race. We have 12 women's teams and I know the coaches would prefer to run 2 heats with 6 teams in each heat, especially since we are competing on an oversized track. Would there be any penalty if we ran 2 heats?

Running the men's final of 5 teams using lanes 2-6 is perfectly fine by rule. Also, the running of the women's 4 x 400 relay as 2 heat final against time using lanes 1-6 is within the rules of play.

c. Wasn't there an indoor horizontal sand pit level exemption given for those that had a pit cover that was recessed below the floor?

Rule 2-6.2 Landing Area states, "The landing area....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." This rule defines the pit level and expectation for a horizontal jump landing pit. Allowing anything different would provide an unfair advantage.

d. In the NCAA 2019 and 2020 Rules book, I am trying to get a clear understanding of Rule 6-2.2. I understand this to mean that in an event without flights (i.e. often high jump and pole vault), an athlete must report before the first competitive attempt has been made in that event whether the athlete will be "coming in" at opening height or not. In an event which is set up in flights (i.e. horizontal jumps and throws), an athlete must report before the first competitive attempt has been made in the flight in which that athlete is listed to participate. In the latter, he would not have to report before the first competitive attempt in Flight 1 if he/she is listed to participate in a later flight. He/she must report when his/her flight is called and before the first competitive attempt has been made in that flight. Could I get your input on this?

The games committee determines prior to the beginning of the meet whether the field events will check in prior to the start of the competition or by flight. Each field event chief judge will enforce the decision of the games committee as the conduct of the competition

e. Would qualifying mark from a race with three (3) competitors in which 2 competitors are from the same school and one is unattached, be legal according to the current guidelines? Under the assumption that a meet satisfies the criteria in the XC_TF NCAA Qualifying Criteria document (attached) regarding minimum teams and athletes and meets the minimum events guidelines. The NCAA 19-20 rule book states - in Section 10, Article 1 B) *no race in an event using timed sections shall have fewer than two competitors.*

Just a friendly reminder, the qualifying criteria is established by the sport committees. Rule 5-10.1b states nothing regarding representation. Also, it states specifically, " ... In addition, no race in an event using timed-section finals shall have fewer than two competitors." This scenario is in compliance with the rules.

f. Had a question for you on advancement to the final in the indoor 60m and 60m hurdles. Due to a facility conflict in our indoor track (high jump uses same area) and scheduling constraints, we are only able to run one preliminary round to qualify for the final in the 60m and 60m hurdles. We are wanting to qualify for the final by time only. The numbers we have in the events are as follows: women's 60m – 7 heats, 55 athletes, women's 60m hurdles – 7 heats, 53 athletes, men's 60m – 9 heats, 65 athletes and men's 60m hurdles – 4 heats, 32 athletes. We have eight lanes to use for the races.

Looking at Rule 5, Section 11, Article 2 being able to do this is mentioned (*except indoor events that have advancement to the final based on time only*). We have drawn the heats based on Rule 5, Article 3a which outlines how to do it when advancement to the final is based on time only. Is it okay to qualify for the final by time only in this situation?

There is no provision to advance by time only for these races. Please apply rule 5-10.5b when seeding the 60 and 60H. At a minimum the heat winner must advance to the next round.

February 2020 Clarifications

As a point of clarification regarding the use of a “rabbit” in races:

ASSISTANCE: a) Is the use of a ‘rabbit’ legal? b) Is there a violation of Rule 4-2 in any way? c) Are there any disqualifications of teammates resulting from the use of a ‘rabbit’? d) Is the ‘rabbit’ disqualified from further competition in the meet?

RESPONSE: A person in the race specifically for the purpose of being a ‘rabbit’ should be so designated before the race begins, and preferably have no affiliation common to the competitors in the race. There is no specific prohibition for the practice. There is no violation of Failure to Participate and no violation of Unsportsmanlike Conduct since a ‘rabbit’ sets the pace for the entire field, not just another individual or a single team, therefore, it is not a matter of illegal assistance. It would not be proper for the ‘rabbit’ to be a ‘competitor’ in a future race.

Interpretations

a. Could you assist in clarifying a uniform question for me regarding tights? I have attached page 62 & 63 of our rule book and highlighted my areas of confusion.

- Are full length tights required to be the SAME COLOR as the primary uniform brief/shorts? OR, do they just need to be the same color within the team on a specific day.
 - Page 62, 4-3.1b – Tights are listed as an outer garment part of the uniform and my interpretation is that tights must be the same color as shorts/briefs/quarter tights, etc. (EXAMPLE: If uniform briefs are yellow, tights, shorts, ¼ tights all must be the same yellow)
 - Page 63, 4-3.2b – Tights are considered other visible outer garments must of be solid identical color (EACH item taken separately) and my interpretation is that tights (or arm warmers or leg warmers) must be of solid color and identical within the team, but do NOT have to be the same color as the uniform shorts/briefs. (EXAMPLE: If uniform briefs are yellow, everyone wearing briefs/shorts must be yellow, but anyone wearing tights of any length could all be purple – or any other color just matching within the team).

The length of the legs on a lower body garment is irrelevant. All lower body garments shall be the same primary color if worn as the outer garment. If tights or leg warmers are worn as an undergarment then they do not need to be the same primary color as the outer lower garment.

b. As per Rule 3.1a I have asked schools in the respective conferences I assign to make declarations as to the primary uniforms each gender will be wearing during the two-day competition.

One school declared that competitors in: Combined Events would be wearing a different jersey color from the rest of the event groups of their team on the second day of competition. I said this was not allowable. They felt my interpretation of the rule was overly restrictive.

One school declared that competitors in: Throwing Events would be wearing a jersey that was different in color scheme from the rest of the event groups of their team (Throws solid blue; other events blue and black mix) . I said this was not allowable. They felt my interpretation of the rule was overly restrictive.

All athletes on any given day must be in like primary color tops and bottom garments or uniforms there are no exceptions for combined events or different disciplines.

c. I have received an inquiry from a long-time Master USATF Starter concerning the NCAA's position regarding the use of 209 primer rounds in place of a .22 caliber round when utilizing FAT or in an indoor competition. ALPHA now manufactures a pistol designed to use the 209 round - a far cheaper round than .22s.

Rule 5, Section 1, Article 2, merely calls for either a .32 or .22 caliber pistol with no description of the actual round. The 209 primer obviously produces both smoke/flash as well as an audible report. The 'Note' following the rule is very broad as to the device used to start or recall a race. With the poor performance of many .22 caliber rounds, many starters have already begun to use the 209 primers purchased to service nail guns used by carpenters, etc. I find no prohibition within the language of the rule, but someone is always ready to proclaim a new "rule."

It would be of my opinion that the 209 primer would be allowable indoors as a 22 cal. substitute provided the flash and smoke are visible and most importantly that the report is audible for the 90dB level at 15 feet.

d. Is it a foul if on the first rotation of shot and discus if a foot grazes the back outside area of the ring in NCAA?

Yes, it is. The NCAA has not adopted the World Athletics (former IAAF) rule.

e. #1 I have a quick rules question regarding Failure to participate. At our conference meet the Pole Vault starts at 3:30 and the Long Jump 4:45. We have an athlete that can do both – but he is better in the PV as compared to the LJ.

If he is having a great day in the PV which leads to him still competing in the PV when the LJ starts at 4:45 – if he checks in to the LJ but does not participate in the LJ is he out of the meet as soon as the LJ starts or is he allowed to finish the PV?

The athlete would be allowed to complete the Pole Vault but would be out of all remaining competition because he failed to start the Long Jump.

#2 If we enter a DMR at the conference meet but then do not run it, does that have any impact on failure to participate? Our DMR is at the end of day one and I just want to make sure if we enter and do not run one that it will not impact anyone for day 2?

Rule 4, Section 2, Article 2a on page 60 addresses your question. The last sentence of article 2a states, "When an institution's relay team declares, but does not participate in the competition, individual competitors declared on the relay team shall not evoke failure to participate."

f. I have a question about banked track. It is my understanding that you cannot change the banking during a championship (i.e. Different for the 3k than for the 200) is that correct? I cannot find a specific rule, only that they cannot be banked more than 18 degrees. Is there a written rule on this and I simply missed it? Or am I wrong about this? Either may very well be the case.

This is a paraphrased interpretation from a few years ago when hydrologic tracks were first being installed in the U.S. When a banked track is constructed and surveyed, it is done so at the fully erect position. The intent is when events on the track are on the oval the track is in the fully erect and properly surveyed position. The track should not be adjusted for certain events. The track is either fully up or down, nothing in between.

g. We recently had an athlete pass away, and my track team would like to commemorate her.

1. Can they wear solid orange arm compression sleeves under their uniforms? Orange is the color which we used to support her through her fight. I believe the answer here is yes, because athletes are permitted to wear solid undergarments under their uniforms, and I would categorize compression arm sleeves as an undergarment.
2. Can there be a written message of support written on the arm sleeve? This is the question I am more unsure of.

Yes, arm sleeves are fine to be worn. Rule 4-3.1(b.4) on page 62 states: "Additional visible clothing is an undergarment. It must be worn under the uniform and be a solid color." No messaging is allowed.

h. Can you provide any clarification on the use of overweight implements during a competition warmup? I don't do this all the time but occasionally I will have an athlete who benefits from using an overweight implement at a meet during warmups-typically only the shot put or weight throw- and we are accustomed to seeing several teams do this regularly at meets. I can find no reference to this practice in the NCAA rule book but would like to know if there is an official stance on it. A couple of times at our conference championships an official has given us a hard time about it, but we have never had any gripes at meets held even by Power 5 programs. I would like to use a heavy weight only during warmups at our upcoming conference championships and would like to have something to back up my request in case I get any grief from the implement inspection crew.

The use of overweight implements is allowable provided they meet all specifications set forth in Rule 2 of the NCAA rule book. If the implement passes the inspection of the weights and measures official, it will be clearly marked as being overweight and placed in the pool of implements.

March 2020 Clarifications and Interpretations

a. At our Indoor Championships this past weekend, the field referee approached me at the end of the meet. He said that someone was going to put in a protest in regard to throwing aids in the weight throw competition, but it was after the 30 minute protest period. The concern was about the use of Tossin' Sauce, which is a pine tar product. Going into the NCAA Championships, I would like to have a clarification regarding what is considered a "suitable substance" in the weight and hammer. Is a pine tar product allowable?

Rule 6.1-9(b.2) states: For purposes of this rule, the following shall not be considered assistance. As such, competitors are allowed to:

Apply chalk or a similar substance on the implement. Any such substance shall be easily removable with a wet cloth and shall not leave any residue.

I would think that pine tar or like substance would not meet these specifications thus would not be allowed.

b. We're working with a Division 1 school to put a new indoor track inside of an existing football training facility. The rule book states that we need 30' overhead clear height for all events. In the existing facility that we're studying, the roof structure is a dome, which slopes down quickly at the sides and only gives 15' clear height at the outside lane.

Would the school still be able to host smaller NCAA meets if they don't have 30' clear above the outside lane? All field events will have well over 30' clear.

With this being a pre-existing building and with confirmation that the field events have proper 30' clearance, the facility that is described would be eligible to host collegiate competitions even with the 15' clearance on the outside lanes. And as a reminder, you will need a curb at the inside of the track in order to host meets.

c. Assume that an excused competitor has not returned and has three trials remaining at a bar height. Should we time one minute for each trial (three minutes total) for each of the three trials the competitor has remaining at that height, assuming the competitor does not return during any of the three remaining trials.

To provide the individual an opportunity to attempt the trial at the height, the clock should be run for each trial. If the excused individual is not present, then a pass at that attempt is recorded for that individual trial.

Or, do we only time one minute for the first trial and raise the bar regardless of the number of trials remaining at that height if the competitor has not returned?

Each trial opportunity is unique therefore the timing of each is proper. If the individual has not returned prior to the bar being raised, the competitor then has forfeited their opportunity to jump at the previous height.

Lastly, should we consider that, if the competitor is still absent after the first timed-out trial, that the second and third trials at that height are consecutive, and use the consecutive trial time limit between those trials before raising the bar?

If the individual returns before the bar is raised to the new height and they have jumps remaining, then the consecutive time provision is appropriate.

d. We have advertised that the top 9 in our field events will advance to the finals. In some field events, we have fewer than 9 entries, so all athletes would advance. In this situation, would it be appropriate to use automatic advancement:

Automatic Advancement

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.

In the situation where there are 9 or fewer contestants entered into the field of the horizontal jumps or throws, automatic advancement is allowed only if it is published by the games committee prior to the competition.

e. I need your help in clarifying Rule 1 Article 6 of the Cross Country/Track and Field playing rules book. We have a 200 Meter indoor track in our **multi-use** Athletics and Recreation Center field house. We are looking at resurfacing the track. We host several non-athletic events in this field house (i.e.: Graduation) as well as it is a practice facility for several of our athletic teams. The placement of curbing on the track would drastically affect several of the current uses of the facility. Hence our dilemma.

We understand that we would not be able to host NCAA championship events without the curbing. Our question is, if we do not install curbing on the track during the resurfacing would our track still be usable for NCAA qualification times for regular season and Conference championship events.

Curbing is typically not a permanent fixture on a track, they can be removed and stored to accommodate the facility needs as necessary.

Rule 1.1-6 starts specifically, Beginning January 1, 2018, all newly constructed and resurfaced indoor tracks shall be surveyed for a curb and shall have a regulation curb in place

for competition. If a newly resurfaced facility after 12/1/18 is out of compliance with this rule, competitions conducted on the facility will not be recognized as legal.

f. We're working on developing a track renovation project. Currently they have one of the old style javelin runways that starts out at 4' wide & transitions to 4m wide at about the halfway point. The runway is located on a throw field near the stadium. Part of the project was to tear out the 4' section & convert to 4m for the whole length. There will be significant grading issues around the start of the runway. Question we have is:

Would any NCAA qualifying throws be deemed unacceptable due to the runway configuration? It would save them a lot of expense to leave the runway in its current configuration.

The configuration that you describe is not preferred but is allowable for competition.

g. We currently run our indoor track championships at Carthage College, which only has a 6 lane straight for the 55/55H. There have been years where only 7 or 8 men were entered in the 55H.

Questions:

1. If 6 or less athletes are entered, we should run a one section final with no prelims, correct? (5.10.5g)

Yes, that is correct.

2a. If 7 or 8 athletes report, do we run a prelim to determine lanes for 2 section final (5.11.3b) or do we go straight to finals with slow section first? (Rules 5.10.1b / 5.10.2 / 5.10.5e)

In this case there is not a preliminary round contested, therefore, you would run two heats as a time section final, slow to fast.

2b. If we must go straight to final, must the sections be evenly split or can we run 5 in fast section and 2 in slow section for 7 athletes or 6 in fast section and 2 in slow section for 8 athletes? (Rule 5.10.5a is for prelims, but final as well?)

The two heats should be equally distributed. If it is an odd number (7) then heat 1 would have three (3) and heat 2 would have four (4).

h. Please clarify for me how the chart on the bottom of page 77 lines up with the rule interp on page 5 from October 2018.

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

The rule interp says that if you run a one-heat final on an indoor 200 meter track with 8 lanes, you must use all lanes in the prelim as well. Therefore, with 24 entries you would have 3 heats of

8. However, the chart on the bottom of page 77 says that you should run 4 heats when you have 24 entries and only up to 7 per heat should be used. Please confirm which is correct.

On page 77 the first chart is applied for advancement by time only to a 2 heat of 4 final. Rule 5-11.3 on an 8 lane track, lanes 8,7,2 &1 would be eliminated.

If all 8 lanes are being utilized to run a one heat final, then all 8 lanes must be used during the preliminary round. The second chart on page 77 is advancement by time and place has an error on the charts and will be addressed.

If it is desired to run a 2 heat final on an 8 lane track, using the advancement procedure of time and place then lanes 8,7,2 & 1 are eliminated for the final. Lanes 1 and 2 could be utilized in the preliminary rounds if determined by meet administration. Lanes 7 and 8 are not to be used.

Corrections in the chart will be made in the 21-22 rule book.