



2021 and 2022 NCAA Men's and Women's Track & Field and Cross Country Rules Changes

The following rules changes were approved by the NCAA Men's and Women's Track and Field Rules Committee and the Playing Rules Oversight Panel. They will be incorporated into the rules book for the 2021 and 2022 seasons

Rule	Rules Change and Rationale
1-1.2.e Indoor Track Construction	<p>Proposal: To allow multi-radius clothoid-type transitions to be constructed on indoor tracks between the straights and the bends.</p> <p>Rationale: To align with World Athletics and USATF rules codes and to formalize common practice.</p>
1-3.5 Water-Jump Construction	<p>Proposal: Beginning January 1, 2021, all new water jump construction shall reduce the water level immediately after the barrier from 70 centimeters to 50 centimeters.</p> <p>Rationale: To align with World Athletics and USATF rules codes.</p>
3-5 (NEW) Jury of Appeal	<p>Proposal: To add a new section under "Meet Personnel" to describe the primary role and duties of the Jury of Appeal.</p> <p>Rationale: The Jury of Appeal was not clearly defined in previous rules books.</p>
3-19.3 The Medical Doctor/Athlet ic Trainer	<p>Proposal: The decision of the appointed/approved medical doctor/athletic trainer for an athlete to re-enter a competition shall be final and without appeal. The appointed/approved medical doctor/athletic trainer shall notify the referee and other appropriate meet administration personnel of the competitor's re-entry into the competition. For transparency purposes, the posting of the re-entry notification is recommended.</p> <p>Rationale: The current rule allows the referee to determine if continued participation is allowable after a medical event by a competitor. Medical professionals should be the only authority who are able to determine if an athlete is fit to return to competition after a medical event. Therefore, it is logical that the medical professional, after following proper protocol, notify the competition referee and administration and post their determination of an athlete's re-entry in the competition.</p>
4-2.2.e (NEW) Failure to Participate	<p>Proposal: Time schedule changes preventing competitor(s) from fulfilling their obligation is not considered failure to participate.</p> <p>Rationale: It is recognized that during the regular season, this rule is difficult to adjudicate. The proposed modification allows for leniency when unexpected time schedule changes are made.</p>



2021 and 2022 NCAA Men's and Women's Track & Field and Cross Country Rules Changes

The following rules changes were approved by the NCAA Men's and Women's Track and Field Rules Committee and the Playing Rules Oversight Panel. They will be incorporated into the rules book for the 2021 and 2022 seasons

4-2.4.b (NEW) Assistance	<p>Proposal: It shall not be considered assistance for athletes competing in field events to view images of previous trial(s), recorded on their behalf by individuals not placed in the competition area. The viewing device or images taken from it shall not be taken into the competition area.</p> <p>Note: Meet management shall identify an area for viewing video that does not interfere with the ongoing competition.</p> <p>Rationale: To provide consistent access to all competing athletes, this rule would ensure that athletes shall be allowed to cross the oval track to converse with their respective coach and view video.</p>
4-3.3 (NEW) Team Uniform	<p>Proposal: To allow commemorative or memorial patches to be worn by an institution as long as teammate's uniform patches are identical and no safety hazard is created. The patch shall not be greater than 2¼ square inches on the uniform.</p> <p>Rationale: Current interpretation allows for this, but there was no language in the rules book that addressed it.</p>
4-3.4.c (NEW) Numbers and Identification	<p>Proposal: In all jumping events, to allow competitors to wear the bib on either the back or front.</p> <p>Rationale: To align with World Athletics and USATF rules codes.</p>
5-10.7.j Requirements for Heats/Final - Indoor	<p>Proposal: For indoor track and field, to increase the number of allowable competitors in the 3000 meters from 16 to 20 in order for it to be contested as a timed-section final.</p> <p>Rationale: To allow more flexibility for meet hosts conducting regular season events, while also bringing the NCAA Divisions II and III Indoor Championships into compliance with the rule without requiring a waiver or exception.</p>
6-1.8.g (NEW) Warm-Up Approaches	<p>Proposal: Warm-up approaches, in all jumping events and the javelin throw, shall only be run in the direction the event will be conducted.</p> <p>Rationale: Eliminating the practice of running warm-up approaches in the opposite direction of the event enhances the safety of the competitors and officials in the competition area.</p>



2021 and 2022 NCAA Men's and Women's Track & Field and Cross Country Rules Changes

The following rules changes were approved by the NCAA Men's and Women's Track and Field Rules Committee and the Playing Rules Oversight Panel. They will be incorporated into the rules book for the 2021 and 2022 seasons

6-1.14 Taking Measurements	<p>Proposal: When measuring the throwing events or horizontal jumps, the measurement shall be immediate after each valid trial or immediate oral protest. In the case of an oral protest, the mark shall be recorded on a separate sheet until the protest is resolved. The mark in the landing area, for each attempt, shall be preserved until removal is authorized by the Chief Judge for the event.</p> <p>Rationale: To clarify the procedure of taking a measurement and the process of preserving evidence in the case of a verbal protest. This rules change will protect competitors' performances and prevent officials from removing marks too soon.</p>
6-1.19 Safety Measures	<p>Proposal: To require that an official be present to monitor warm-ups in all indoor and outdoor field events.</p> <p>Rationale: To increase safety measures for the competitors and officials. The current rule recommends that an official be present to monitor warm-ups. This rules change would require it.</p>
6-4.3 High Jump, Pole Vault Procedures	<p>Proposal: For high jump and pole vault procedures, when the number of competitors exceeds 20 25, the games committee shall select one of the following options: Add new (a) below and keep current options listed in rules book:</p> <p>a. Proceed using one continuous flight.</p> <p>Rationale: Provides more flexibility for the games committee to conduct the competition in the manner they deem most efficient for their competition, and in response to a request from the Division I Track and Field Championships Committee.</p>
6-6.2 (NEW) Legal Vault	<p>Proposal: A legal pole vault is one in which the competitor takes off by planting a pole in the vaulting box.</p> <p>Rationale: The Pole Vault needs a basic description of a legal jump. The present rules contain no such description. The basic description above is adapted from World Athletics competition rules for the event.</p>
6-7.3.c (NEW) Foul Jump	<p>Proposal: For the long jump and triple jump, it shall be a foul if, in attempting a jump, the competitor takes off outside of the runway whether beyond or before the takeoff board.</p>



2021 and 2022 NCAA Men’s and Women’s Track & Field and Cross Country Rules Changes

The following rules changes were approved by the NCAA Men’s and Women’s Track and Field Rules Committee and the Playing Rules Oversight Panel. They will be incorporated into the rules book for the 2021 and 2022 seasons

	<p>Rationale: Clarifies that the competitor shall not take off outside of the runway.</p>
<p>6-8.2.c 6-9.2.c 6-11.2.b Foul Throw</p>	<p>Proposal: In the shot put, discus throw, hammer and weight throw, it shall be a foul if, after entering the circle and starting the throw or put, the competitor touches with any part of the body, before the implement hits the ground:</p> <ol style="list-style-type: none"> 1) <u>In the front half of the circle, any surface area outside of the circle’s metal band, except the inside surface.</u> Any surface of the metal band except the inside surface. 2) <u>In the back half of the circle, any surface area outside of the top of the circle’s metal band.</u> Any surface of the stopboard except its inside surface, or 3) <u>Shot Put Only: Any surface outside of the top of the stopboard except its inside surface</u> The area outside the circle; <p>Rationale: The current rule is subjective and inconsistently administered by officials. As written, it is impossible for officials to consistently enforce this rule properly. This rule change would create an objective administering of the rule for officials, bring consistency to officiating foot fouls in the back half of the circle, and allow fair application of the rule for competitors.</p>
<p>7-1.4 Non-Scoring Institutions</p>	<p>Proposal: For indoor and outdoor track and field, each institution with a meet entry shall begin the competition with a team score of zero (0) and this score shall be reflected throughout the competition until a point is scored.</p> <p>Rationale: By assigning each institution with a score of zero, team scores throughout the competition will more accurately reflect the current score of each competing institution. Likewise, indicating a score of zero for an institution that fails to score during the competition more accurately reflects the total team scores and placing of teams at the conclusion of the competition.</p>
<p>7-3.2 Placing Finishers – Cross Country</p>	<p>Proposal: In cross country, all runners who start the race shall be recorded in the official results. All runners who finish a race shall be given an overall-finish place. All runners who do not finish the race shall be recorded as Did Not Finish (DNF) and listed alphabetically in the official race results.</p> <p>Rationale: Better clarification and record keeping of all contestants who participated in the race.</p>
<p>7-3.3</p>	<p>Proposal: To modify team scoring in cross country as follows:</p>



2021 and 2022 NCAA Men's and Women's Track & Field and Cross Country Rules Changes

The following rules changes were approved by the NCAA Men's and Women's Track and Field Rules Committee and the Playing Rules Oversight Panel. They will be incorporated into the rules book for the 2021 and 2022 seasons

Team Scoring – Cross Country	<p>a. Only the first seven runners on any one an institution's team may be used in determining scoring places. An order for team-finish placing is established by removing all runners behind the top seven finishers on each team, <u>and all runners starting the race, including those individuals who began the race as part of a team but whose team finished with fewer than five runners completing the course.</u> Those teams not finishing at least five runners likewise shall not be included in the order of team finish.</p> <p>e. Teams that start at least five runners and have fewer than five runners finish the race shall be <u>assigned a team place.</u> <u>Teams that start with at least five runners declare their intent to finish as a team. Incomplete teams shall be listed alphabetically in the last position of the official team results as Did Not Finish (DNF). Tie-breaking procedures do not apply in this case.</u> listed alphabetically at the end of the team results as Did Not Finish (DNF).</p> <p>Rationale: Further clarifies cross country team scoring by identifying how to place teams that start the contest as a team but do not complete the race as a full team. This process helps to eliminate teams strategically dropping from competitions because they are running poorly on a given day.</p>
------------------------------	--