



2023 and 2024 NCAA Men’s and Women’s Track and Field/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. All rules changes are effective Dec. 1, 2022, for the 2023 and 2024 seasons.

Rule(s)	Rules Change and Rationale
Five Alive 1 5 9 13	<p>Proposal: Eliminate five alive, a rotating flight method in the vertical jumps of competing with five active competitors at a time for each height.</p> <p>Rationale: To align with World Athletics and USATF rules codes and to formalize common practice. Also, it is common that officials are unable to properly administer this procedure.</p>
Mixed Gender 1 9	<p>Proposal: Eliminate the procedure that allows mixed-gender competition in the horizontal jumps, throws and 10,000 Meters.</p> <p>Rationale: NCAA bylaws stipulate that Men’s and Women’s Indoor and Outdoor Track & Field are separate sports. Therefore, it’s incumbent that the NCAA competition rules for the sport align with the bylaws that govern the association.</p>
Field Event Time Limits 8 16	<p>Proposal: In the throwing events, horizontal jumping events and high jump, change the time limit to initiate a trial back to one minute.</p> <p>Rationale: To align with World Athletics and USATF rules codes and to formalize common practice. The NCAA is currently the only governing body for track and field that does not follow this procedure.</p>
Ties – Vertical Jumps 5 13	<p>Proposal: To allow ties for first place in the vertical jumping events.</p> <p>Rationale: It is possible that the competitors eligible for or involved in a jump-off for first place may choose to not participate and withdraw from the competition at the point before the jump-off commences. In this case, the current rule provides no resolution to the competition. It is also important to note that ties are possible in every other field event (however unlikely), even after applying the tie-breaking procedure in horizontal jumps and throwing events. The change also clearly defines a withdrawal from the competition, regardless of the reason for withdrawal, and concedes the higher place(s) to any remaining competitor(s).</p>



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<p>(NEW) Out of Order Attempt or Trial 8 16</p>	<p>Proposal: If a competitor makes a trial or attempt without the permission of the official, in an order different from that previously determined, the competitor shall be warned (or disqualified in case of further infringements) according to Rule 4-4.2(d) or 12-4.2(d). The result shall stand in the case of a warning (first infringement).</p> <p>Rationale: In the current rules book, there is not a clear procedure that addresses this scenario, which occurs somewhat frequently.</p>
<p>(NEW) Start Team Procedures 7-2.2(d) 15-2.1(d)</p>	<p>Proposal: During the starting sequence, utilize the card system to visually indicate either no violation (green card), a warning (yellow card), or a disqualification (red card).</p> <p>Rationale: Defines and outlines the procedures if a start is interrupted or recalled. This is a current practice.</p>
<p>(NEW) Field Events – Video Review 8-1.10 (b) 16-1.10 (b)</p>	<p>Proposal: If an official video system review is available (e.g., DV Sport or similar technology), the video review system may be used by the official to determine whether an infraction or violation has occurred.</p> <p>Rationale: Technology can help to ensure correct official calls are made and limit the number of protests filed at competitions that have the technology available.</p>