

## September 2022 Clarifications and Interpretations

The following item was released in October 2021 and remains current:

**This SECTION was omitted during the restructuring of the current rules book and is to be added and implemented immediately:**

### 2021-2022 NCAA Cross Country/Track and Field Rules Book

*CROSS COUNTRY - RULE 21 – New Section 8, page 194:*

#### *Protests/Disqualifications*

*ARTICLE 1.a. Protests relating to singular matters that develop during the conduct of the race should be made at once and shall not be later than 15 minutes after the official results have been announced or posted. All implicated coaches shall be notified of a tendered protest or any disqualification.*

*b. Any such protest may be immediate and oral by a competitor or a competitor's coach in order to protect and preserve the conduct of the competition, but must be appropriately filed as a written protest.*

*c. The referee shall review the protest or report leading to disqualification and shall render a decision after determining and considering available evidence. Evidence specifically excluded is all visual material, except that produced:*

- 1) For public broadcast, public streaming, or public video board presentation.*
- 2) By an organization specifically employed for the purpose of providing video review.*
- 3) In conjunction with officiating an event.*
- 4) For official photo-timing.*
- 5) As additional official video designated by the games committee before the meet*

*d. Results revised because of a protest or disqualification shall be posted and announced. Coaches of competitors affected by any referee's decision shall be notified.*

*e. Protests relating to Rules 22-3.1 & 22-3.2 shall not interrupt an event, nor result in disqualification once the event begins.*

*What is the rule for restarting a cross-country meet after lightning and thunder has been detected within the stoppage radius? The same question regarding outdoor track distances longer than 1 mile.*

*The following is an interpretation from October - November 2020:*

*Your question has been asked several times in the past but I will try to simplify.*

*First, the referee should work closely with the meet administration and medical team prior to the race gathering weather data to determine if there is a good window of time to run and complete the race. If there is not a good chance that the race will be completed, it's best to postpone the start of the race until an opportunity comes about where the chances of completing the race are good.*

*Second, if it is determined that the race has a good chance of being completed, prior to the start of the race work closely with the timers and lap scorers. Ask the timers to capture the placings for each lap completed. Ask the lap scorers to record the lap completed placing of each competitor. Once the race has started and lightning does occur requiring the immediate halting of the race, the referee then has options.*

*Taking into account the number of completed laps and the data received, the referee may consider:*

*(1) Declare the race invalid and schedule a rerun at another time after a reasonable rest period.*

*(2) Declare the race invalid and decide no scores due to an incomplete result.*

*(3) Work with the games committee to determine scoring places for the completed lap data provided by the timers and lap scorers.*

*Option three is not the preferred scenario but would be allowable for scoring purposes.*

*What is the rule regarding Apple Watches?*

*Runners wearing Apple wrist watches timing their XC run and then stopping them as they cross the finish line where chip timing is used, interfere with the electronics and are canceling their time. In addition, by using the opposite arm to stop their timer, the arm blocks the view of their bibs from the back up cameras. Thus, their time and place are not electronically recorded in the results, and the camera cannot be used to establish their place. Starters and Clerk of the Start, please inform the runners to run through the finish line and then stop their watch after they are clear of the cameras.*

1. A track was constructed after Jan. 1, 2021. Railings are available but the contractor claims they do not need to be attached (secured) to the track surface.

*Rails do not need to be permanent fixtures to the track. Aluminum curbs (rails) are commonly used and are made by the manufacturer to fit your specific facility*

2. Should though, there be a way for the railings to be secured to the track/ground during the competition. This contractor talks about just laying the railing on the track. This seems to me to be dangerous.

*Aluminum curbing has spikes on the bottom side of the rail to hold it in place.*

3. Is it appropriate (within the rules) in a collegiate meet to have – one throwing event contested as 4 and done, and another throwing event to be trials and finals?

*A competition may have an invitational and open competition. These are separate events therefore the conduct of each event may differ. Example: the Invitational section may be conducted as a trial and final and the Open section may be conducted as a 4 throw final.*

4. Is it appropriate for women to have trials and finals in say the discus and the men 4 and done in discus?

*The different gender divisions are separate competitions run concurrently. Therefore it is allowable to conduct the competitions differently, as long as the conduct allowed by rule*

5. At the meet should all field events, throws and horizontal jumps be contested in a similar manner?

*A similar manner of competition conduct is preferred to eliminate confusion but not required. It is imperative that in the pre-meet information that the conduct of all events, running and field, is communicated.*

If there is not an invitational and open competition, and looking at this as one gender - can one throwing/jumping event be 4 and done and another be trials and finals? If so, this does not appear to offer equitable opportunities for all competitors but what is the interpretation?

*Yes, you may conduct events under different formats as long as it is allowed by rule and clearly communicated in the pre-meet instructions*

We're working with a college to resurface their track. We'd hoped that we could move the inside lane line of Lane 1 10cm to accommodate a raised curb. However, that would place it on the concrete curb for the infield border. Rule 10, Section 1, Article 6 states that new or resurfaced tracks shall have a raised curb. Is there any way that a facility can be grandfathered in with a 20 cm measure line if it is not physically possible to relocate the lane line?

*We have considered the request to waive Rule 10-1.6 for the track in question.*

*The last sentence of current Rule 10-1.6 has been in place for at least 4 years which would have given the facility time to prepare for the resurfacing and rule compliance. "Beginning Jan. 1, 2021, all newly constructed or resurfaced tracks shall be surveyed for a curb and shall have a regulation curb in place for competition."*

*The request for a waiver of Rule 10-1.6 is denied*

## October 2022 Clarifications and Interpretations

As the membership enters the Cross Country Championship season, the “Frequently asked Uniform Questions & Contest Delays” clarification link has been added for your quick reference:

[https://ncaaorg.s3.amazonaws.com/championships/sports/crosstrack/rules/2022-23PRXTF\\_UniformsContestDelaysFAQ.pdf](https://ncaaorg.s3.amazonaws.com/championships/sports/crosstrack/rules/2022-23PRXTF_UniformsContestDelaysFAQ.pdf)

a. Our conference would like to use a drone (operated professionally) to stream its XC races. Are there any NCAA regulations pertaining to this effort?

*Rule 22-2.2 specifically states, “Electronic Devices - Coaches, athletes, competitors, and officials shall not use video or audio communication devices [e.g., radio transmitters or receivers, mobile phones, smart watches, computers, unmanned aerial systems (i.e., drones) or any similar devices in the competition area] except as authorized by the games committee for meet administration.*

*The last statement authorizes drone usage as it pertains to meet administration.*

b. I have a quick question as it concerns arm sleeves for competitions during the regular season for NCAA cross country competitions. If more than one athlete is racing in the same competition (on the same team), are the arm sleeves allowed to be different colors? For example, one athlete has white arm sleeves and one athlete has black arm sleeves.

*Rule 22-3.2(b) specifically states the following, " 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.*

## November 2022 Clarifications

### **NEW RULES BOOK ERROR CORRECTION:**

*Page 75 Rule 8-1.2(d) and Page 159 Rule 16-1.2(d):*

*d. 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 (or when a competitor is taking consecutive attempts at the same bar height while other competitors remain in the competition), high jumpers shall have ~~one and one half (1.5)~~ **two (2)** minutes and pole vaulters shall have ~~two~~ **three (3)** minutes to initiate a trial.*

*Clarification: A games committee, (conference) may impose more stringent rules than those written in the rules book, but never more lenient.*

*Clarification: Rule 8-1.4(f) . Warm-up approaches, in all jumping events, shall only be run in the direction the event will be conducted. An athlete that measures their approach by using their feet as their measuring device (heel to toe) in a reverse order is allowed. Running in the opposite direction is not allowed, as a safety measure.*

## Interpretations

a. I am prepping for a conference championship cross country meet this Saturday. I thought I read where the NCAA banned or at least suggested that “lead” vehicles not be used in cross country races. I thought it sited drive safety and also giving pace and directional advantages to the front runners only. I can’t find it in the NCAA Rule book anywhere. Please advise. My apologies if I missed it. Or just dreamed up a new rule.

*Your last statement is correct, it's a dreamed-up rule. In the sport of cross country, lead and trail carts are most certainly allowed.*

b. We had a question come up regarding the use of smart watches and Garmin's during the meet. We just wanted to verify that this is permitted. I was under the impression it was not under Rule 22, Section 2, Article 2, Which states –  
ARTICLE 2. Coaches, athletes, competitors and officials shall not use video or audio communication devices [e.g., radio transmitters or receivers, mobile phones, smart watches, computers, unmanned aerial systems (i.e., drones) or any similar devices in the competition area] except as authorized by the games committee for meet administration. But we would like

to confirm if this applies to their use as a communication device, not their use as a timing device. Would you be able to help us clarify that?

***An apparatus that has the ability to provide video or audio communication is prohibited. If the transmit function of the device can be turned off and is used for time or distance covered then this is not considered assistance.***

c. We typically host several small track meets, both indoors and out. If we were to host the pole vault, triple jump, or 10k as a mixed-gender event, what are the ramifications? I would assume the performances would not be eligible for any national-qualifying purpose, and now they would be disqualified from being eligible for any conference-level qualifying as well? Just hoping to get my mind around the context of how these changes might affect any decisions we need to make with our meets.

***The removal of mixed-gender events means explicitly that this practice is not allowed. On page 9 of the new 2023-2024 NCAA Rule Book is the Code of Conduct, and the first two sentences are very clear:***

***"NCAA member institutions are required to conduct their contests according to these rules. Violations are subject to NCAA enforcement procedures..."***

***Ramifications for not following the rules can be pretty serious. Misconduct could be enforced due to the blatant ignoring of competition rules. The divisional NCAA Sports Committee will oversee the penalties that would be imposed. Their options could be as simple as disallowing the performances in the mixed-gender events. The committee has the option to disallow the performances of the entire competition because the rules were not followed. To the extreme, the Sports Committee could sanction the program, disallowing the institution the opportunity to host competitions over a defined period of time.***

d. Our university is in our second probationary year of three as we transition from NAIA to NCAA DIII. We are building a T&F facility that will be ready for the spring of 2024. We have declared outdoor Track & Field this year for the first time, so we have to get in six meets with at least 12 participants per gender to meet the minimum participation requirements. Our team will be very small (mostly cross country runners) this year before we bring in our first recruited T&F team for 2023-24. In early March we want to host a small meet on a newly resurfaced local high school track with a couple of nearby small college teams. No steeple, Javelin, or hammer facilities are available. We will have licensed officials and starter, FAT timing, official scoring, etc. What are the required number of events that must be contested for a competition to officially count as a meet?

***Follow the requirements for your division listed in the 2022-2023 NCAA Track and Field Qualifying Criteria:***

***[https://ncaaorg.s3.amazonaws.com/championships/sports/crosstrack/common/2022-23XTF\\_QualifyingCriteria.pdf](https://ncaaorg.s3.amazonaws.com/championships/sports/crosstrack/common/2022-23XTF_QualifyingCriteria.pdf)***

## December 2022 Clarifications

### CORRECTION of Rule 8-1.2(d), pages 75-76 and 16-1.2(d), pages 159-160

d. 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 (~~or when a competitor is taking consecutive attempts at the same bar height while other competitors remain in the competition~~), high jumpers shall have one and one half (1.5) minutes and pole vaulters shall have two minutes to initiate a trial.

**When a competitor is taking consecutive attempts at the same bar height while other competitors remain in the competition, high jumpers shall have two (2) minutes and pole vaulters shall have three (3) minutes to initiate a trial.**

Except for the Combined Events, after all other competitors have failed, a competitor who has won the event shall be allowed three minutes for the High Jump and five minutes for the Pole Vault to initiate a trial. One minute shall be allowed for the first trial of a competitor first entering the competition.

In the Combined Event High Jump, each competitor shall be allowed two minutes between consecutive attempts even when they are the only remaining competitor.

In the Combined Event Pole Vault, each competitor shall be allowed three minutes between consecutive attempts even when they are the only remaining competitor.

*Note: The number of competitors remaining in the competition includes those who could be involved in a jump-off for first place.*

### **Rule Citing Corrections:**

*On page 53, Rule 5-7.1e, the citing of 6-1.4 is incorrect, the correct citing should be 6-4.1.*

*On page 79, Rule 8-1.12, the citing of 5-8.4 is incorrect, the correct citing should be 5-9.4.*

*On page 137, Rule 13-7.1e, the citing of 14-1.4 is incorrect, the correct citing should be 14-4.1.*

*On page 163, Rule 16-1.12, the citing of 13-8.5 is incorrect, the correct citing should be 13-9.5.*

## Interpretations

- a. On a 200m meter Indoor track, the 4x200m Relay is run with a 3-turn stagger.
- The pass from runner 1 to runner 2 takes place in lanes.
  - Runner 2 must complete the curve before cutting in at the break point.
  - Runner 3 and runner 4 are not in lanes.

My question is, " Is the first exchange zone (runner 1 to runner 2) 30m or 20m?"

***All indoor relay exchanges are 20 meters.***

b. We are in the early planning stages of an indoor athletic facility that could potentially have an indoor 400 meter track. It's a bit of an odd scenario, but we have received a sizable donation for an indoor athletic facility. Due to space constraints, one viable option is to construct the facility over the top of our existing outdoor track.

In planning the facility, we are trying to understand what we will and won't be able to do with it. A big question is whether we would be able to host indoor or outdoor competitions. I found some NCAA regulations online, but I don't know if they are current or apply to all NCAA divisions (link below). The regulations indicate that an indoor 400 meter track may not be suitable for any NCAA competitions. This is because an outdoor running track "shall not be enclosed within a covered structure," and an indoor running track "constructed after January 2004 shall not exceed 300 meters".

Do you happen to know if it's accurate to say that an indoor 400 meter track is not suitable for NCAA competition, either indoors or outdoors?

***Rule 2-1.2(a) states: Construction of Facilities - Track***

***The standard running track shall be 200 meters. This distance may be reduced or exceeded. The track should have at least six lanes. The length of any track shall not exceed 300 meters.***

***The 400 meter track would not be legal for competition purposes due to it being oversized for an indoor track.***

***Rule 10-1.2(a) states: "The Track - ARTICLE 2.a. The standard track shall be 400 meters in length, not enclosed within a covered structure and not less than six lanes wide.***

c. We just had our Conference coaches meeting and there was a proposal to run the 1500 at our outdoor Conference meet in two timed final heats (if there are more than 15 entries) with the top 12 in the fast heat and the rest in a second heat, which would run first. One of the coaches opposed this saying it was against NCAA rules. I know that there are at least a few other conferences that run their 1500's this way at their Conference meets. Can you tell me if this is allowable or not?

***Rule 15-10.1(b) states: " If the limits of time or facilities require, to ensure equity of competition, races (including relays) may be contested as a final in timed sections. When used, the structure for administering the final as timed sections, such as slow to fast, shall be determined by the games committee and must be consistent throughout the meet. In addition, no race in an event using timed sections shall have fewer than two competitors."***

***If the games committee is in agreement, timed section finals are allowable.***

d. I have a question about the rule change 1-45 (eliminate the mixed gender competition in any event). Does this rule apply to the horizontal jumps where there are 2 women, and 3 men competitors? Also, when does this rule go into effect? We have a meet on December 9, 2022, and this rule is in the 2023 and 2024 rule book. Would I be able to use the old 2022 rule for this upcoming meet?

***The New 2023-2024 NCAA Cross Country and Track & Field Rules Book went into effect as of December 1, 2022. Therefore, please abide by the new rules book.***

e. Is it permissible to run an exhibition shuttle hurdle race outdoors but make it co-ed, with 2 women and 2 men making up a team?

***NCAA track and field does not sponsor mixed-gender events or sports teams. As of December 1, 2022, mixed gender events are not allowed.***

Does an exhibition event that NCAA athletes run in effect their eligibility?

***Eligibility questions are outside of the Secretary-Rules Editors purview. Please consult your compliance officer.***

f. I am looking for clarification of rule 8-1.1d - all legal trials shall be measured and recorded. Is a meet director allowed to indicate a minimum mark for a competition and still be in compliance with this rule?

***Minimum mark allowance was removed from the rules book. This practice in the field events is no longer allowed. All legal trials by an athlete are to be marked and recorded on the official results. The games committee and/or the meet director do not have the authority to impose minimum marks to a field.***

g. I have a question on the new NCAA rules especially concerning mixed gender events, and possible outcomes if these occur. I work at a school whose jumps coach is one of the top 5 women HJ athletes in the US. At home meets, she usually jumps with the men, because the women stop jumping a foot below where she comes in. She usually isn't scored, but she just jumps. As a HJ official, how would this impact me if I let her jump? Any recommendations as to how officials handle these scenarios? I want to obey the rules, but I also know there are extremely headstrong coaches putting these meets together who are going to ignore this. How do I handle this without getting myself sanctioned?

***Mixed-gender competitions are not allowed if the competition is conducted under NCAA rules. Regarding your reprimand question, I would like to point you to the NCAA Code of Conduct on page 9 of the current rules book. This will spell out the responsibilities of the coaches and officials and potential consequences for willfully disregarding NCAA rules.***

h. 1. If a foot fall occurs in the HJ, somehow, with a clearance, are you suggesting that the jump is a foul? (Rule 8-4.4a and 16-4.4a) It's not specified in your presentation, and I haven't seen a rule book yet, but I know for years that officials called that a missed jump, erroneously. It seems like a clarification could be needed.

***1) I am assuming that you are talking about the horizontal jump events due to the rule citations. The NCAA rule differs from the USATF/World Athletics rules. If the shoe/foot is behind the vertical plane of the foul line at the plant the jump shall be deemed legal from that perspective.***

2. With the elimination of 5 alive, I was wondering if there was a discussion on how many jumpers would be considered an acceptable number for a single flight. I did a HJ event where there were 18 jumpers, yet never more than 11 at a height. I'm concerned that, without guidance, 18, 20 competitors will be broken into 2 flights. I would imagine that 24 athletes could compete in one flight quite easily. Without that guidance, I foresee a lot of confusion and meets lasting longer than necessary.

***2) The decision to run flights in the vertical jumps is determined by the games committee prior to the competition. If it is not established and published prior to the meet, the official will run the competition as one continuous flight.***

3. I think I know the answer to this, but if a site decides to do 5 alive anyway, would that invalidate any qualifying marks?

***3) Five-alive is no longer an option and if the competition is conducted outside of NCAA rules the marks achieved could be disallowed for advancement to the national championship by the NCAA Sports Committee.***

i. We are going to build an elevated pole vault runway (cost reasons keep us from ordering from a company) and would like it to be able to be used for competition if possible. We have a pit outdoor now that we could use, but we would like to actually vault inside the track on our turf infield where the lighting is better and to allow for mobility to adjust more for wind. Other than the rules listed in the NCAA track and field rule book are there things that would restrict us from using such a runway for competition?

A specific question we do have is if we are allowed to have permanent feet marked on the side of the runway for coaches to see plant marks? The athlete wouldn't be able to see them who are on the runway, but from the side the coaches could.

***Raised runways are allowed for outdoor qualifying purposes.***

***Permanent distance markings on the side of the runway are allowable as a coaching aid.***