

**October 2023
Clarifications and Interpretations**

Submitted by coach, Bob Wood

Is there clarification on the rule below as to what an 'official video system' is? Is that anything determined by the games committee prior to the meet (ex: live stream, FinishLynx, etc.)? Or is there a list for what is considered official video?

I am a committee chair for our conference and that question came up last year at our outdoor championships, so I would like to have it clear heading into this year's championships.

2023-204 Rule Change:

8-1.10.b If an official video review system is available, the video review system may be used by the official to determine whether an infraction or violation has occurred

Rule 8-1.10 on page 79 of the rulebook addresses specifically the use of an official video review system for the sole purpose of verification of a valid or invalid field event attempt.

The games committee has the authority before the competition to authorize official video review systems for the competition (Rule 4-2(v)) page 38.

Examples for consideration are; FinishLynx, DV Sports, Eagle Eye, and/or an eye pad that is designated for the official's sole use.

Submitted by, sr. commissioner, Audra Kedy

Our conference championship will be held next year on a golf course. The host has asked if it would be permissible for coaches to rent golf carts to get around. I'm not sure if there is a rule that addresses this so I wanted to check with you.

I'm not sure we will allow it but wanted to get clarification. The initial request was for spectators to also rent, to which my question back to them was are you sure that will not cause issues with the race? I think that settled that issue!

The NCAA Cross Country rules do not address golf carts for coaches and or spectators. It is completely up to the administrators of the event and the golf course superintendent.

Personally, I think that this would not be a good idea.

The additional carts might cause interference with the competition and there is potential damage to the golf course grounds.

*However if carts are allowed, I would suggest that the race course be very defined and have flagging or fencing to act as protection for the course.
Also, limit the areas where the coaches and/or spectators can access.*

Submitted by coach, Calvin Robinson

What is the process in submitting a new rule change proposal.

Rule change proposals may be submitted through the NCAA portal at:

<https://www.ncaa.org/sports/2013/11/26/cross-country-and-track-and-field-rules-of-competition.aspx>

I am available to assist with questions you might have.

Monthly Rules Point of Emphasis

Rules applied for Indoor 2 section finals

Rule 7-9-5(a)

- No preliminary race used as qualifying for a final shall have fewer than two competitors.

Rule 7-9.5(b)

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

Rule 7-9.5(c)

- In races that start in lanes but do not finish in lanes, the first two places in each heat shall advance and all other qualifiers shall advance on the basis of time. If there are four or more heats, the heat winner shall advance and all other qualifiers shall advance on the basis of time

Rule 7-9.5(d)

- When a facility has fewer than eight usable lanes and eight competitors/teams advance to the final, the competitors/teams shall qualify only on the basis of time from preliminary rounds. Advancement based on time only is not permitted for any other circumstance.

Rule 7-9.6(b)

- Not more than eight competitors shall advance to a final. This maximum shall be 10 for events less than 200 meters if, and only if, the facility has sufficient permanent lanes in such events for the increased number.

Rule 7-10.3(a)&(b)

- a. A preliminary round that has advancement to the final based on time only shall be formed by seeding competitors from the performance list, left to right only throughout the heats. Draw heat order by lot.

Heat 1	Heat 2	Heat 3
1	2	3
4	5	6
7	8	9
10	11	12

- b. A final round, contested as a result of Rule 7-9.5d (eight competitors advancing when the facility has fewer than eight usable lanes), shall be contested in two sections formed by seeding competitors from the ranked advancement list, using the following heat assignments and using lanes three through six:

Section 1	Section 2
3	1
4	2
6	5
8	7

Questions

- Is it permissible to run a two-section final in the 200m through 600m on an 8-lane 200m or 300m track? If so, what lanes that must be used?
- *Yes, it is permissible to run a 2 section final indoors in the 200-600 meters?*
- *If the facility has 7 lanes or more, in the preliminary round only lanes 3-6 shall be utilized, lanes 2 and 1 my be utilized with game committees discretion.*
- *The final 2 sections shall only lanes 3-6, as per Rule 7-10.3(b)*

**November 2023
Clarifications and Interpretations**

Submitted by architect, Matt Hiedhoff

We have a question about where trench drain intersects with events that cross into the D zones and if there is a rule or recommendation by WA or NCAA. For example where Javelin may run from the track lanes into the d zone or where Steeplechase will cross into the inner part of the track to get to the jump pit, should the trench drain slots be solid/covered up?

On one hand we don't want to create a tripping hazard but on the other we don't want to hinder drainage.

In my experience, this has not been a big concern and can be easily addressed. I have seen the trench drain covered with a temporary piece of surface in the javelin and high jump in the D zone area. There are no NCAA or WA rules that address this question. This practice is more a best practice to address safety concerns.

Submitted by official Tom Mooney

Please see the note below regarding the use of a "real firearm" with blank ammunition to start races. The driving factor in all of this is the scarcity/cost of blanks of 32 caliber blank guns

Cross Country Section of 23-24 NCAA Rule Book - Rule 17 Article 22 Pistol
A blank handgun that can be cocked and fired to start or recall a race. A pistol cannot fire live ammunition.

Question

I have been made aware that some are using police .38's that fire blanks. These are open barrel .38's that could fire live rounds but are firing blanks.

I am told it is easier to get blanks for this type of pistol versus blank ammunition for blank, closed barrel, pistols.

I understand that 32 caliber blanks are not readily available and when found can be quite expensive. It is preferred/strongly recommended that the starter's pistol do not have an open barrel, however many are used by starters.

It is not a violation, however in these times we need to be extra vigilant regarding the safety of all.

Submitted by architect, Matt Hiedhoff

As we wrap up the project we are having a surveyor put together documentation to certify that the track meets NCAA Standards and requirements. We are using the ASBA guidelines for a Level 3 Certification. Once completed, is this document to be sent to the NCAA, or is it just kept on file at the university in the event it is requested?

The surveyor's certificate is to be kept on file by the owner and made readily available upon request.

Submitted by NCAA AMA office on behalf of s member institution

If they have five runners entered in a meet and the opponent has less than five, does this count as an official meet?

Rule 21-6.1 says 'A Cross Country meet is a team scored competition. A team consists of a minimum of five (5) and a maximum of 12 runners or more if otherwise agreed upon.'

Does this mean the 5 versus 4 meet would not count as an official contest? The inquiring institution is asking about this counting as one of their required contests.

I believe this is a sports sponsorship question, but in my opinion this would not be a countable competition due to the fact that two teams did not compete.

Submitted by architect, Timothy Murphy

We're resurfacing the indoor track next year at a DIII institution. Currently the track has a 20cm measure line offset & they use cones per Rule 2, Section 1 Article 6.

Question:

Since this is just a resurfacing project for the track, will UW Stout be required to stripe the track for a curb (30 cm measure line) or can they continue to conduct races with the 20 cm measure line with cones on Lane 1?

The statement below in quotations was removed from the current rulebook because it was a 5-year expired lead up notification.

"Beginning Dec. 1, 2018, all newly constructed or resurfaced tracks shall be surveyed for a curb and shall have a regulation curb in place for competition."

Currently all tracks that have been resurfaced or new construction must be surveyed for and have a curb in place for competition.

Submitted by coach Kyle Steiner

I just got off the phone with our architect as they will be resurfacing our track summer of 2024. One of the guys made it sound like we had to set it up for a rail. My understanding is that we are grandfathered in as this is a resurface and not a construction of a new track. Can you let me know what it is?

This statement was taken out of the rulebook for this cycle because it was 5 years past.

Rule 2-1.6 in the 2021-2022 NCAA Rulebook

"Beginning Dec. 1, 2018, all newly constructed or resurfaced tracks shall be surveyed for a curb and shall have a regulation curb in place for competition."

Submitted by coach Chad Gunnelson

The rule for arm sleeves stated single/solid color yet the note states the spirit of the rule is for all on the same team to be identifiable. If the sleeve on each athlete is a team issue part of the uniform and not a single color but the same on every runner, does this meet the spirit of the rule?

All of the armbands worn by the team members choosing to wear them must be the same color and design to meet the spirit of the rule.

Submitted by coach Dana Freeman

I have a quick question about the change of the steeplechase water level from 70 cm to 50 cm in 2021. We are in the process of resurfacing our track and if it is better/safer for

our runners to have these new dimensions, we would love to encourage the update of our water pit. In the explanation of the rules change the rationale is the move toward World Athletics and USATF rules codes but do you know why the depth of the water was lessened/different? Any history/details you can provide would be much appreciated. Again, if there is a safety factor involved (we have raced on a new water pit and it does seem very different from ours) we would love to encourage this update since we are resurfacing our track

Regarding the steeplechase water jump. The change from 70 cm to 50 cm in depth was made by World Athletics to reduce Achilles tendon stress on the athlete upon impact and rebound in the water jump.

Submitted by coach, John McKenzie

Your understanding of undergarments?

Arm sleeves are just like gloves and caps, no uniformity necessary is my understanding; what is your much greater expert view?

All team members that choose to wear arm warmers must wear identical color.

Rule 22-3.2(b) on page 196.

" All other garments useful in team recognition (i.e., 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 covering the hands or feet."

Submitted by coach, Brydon Groves-Scott

We will be attending our Regional Championship for the first time in several years, and I was reading through the Uniform FAQ and had just a few questions. I am not sure I understand the line "The logo or trademark must be contained within a four-sided geometrical figure (that is, rectangle, square, or parallelogram)." I am not sure exactly what that means. The uniforms we are supplied with do not come with boxes around them for the manufacturer's logo. I wasn't sure if that is what this regulation is referring to or not. Also, our sponsor does not supply our shoes, so I wanted to be sure that if our

athletes had different brands for that, it would be alright. I just want to make sure that we don't come across any issues when we are checking in at the race.

Regarding your question about the manufacturer's logo, a physical border surrounding is not necessary. The intent of the Rule 22-3.3 is to limit the size of the logo.

Your athletes are not required to wear the same shoes. As the last sentence of Rule 22-3.2(b) Team Uniforms states: "This does not apply to items of apparel above the shoulder or covering the hands/feet."

Submitted by NCAA liaison, Donisha Carter

If a track is resurfaced, does the facility have to have 6 lanes in order for it to count for a college meet? We have an older facility that needs a resurface. It is a 200m flat track that has 6 narrow lanes, and five 36" straightaway lanes. Once a resurface takes place, there will only be room for five 36" lanes around the entire track.

Rule 2-1.2(a) states that "The standard running track shall be 200 meters. This distance may be reduced or exceeded. The track should have at least 6 lanes...." The world should does not disallow tracks with fewer than six lanes.

Note to track owner, since 2018, all newly constructed or resurfaced tracks shall be surveyed for a curb. For qualifying, a regulation curb shall be in place for all competitions.

December 2023 Clarifications and Interpretations

Submitted by official John Blackburn

Where in NCAA rules does it specify "You can only use one level of banking for a meet" Other than un-banked for sprints?

The following statement is located in the 2023-2024 NCAA Track and Field Qualifying Criteria:

Indoor Meet Procedures:

" d. Hydraulic Tracks: Prior to the meet, facilities must designate if the meet will be conducted on a properly surveyed and marked flat or banked track. The configuration of the track will be positioned, either flat or banked in accordance with the rules, must be clearly communicated to all participating institutions and stated in all premeet materials. (**Meet hosts shall also ensure, and have documentation on hand, that the track is appropriately surveyed and marked for the track position in which the meet is to be conducted. The track must stay in the designated and appropriately surveyed position for the duration of the meet. The degree of the bank may NOT be changed on an event-by-event basis*);"

Submitted by Big Ten official Chris Althoff

Who is the contact from the NCAA on rules/equipment, would we be able to run the following by them? Wisconsin wanted clarification on their potential speed suits for this year:

For speed suits, the primary color has to match the primary color of the singlet. I would say that the mostly red speed suit would go with the red singlet. Is that how you would interpret it? I know it can be a little tricky since the small upper portion is white. I'm just hoping to try and get some clarity for the season. I know the coaches have concerns that different officials will interpret the rule differently. They just don't want to get a disqualification.



Competitor Attire Uniform RULE 6, SECTION 4, ARTICLE 1

When engaged in competition, each competitor must wear an official team uniform with components governed by these rules or be subject to disciplinary action. Competitors who are not in proper uniform compliance shall not compete until a compliant uniform is worn. The competition will not be delayed to accommodate compliance with the rule. Wearing any part of the official team competition uniform illegally (that is, top off or intentionally shortened, shoulder straps lowered) while in the area of competition shall lead to a warning by the nearest official and a report of uncorrected violations shall be made to the games committee, referee and offending competitor's coach.

a. On any single day of competition, all 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 they are from the same team.

1) Teams may change uniform colors from one day to another for multiple day meets.

2) Men's and women's programs are considered separate teams, and are not required to have uniforms of identical color.

b. A uniform consists of two school issued components – shorts or briefs, and a top. **A one-piece body suit is acceptable as a combination of the two components.** Any outer garment (that is, sweatpants, tights) that is school issued becomes the official uniform, when worn.

1) The uniform must be of a material and design deemed to not be objectionable or offensive by the athletics department of the issuing institution.

2) The uniform top must, by design and size, cover the full length of the torso, meeting or hanging below the waistband of the bottoms, while the competitor is standing, and allow for competitors' bibs to be placed above the waist, front and back.

3) Uniform tops must be worn so to not obscure hip numbers.

4) Additional visible clothing is an undergarment. It must be worn under the uniform and be of a solid color.

c. Competitors shall not use or wear artificial noisemakers.

Note 1: Individual or team uniform, institutional logo, bib and shoe rules shall be enforced through inspection by the clerk of the course or the head field event official at initial event check-in. Violators shall be warned, given the chance to correct the violation, and reported as provided in the rule.

Note 2: Clothing defined as an "undergarment" does not include items commonly defined as "underwear."

Note 3: If single-color body suits are worn, they shall be the same primary color and have the same institutional logo of the top garment of the entire team on any given day.

Relay Team Uniforms RULE 6, SECTION 4, ARTICLE 2.

In addition to Article 1, the following shall apply:

a. All relay 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, armwarmers, 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.

The primary color of the speed suit to the singlet as you discribed is of no concern. The issue is that the institutional logo on the speed suit is not the same as the singlet. By rule, the primary color, institutional logo must be identical.

Submitted by meet director, Craig Longhurst

Our numbers at JDL are back to pre-Covid, if not higher. The events that we seem to struggle with the most in terms of having large numbers are the throws. We used to do it where we only measured their first legal throw and then it had to be over a pre-determined mark, like 10m. I know that that rule changed in the last few years and we have to measure every throw. One of the unintended consequences of that rule change is that we can no longer accept as many throwers, as we usually had a full flight that only got a single measurement.

Is there any other creative way to do something similar like that which would allow us to accommodate more throwers? Is there a “qualifying round” where we could only provide a measurement over 10m or something like that?

The rules committee discussed the disallowing of the minimum mark procedure extensively and the consensus was that a legal attempt by an athlete deserves to be measured and recorded.

A suggestion to consider is running two competitions.

One championship flight of 16 (3 preliminary and 3 finals for the best 8 from the preliminary round) for men and women.

The remainder run as a competition as a 4 attempt competition with large flights.

I'm certain that you considered the following:

1 Limit your warm up time as much as possible.

2 Adding another portable ring for the less talented flights, if space is available.

3 Start the less talented thrower flights earlier.

4 Reduce the accepted number of throwers to a manageable size because it It appears that the volume of competitors accepted is causing the extremely long days.

5 Perhaps an entry qualifying standard should be established?

I know your facility is very popular and that you run good competitions.

6 Perhaps conducting a 1,5 day, 2 day or a 2.5 day competition?

I know this suggestion brings other details such as cost, officiating etc into play but just trying to help.

I hope these suggestions help

January 2024
Clarifications and Interpretations

Note to coaches and administrators:

As of January 1, 2025, World Athletics will require that all facilities have a surveyor report documenting that the facility complies with specifications.

Submitted by coach Ray Appenheimer

I am working with our conference office on our policies and procedures and am not liking our wording around suspending/rerunning the 10000 in case of thunder, lightning, severe weather.

I looked in the rulebook, Participant Manual, Pre-Championship Manual and Technical Manual and came up empty. Does the NCAA have rules/language for guidance?

Because each situation is unique, no definitive policy has been put in place at this time. Ultimately, the decision falls under the duties of the referee, but here are a few things to think about. None of these are a perfect answer to the problem that is beyond the control of the competition director or referee.

If inclement weather is in the area, talk to the local weather forecaster to determine if there will be a 45-minute window available to get the race completed. If not, consider rescheduling the race for later in the day or the following day.

If stoppage of the race is required, the referee can deem the race null and call for a rerun. Or the referee can call the race valid and score the positions of the last complete lap. There are no specific distances to be completed to deem a race null or valid.

Submitted by coach Kris Grimes

An official in the long jump stated that a long jump foul indicator board is not necessary.

Rules 2-5.3-5 are quite specific.

Submitted by coach Marc Davis,

At a specific meet, an official announced to the field that they will be running a modified 5 alive jumping system.

As of November 30, 2022, the Five Alive procedure for conducting the vertical jumps has been eliminated. This procedure is no longer an option.

Submitted by official Jonathan Hird,

Though it is understood that a competitor in the vertical jumps who enters the competition an hour after the start is entitled to a run through without the bar. There seems to be no reference to this practice in the rulebook.

Please see page 78, Rule 8-1.6 Warm-Up third paragraph.

In vertical jumps, a competitor who has not taken an initial trial in at least one hour from the first trial of the competition shall be allowed, under the direction of the event official, to use the runway and landing areas without the crossbar to warm up. A high jumper has a maximum of one and one-half minutes, and a pole vaulter has a maximum of two minutes to warm up. Such warm-up shall occur at the change of the bar to the height the competitor enters the competition.

Note: When more than one competitor enters at the same time, each receives the allotted time. The time is not aggregated for the group.

Submitted as coach Scott Williamson

I wanted to reach out to clarify a rule regarding an indoor shot put throwing area. We will be hosting meets starting in 2024 at our new facility and we have a standard throwing area with everything we need and then we wanted to add a second area for throwing the shot put when we host bigger competitions and multi competitions to prevent bottlenecks. Does the shot put area require a safety netting around the platform?

For the shot put specific ring and competition area, an enclosure or cage is not required. Conversely, a weight throw ring shall be conducted from an enclosure or cage. Please see Rules 2-7 and 2-8.

Submitted by coach, Ryan Foster

I have a rather obscure rule question that I am hoping you can help with.

One of our alums has asked about participating in our Penn State National meet to attempt breaking the women's 60m hurdles masters record (age 40-45). World Athletics has a different hurdle spacing for her age group. Are we able to run her within our collegiate competition, but with different hurdle spacing? Would we need to have her compete with an open lane next to her?

We just want to make sure that if we include her in our comp, it won't affect the validity of marks for NCAA.

As far as advancement is concerned, I must defer to Jeff Mlynski, who is cc'd on this communication. Regarding the race setup and conduct, there is nothing prohibiting it.

Please consider if by doing so, the collegiate athletes in the field would be disadvantaged and distracted visually by the master athlete and different spacing.

Another thought is to check with WA to ensure the conduct of the competition meets their requirements. Also, if she does establish the record, make certain all forms and documentation is filled out properly.

Submitted by associate director - competitions, Erich Newman II

I'm reaching out to ask you about the maximum time for warm-ups in between flights (page 78). We had a subcommittee review our technical manual and they recommended 30 minutes. I know the NCAA manual states it should be 15 minutes so I wanted to see if there was any flexibility in this rule?

Rule 8-1.6 on page 78 states: "The games committee determines the length of all warm-up periods. A maximum of 15 minutes, with consistency, shall be set aside for flight specific warm-up before each flight when a general warm-up period is provided. Between the preliminary and final rounds, there may be a warm-up period for all competitors in the final for a period not greater than the time allowed for flight-specific warm-up...."

If there is no general warm-up period for the field events, the games committee may determine the length of flight specific warm-up.

This is a very common practice and is even employed at the national championship level.

Submitted by coach, Josh Henry

We have a rules interpretation that would be helpful for us when formatting our advancement criteria for track races with a preliminary round. In particular, we are trying to determine the necessity of a qualification round as we have been inconsistent with our use of them. If the field is large enough to require more semi-final heats than half the finals field, is it acceptable to have more than half the finalists qualify by place and the remaining spots filled by time?

For example:

100m Dash field of 40 with an 8 lane final...

Are we required to run a qualification round to determine the field of 32 or would we be able to run a 40 athlete semi-final round with 5 place qualifiers and 3 time qualifiers for the final round? Additionally, how much room does the game committee have in making adjustments to the structure of advancement or field sizes?

Currently the CCIW allows up to 5 entries per school, per event for a maximum field size of 45. If we are required to run qualification rounds, this adds a lot of races to our championships. Clarification on this rule should help us determine our path forward in terms of how inclusive we continue to make our championship meets as well as how we structure our advancement criteria to hopefully get the best athletes in our final rounds

Please follow outdoor Rule 15-10.5(b)

"For the races run entirely in lanes (100 Meters, 200 Meters, 400 Meters, 4x100 Relay, 100/110 Hurdles, 400 Hurdles):

*When the number of advancers to a final round is less than or equal to the number of lanes, or for any round, **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, you could run eight heats of 8 contestants and advance the heat winners only and still be in compliance with the rule as written.

For example, with 45 athletes in the field, contest three (3) heats of eight (8) and three (3) heats of seven(7), advancing each heat winner plus the next two fastest times to the final.

Submitted by official Bob Gidari

Quick question, just had an athlete use smelling salts just prior to making an attempt in the shot. Is this allowed or is it unfair assistance. I was unable to find anything that prohibited it. A simple answer is fine and possible rule number or addition for clarification.

The use of smelling salts is allowed and has been a common practice by athletes for years.

Submitted by coach, Rod Tiffin

Can you use a 3 point stance out of the blocks in competition or do you have to have 4 points of contact?

Rule 7-1.3 speaks to the start procedure for races shorter than 500 meters. The process is explained in a way to allow 3 and 4 point starting positions.

Submitted by DI Sports Committee

I had a call today with the committee and updated them that currently our rules do not allow for athletes to review official meet video. I noted that this is being discussed by the rules committee and is something being considered for the next rule book.

One question they had was where it speaks to the disallowance of this in the rule book. Would you be able to provide that information for me to pass along to them?

The rule stated below speaks to the use of and viewing of official video review in the field events. It has been interpreted that video review for running events will follow the same protocol until it is placed in the next rulebook.

Rule 8-1.10 If an official video review system is available, the video review system may be used by the official to determine whether an infraction or violation has occurred.

This rule can be further clarified to include that only the officials may view the official video. A concern of allowing video review openly is that it could and would slow the flow and conduct of competition.

The rules committee is still discussing allowing the viewing of official video in the future.

March 2024
Clarifications and Interpretations

Submitted by official, Joe Bullock

I have a question about taping on the hand of an Athlete throwing the 35# weight. He does not wear a glove when throwing.

His fingers are connected but not taped together. I did not observe any restriction in the movement of the fingers. My feeling is if the connection was higher the movement of the fingers could be restricted. I have attached 2 pictures.



Rule 8-1.5(a.2)" Tape two or more fingers together in such a way that the fingers cannot move individually."

It is an interesting taping method, however it does not present a violation of the rules regarding throwing aids.

Submitted by coach Greg Huffacker

This week we are hosting a meet and it appears that one institution will dominate the finals in field events. Besides instituting an entry limit, is there a way to limit the number of athletes from a school that advance to a final?

Can we say that after 3 entries from a school in a field event all other athletes will be designated as exhibition and not eligible to participate in the final?

The way to limit the entries is to do so in your pre meet information. As the meet director / games committee you have the authority to limit the number of entries every team can enter in an event. Remember this is for all teams entering the competition and for all events.

As a reminder, once an athlete's entry is accepted into the meet, that athlete has the right to compete and advance to subsequent rounds.

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Submitted by official, Dave Voytek

I know that .32 caliber = 8.128 mm. With that said, is there anything preventing a starter from using a 9mm blank starting pistol. I am fully aware of rules 7-1-2 (indoor requiring a .22 caliber) and 15-1-2 (outdoor requiring a .32 caliber). I have some coaches and officials that are saying a 9mm isn't a large enough caliber to be used indoors or outdoors. I don't see any issues with the use of 9mm blanks. Am I missing something?

The pistol shall not be less than .22 cal with a report with a report at least 90dB at 15 feet. A 9mm black is larger than a .22 cal and the report is said to be above the required minimum by rule, therefore a 9mm is allowed.

I know that we have done multiple pits in the high jump and pole vault for combine events. I can't find anything in the rules that doesn't allow it for the open High Jump or Pole Vault. Is there anything preventing a meet from using two pits (higher bar and lower bar start)?

No, there is nothing preventing the use of 2 pits, just remember that you are conducting one competition. As one competition, the event timing needs to be paid attention to when the field is paired down. Results are combined as one event.

Submitted by official, Josh Gerber

For the 600m do you have to use lanes with no more than 6 lanes (if it's a 6 lane track)?

The start for the 600m is in lanes and finishes not in lanes. On a 6 lane track only 6 athletes per heat.

Submitted by SWA, Bridget Tetteh

It is almost Indoor Track and Field Conference Championship Time! With that as the Meet Director, I always get various questions regarding "Failure to Participate".

As such I have a few questions for you in advance to help me navigate this with our conference.

1. Has the rules committee made any updates to the “NCAA Championship Competitions explanations Document” originally created on November 1, 2022?

https://ncaaorg.s3.amazonaws.com/championships/sports/crosstrack/rules/PRXTF_NCA_AChampCompetitionsExpln.pdf

At this time no updates have been made

2. Is the Honest Effort Rule applicable? I thought it was removed from the rule book, but it shows up as something that can be applied by the Referee or Jury of Appeals.

Honest effort has been removed from the rule book. It is not to be reviewed, too subjective.

3. The way I read “Failure to Participate in Rule 6, the individual needs to start the competition but it does not state they need to complete the competition.

Is this correct?

Yes

Could someone DNF a race and have that count as “competition” and allow them to compete in future events?

Only if the individual goes through the proper procedure.

RULE 3 SECTION 17. Medical Doctor/ Athletic Trainer - The games committee

appointed/approved medical doctor/athletic trainer shall perform the following duties: a. Examine injured or ill competitors and advise the competitor, the competitor’s coach and the representative of any sponsoring organization regarding the continued participation in the meet. Such recommendations shall be considered when applying the failure to participate rule. b. If a competitor is to be withdrawn from an event, an in-person evaluation by the appointed/approved medical doctor/athletic trainer shall occur before the start of the event. c. Should the decision be made to withdraw from or abandon an event, the competitor shall be scratched from any subsequent event(s) in the meet. However, a subsequent examination that results in a re-entry recommendation by the appointed/approved medical doctor/athletic trainer of the 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.

4. DNS seems like an easy trigger of the failure to participate. If someone DNS, then they cannot compete in future events.

Yes

5. What I want to avoid is the situation where a coach asks, “Can my athlete start the race and jog the event and be eligible to compete in a field event the next day”. I don’t know that I have a good answer to that question. How would you respond if a coach asks you that?

This is the gamesmanship that the removal of honest effort has produced but there is nothing that prevents this from occuuing.

6. I am trying to avoid situations where our meet referee is trying to judge if an athlete is being “sporting or not” which seems very hard.

Competing honestly within the spirit of competition is tough but a referee should not be looking to disqualify a person.

7. Rule 6, Section 2, note F allows for medical reentry in the championship. So if on day 1 they have to abandon a competition due to an asthma attack, they could come back on day 2 and compete if medically cleared. Is that correct?

Yes, with medical clearance.

Submitted by SWA, Beth Vechinsk

Our question is regarding curbing and if it is mandatory for indoor tracks. We are currently in the process of a replace/overlay our indoor track, looking for confirmation if curbing would now be required. We currently do not have any curbing, we use cones. I can see it specified in the outdoor section, but not in the indoor section. Note: As of 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. (See Rule 10-1.6.)

Yes, a current surveyor's report and curbing are required.

The following statement was taken out of the current rule book because the lead-in time for this rule was past 5 years.:" As of Jan. 1, 2018, all newly constructed or resurfaced tracks shall be surveyed for a curb and shall have a regulation curb in place for competition.

Submitted by coach, Andrew Dorr

Could you send me what the order of events for a single-day conference championship with a DMR should be? I'm looking under Rule 5 in the handbook, but I still have some confusion about it. This shows the DMR after the 4x400m, which doesn't seem right. It is also missing the 5000m. Any help would be greatly appreciated.

Rule 5-1.3 states the following:

" The order of track events for the final round and all single-session competitions should be:"

This allows flexibility to be made to the event sequence of the schedule and allows the addition or subtraction of an event.

5-3.1 Note 1 states: " Changes to this order can be made by the games committee or by mutual agreement of the competing teams before the competition begins, but not as a reason to accommodate competitors in multiple events.

Submitted by official, Paul Bodenshot,

As we get ready for various college conference championships for the Indoor season my question is:

I know triple jump can use two (2) take-off boards but can Games committee use two (2) **long jump** boards? Some indoor pits are so close to the curb for lane 1 especially where the track might start to curve.

For the Long Jump only one board is utilized.

The triple jump is the only exception.

Submitted by official, Jonathan Diaz

We had a situation come up that we could use your guidance on. I don't remember the exact heights we were at, so I'll editorialize them.

The question is regarding what constitutes consecutive attempts for combined events verticals. The final athlete to clear 1.44m (or whatever height it was) was then scheduled to be the first jumper at 1.47m. The coach said the athlete was entitled to 2 minutes as it was consecutive attempts. The official in charge said no, that doesn't apply because it was at a different bar height. The coach's response was that the note (Note 2 on page 76) saying it was only within a height is only noted in the rules table for the individual row, not in the row for combined events.

In the end it was moot as the athlete only took 35 seconds for the attempt, plus the athlete receives some additional time during the bar change, but I would appreciate the clarification. I thought this was addressed in a previous monthly interpretation, but I could not find what I was looking

Note two is quite clear, consecutive jump timing applies for the jumps after a bar height. Not applicable after a bar height change.

Submitted by official, Laura Dallman

I am going to be the field referee at the Summit League Indoor Championships (NCAA Div I) at Fargo, ND this weekend. The question was raised to me about displaying the image of the plant on the toe board for horizontal jumps after the decision on the jump has been made by the

official so athlete and coaches can view it. I see no rule against that. Would you confirm that for me? Although I can't find a rule about it, I thought I heard discussion that it wasn't allowed. Maybe I imagined it so I wanted to run that by you.

Only the head official and/or referee can review the official video. Displaying the video to the public is not currently a protocol that has been approved.

Submitted by official, Scott Phoenix

It's my understanding that a Smartwatch may be worn, just not used for video or communication. Correct?

Yes, that is correct

Submitted by coach Jordan Bartolazzi,

Hopeful you can clarify a rules question we have about entries for the Distance Medley Relay and the 4x400 relay prior to our conference championship this weekend.

In the CCIW, we enter our relays through Direct Athletics using whatever athletes we wish, and then if we make changes to those relays we simply submit a relay card to the timing company to make sure TFRRS is correct. Currently, we do not employ a rule that requires those cards to be turned in prior to the race. At the check-in table, our teams do not identify which athletes are racing, and most relay cards get turned in during or after the race.

My question isAre we allowed to swap relay runners *while the race is happening*? I'm specifically asking about the mile leg of the Distance Medley, and I'm assuming it is within the rules for me to watch the race play out and – during the 800m leg – decide to run a different athlete for the mile leg than the one who initially reported to the start line. This could be advantageous to “save” my mile leg if your team is not as competitive at that point as we'd hoped.

I can certainly see how this could be chaotic, but I don't see anything in the rulebook (nor do we have a conference bylaw) that prevents such an action. I asked our head track referee and he told me he did not think such a move is permissible, but he could not point to a bylaw or a spot in the rulebook that explicitly says it is impermissible.

I'd appreciate it if you could respond prior to our conference meet so we can verify we're making choices within the rules.

Protocol has been in place for several years. that relay personnel changes can be made at any time up to final clerking or 5 minutes prior to the start of the race. Once the contestants are on the track and race has started ,the relay team personnel is set, any substitution at that time would constitute a disqualification.

Submitted by coach, Jason Saretsky

Hope you are doing well. As we prepare for our conference meet, I received a question about student-athletes wearing different color arm sleeves. Looking at the rule book, it sounds like it needs to be a solid color, but it wasn't clear to me if they had to be matching solid colors. Maybe that used to be the case and it changed?

For open event individuals wearing an outer garment the garment must be a solid color. Meaning individuals in the same open event may have different solid color arm sleeves.

Unlike individual open races, relay team members who choose to wear an outer garment, like arm sleeves, must be identical.

Submitted by official, Eric Zemper,

Since I'm to be the video referee in Boston, and the NCAA rule book appears to be completely silent about VRs, I have a question for you.

Since the NCAA rule book doesn't mention the position or duties of the video referee, should I operate under the guidelines of the WA? Proactive on track events and reactive on field event issues? Or is the NCAA VR passive and only responds to requests from the field of play? Since a DQ will require the concurrence of two referees, I presume the VR will be one of those in many cases.

The NCAA's position is passive as you describe. The referee team cannot initiate a call, there must first have a written protest in order to issue a ruling which requires a 2 referee in concurrence.

A common procedure is a request by the on field referee's to que races up in anticipation of a protest of an incident on the track.

Submitted by official, Josh Seitz

Is it within the rules during a regular season indoor track meet to have a runner start a race, not finish, then start another race that is the same distance later in the meet or the following day?

An athlete may only have one opportunity in a specific race per competition, including a rabbit or pacer. If this violation is reported to the NCAA Sports Committee the athletes that ran in the second race would potentially not have their performances recognized for championship advancement.

NCAA Qualifying Criteria Link:

https://ncaaorg.s3.amazonaws.com/championships/sports/crosstrack/common/2023-24XTF_QualifyingCriteria.pdf

Meet Management. Marks will not be acceptable if:

Item 4g. “Contestants are given a second opportunity to compete in the same event(s) within the same meet, unless it is in accordance with the normal established advancement procedure.”

Submitted by official, Sidney Milden

An athlete who DNS in the HJ, are they allowed to continue to compete in the combined event?

Yes as long as the Combined Events started before the High Jump.