

October 2024
Interpretations and Clarifications

The current 2023-2024 NCAA Track & Field / Cross Country Rules Book shall be used through the 2024 NCAA Cross Country season.

The new 2024 - 2025 NCAA Track & Field / Cross Country Rules Book will be available on or around November 1, 2024.

This book will be in effect in its entirety on December 1, 2024 through November 30, 2026

Submitted by coach Brady Bonsall,

Does the new NCAA rule regarding stack height on racing flats apply to cross country? If so, does it apply to this fall?

This cross country season is under the 2023-2024 NCAA rulebook The new 2025-2026 NCAA rulebook goes into effect December 1, 2024. At that time the shoe enforcement rule will be in effect for track and field and cross country.

Submitted by coach Aron Gibson

I wanted to reach out to get clarification on the new weight throw rule being implemented this year.

Weight Harness 3-8 To require that harness straps are sewn underneath the head of the implement.

Rationale: To increase consistency of the length of the implements being thrown.

With that new rule, would the Gill Orbiter harness now be illegal? I have attached a photo of the bottom of it, because it does have a strap that goes around the bottom of it or does the strap need to be on going through/covering the lowest part of the weight?



The harness shown in the picture does not meet the new specifications. There is an open bottom to this harness. Gill has manufactured new harnesses to meet specifications.

Does the bottom strap have to go around the bottom most part of the weight?

Yes

Does the whole bottom have to be covered or can in be crossing straps with some of the **bottom showing**?

The entire bottom does not need to be covered. The straps of the harness must be sewn together at the bottom most point of the head of the implement.

If the whole bottom must be covered, could I sew a piece of fabric to the bottom of the one that I showed in the piece to make it legal?

N/A

Same idea if there must be a strap at the bottom most point, could I just sew a strap across the bottom?

No, each strap must be one piece with a loop on each end to fasten to the handle.

November 2024 Clarifications and Interpretations

In the 2025-2026 NCAA Rule book there is a discrepancy regarding the time limit with 2-3 remaining in the high jump. The chart has 1.5 minutes, but the text just above it has 2 minutes. Rule 16-1-2d on page 171.

Submitted by SWA, Karina Jorge,

We are attending a dual meet against another institution. As I read the rules, manual timing is permitted. Who is permitted to be the official timer? Can it be a coach? a student-athlete?

Rule 20 section 2 states: Officials should be individuals who have followed collegiate cross country closely over a period of years. They must be trained in the rules that govern this NCAA sport, actions that constitute violations of these rules, and how and where they tend to occur. Every possible effort should be made to select and assign officials so that no conflict of interest could arise between competitors and officials. Currently enrolled students of any competing institution shall not officiate at conference, NCAA regional, or NCAA national championships but may serve in other capacities.

To avoid any appearance of a conflict of interest it would be best not to have a coach or a student perform the manual timers or manual judges of the finish duties.

MANUAL TIMERS

Rule 20 section 12 states: Number, Duties ARTICLE 1.a. The head timer shall be responsible for all phases of the finish times and results that require accurate timing. The head timer shall coordinate all timers, the timing of first place and the overall timing system (or systems) used in the competition

b. One timer shall be assigned to call out times for all runners at every 1000- meter or mile point throughout the competition.

c. One time caller shall call out finish times loudly and clearly on a full-second basis as each runner crosses the finish line.

d. Manual timing system - The time recorder shall be responsible for recording the time of each runner at the finish, in full seconds, as called out as each finisher crosses the finish line.

Placement of Timers ARTICLE 2. Timers for each place shall serve from opposite sides on elevated stands at least 3 meters from the edge of the finish line.

Procedure for Timing ARTICLE 3. The timing device will be started with the index finger upon the sight of the flash or smoke of the pistol or starting apparatus. The timing device is

stopped with the index finger when the timer sees that any part of the competitor's torso has crossed the perpendicular plane of the near edge of the finish line. The torso is defined as any part of the body other than the head, neck, arms, legs, hands or feet. Without consulting with other timers, each timer shall report the results to the head timer. The head timer shall decide the official time for each competitor.

Manual Judges of the finish

Rule 20 section 11 states: Number, Duties, Placement ARTICLE 1.a. The head judge shall be placed on an elevated stand opposite the film crew and shall remain in that position and inform the assistant judges of finish order placement of the participants as they cross the finish line.

b. The judges on the ground shall be responsible for actually placing the runners in their appropriate order of finish as they enter the narrowing funnel into the chute as indicated by the head finish judge.

c. There shall be two teams working independently of each other that shall record the runners' places.

d. One team shall be stationed opposite the manual time recorders at the finish line. A place recorder shall speak the assigned number worn by the runner as each crosses the finish line while another person records the announced numbers on a continuous numbered form. An audio recorder to verbally record the finishers by their assigned number is recommended.

e. A second team, performing the same operation as the first, shall be stationed at the outlet of the finish chute.

Procedure for Picking Places ARTICLE 2. The finish judges shall watch the race until the competitors are within 9 meters of the finish line and then should concentrate on the finish line to place finishers in accordance with Rule 21-6.2.

Without consulting other judges, each judge shall write the place selection on a card and hand it to the head judge. The decisions of judges picking higher scoring places shall overrule those of judges picking lower-scoring places.

The head judge shall view the finish as a whole. Should the head judge see a place winner who is overlooked by all finish judges, and whose proper place cannot be decided in the manner described above, the head judge shall rule on the finish.

Note: When official images from the fully automatic timing device(s) are not available, those from another system (that is, video recording) authorized by the games committee before the start of the competition may be used to verify the results reported by the judges of the finish.

Submitted by official, Mike Armstrong

I've gotten a couple of questions on 2025-2026 Rule 1.47 and 1.48 (9.47 and 9.48).

Do rounds refer to first attempts, second attempts, etc. or preliminary and finals?

If results aren't being kept on a computer, can an official write in the end time of each round?

You are correct, first attempt, second attempt and so on. Yes, this is the intent of the rule, a written time on the sheet is acceptable.

Submitted by official, Louis Long

Rules first... regarding the official results noted on pgs. 15 and 97, does this mean that at the end of each flight (for throws and horizontals) and at the end of the competition for all field events, the head event official, or recorder, will sign and denote the finish time, making the competition results official, or are they official once entered by the timing company?

This will be good practice, as the protest period for a particular attempt will start at the end of each competition round.

Rule 8.1.6, placement of marks for HJ, am I correct with this scenario/interpretation; the HJ starts at 10:00, so all marks must be in place by 9:30. The first group ends their competition at 10:45, how long should I give the second group to have their marks placed prior to starting the 30 min warm up clock? How long should I give the first group to place their marks? What do I do when I have a late arriving athlete (arriving during the 30-minute warm-up period) and they have not placed their marks? What penalty, for lack of a better word, is given to that athlete?

The meet management establishes the warm-up time before the competition; please follow their directions. Personally, I think 15 minutes is plenty of time to set marks.

Finally, I read that some, but not all, of the new rules go into effect with meets occurring on or after Dec. 1. I don't remember if either of the above takes effect in December or January, could you remind me?

The new rulebook goes into effect on December 1, 2024

Submitted by coach, Matt LoPiccio

We are hosting a small "B" XC meet in between conference and regionals in November. Can you tell me what the rule is for starting both genders simultaneously? This is a non-qualifying event.

The NCAA, as a governing body, sponsors separate gender Cross Country. The NCAA rulebook does not currently address this request in Cross Country, but it disallows this type of competition in Track and Field.

I would interpret this question similarly to the running of a combined gender competition on the track, which is not allowed.

Submitted by official, Marty Johnson

Is the new lane violation rule that reads “for the entirety of the race” to be read as WA and USATF does in that it includes all rounds of the race, or more like USATF 163.5(f) Note 3 for youth competition where the violation is confined to the round?

This question becomes particularly important with respect to the NCAA D1 Outdoor Championship where a single step at the preliminary site must be documented and carried forward to the final site as they are simply rounds of the competition.

After discussing the matter with the USATF, the NCAA rules committee decided not to carry the lane-line violations from one round to another. Preliminary, quarterfinals, semi-final, and final rounds are all considered separate races.

Submitted by official, Arthur Weisberg

I believe that effective 12/1/26 all distance measuring equipment must be recalibrated. It also says that verification is allowed by comparison to a surveyed distance, presumably a certified 60m or 100m track.

I'm not aware of any company that will calibrate a Disto, except for the manufacturer. Prior to competition would verification of the Disto on a certified track and showing the results to the Referee or Field Referee meet this requirement?

Yes, you may compare it to an available surveyed distance. Make certain that you have the exact surveyed measurement provided from the document provided on the surveyor's certified document. The facility manager should have a copy in their files.

Submitted by official, Liz Brunson

Hello,

Again this 2024 intercollegiate season, I am seeing two things in particular that continually seem to be a violation for uniforms.

1. A manufacturer's logo around the waistband of the "bike style" shorts a team is wearing for competition, not for warm up. i.e. Nike, Under Armour. around the waistband. I'm not asking the athlete to pull up their singlet, it is just showing when they stand erect and the singlet just barely comes over the waistband (i.e. no body skin is showing between the singlet and bottoms.)

When I noticed the violation I was not working as a clerk, I saw it in the finish chute at a small D1 hosted meet which included D1, 2, 3, NAIA and Jr. College NCAA athletes. AP since I am working the B1G championship this Friday at UI and then the NCAA national D1 meet at UW-M.

2. Arm sleeve worn by 1 individual on a team was not a solid color, but was predominantly grey with a pattern of diagonal black polka dots and some red at the top of the sleeve. (The problem is the word SOLID COLOR listed in the rule book under indoor and outdoor track and field, but not under cross country.)

Thanks for reaching out with your questions. Remember, the 2023-2024 NCAA rulebook is still in effect. The new 2025-2026 rulebook will be in effect on December 1st, the start of the 2025 NCAA indoor season.

Rule 22-3.3 applies. The waistband mentioned in your email is illegal. The violation shall be reported to the games committee. If worn in competition due to the inability to find substitute apparel, these bands shall not be visible at any time.

Rule 22-3.2(b) applies, the armbands must be the same color for all team members who wear them.

Submitted by coach Thomas Bambach

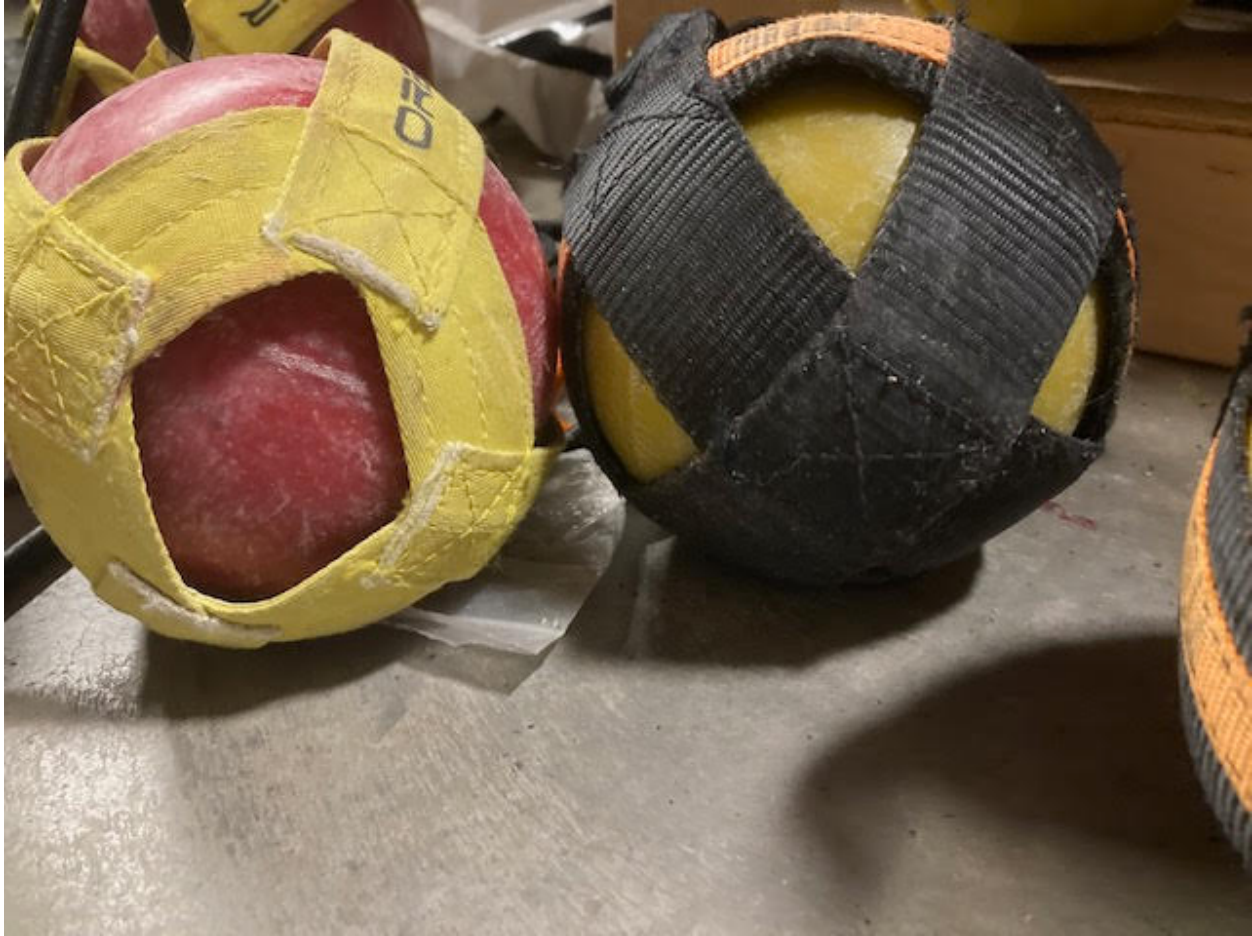
In the 25/26 rulebook on page 60 #3 it states "In non-scored competitions, meet management may allow for pacing by individuals legally entered into a race or by the use of pacing light technology"

Does this imply that in *any* scored competition that pacing lights are not allowed? I.E - We have a regular season invite that has a team score, then the use of pacing lights are illegal?

The rule clearly states, "in non-scored competitions." This means, in all scored competitions, timing lights are not allowed.

Submitted by official, Fred LaVack

Are both weights in the picture I sent you legal as far as the new rule about requiring harness straps are sewn underneath the head of the implement?



Rule 3-8.3 HARNESS states:

“The harness, if the implement includes a harness, shall be fabricated from a minimum of four structural straps sewn together to form a sling, with the four structural straps of webbing crossing underneath the head of the implement.

1) Netting shall not be used for this purpose.

2) The harness must not stretch or show evidence of elasticity or malformation before, during or after the competition.

By rule, the YELLOW Harness is not allowed.

December 2024 Clarifications and Interpretations

Submitted by manufacturer, Stephen Bartholomew

Do you have any thoughts on my concerns over the wording of the new weight rules?

ARTICLE 3. The harness, if the implement includes a harness, shall be fabricated from a minimum of four structural straps sewn together to form a sling, with the four structural straps of webbing crossing underneath the head of the implement.

Our competition harnesses technically have 2 structural pieces of webbing that connect to the loops that connect to the swivel. In the past it has always been understood that the "4 structural straps" really means 4 sides coming together to complete an enclosed harness. In reality these 4 sides are comprised of 2 actual pieces of webbing crossing underneath. It is not structurally necessary to have 4 pieces of webbing actually overlap each other underneath the ball, creating 8 vertical strap around the equator of the ball. The gill retrofit harnesses do not do this and neither does the MF Athletics harness. Our Dominator Standard harnesses and comp harnesses also do not have 4 actual pieces of webbing that cross either. The reason I'm bringing this up is that I think officials could misinterpret the wording and cause major disruptions to the upcoming season. Currently all major weight manufacturers are operations under the impression their designs are legal. I was just hoping to get clarification from someone to assure we are operating as we should be.

The intent of the rule was that the two straps crossed and fastened under the head of the ball would create four connection points to the harness. Thus the statement of the four structural straps.

Submitted by official, Mike Armstrong

I also want to confirm that the rules regarding lane violations - Rule 7.5.2(b) and Rule 15.5.2(b) - apply to relay teams. In other words, that a relay team is considered a competitor so a single step by two different relay team members would result in a disqualification.

A relay race is considered one event, and all team competitors are considered one unit. Therefore, the second step by any team competitor on or over the lane line on a bend is considered grounds for disqualification.

Submitted by official Kerry Dean

Our group has taken further steps to increase our proficiency by providing continuous training for total stations, VeriLynx, and most recently False Start Information. At this point, we are capable on all three fronts. As it relates to the False Start Information System, we have run the system on a live

USATF-sanctioned meet with no problems. Moving forward, we intend to continue to use the system as often as possible and have asked or will seek cooperation from our local host institutions and meet organizers. While we are confident that we have a great understanding of how to deal with potentially conflicting information (What we see vs System Indication), I am seeking guidance on what would be an acceptable process/procedure where we could use the False Start System for the sake of data collection.

I do have one meet where I believe that it will be most appropriate for us to use the system as intended which is the Wisconsin Windy City Invite in February. However, if there is an agreeable circumstance such that we can continue to use the system for data collection and also be able to confirm the use of the system as a requirement of a performance certification, let us know.

I would like to point out that the difference between "Data Collection" and as intended is only the silencing of the audible tone over the speakers indicating a false start. A false start tone will still be emitted in the headsets of the starter and recall starter who will take the appropriate action to recall the race and deliberate. The reaction times will also be recorded and displayed on the appropriate sensor, command center, and computer if connected. We also have the ability to print and display the reaction times as well as add to results.

Our use of the system for the sake of data collection is an attempt to acclimate the participating institutions that would otherwise not be exposed until they reach a championship-level meet. Our officials are capable, championship or not.

If I distilled your email correctly, meet management intends to utilize a False Start Detection System during competition for data collection only.

Rule 3-2.2 states, " Starting blocks may include a false start detection apparatus to assist the starter. Such an apparatus must be WA approved and configured to emit an acoustic signal to at least the start team when a reaction time less than one-tenth of a second is detected."

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

a. The starter's decisions shall be final.

b. A starting-area marshal shall be assigned to help keep the starting area clear and quiet.

c. The starter shall confer only with the officials assigned to the starting line (assistants to the starter and starting-area marshal) in cases in which there are questions concerning the start.

d. Practice starts in the immediate area of the starting line are not allowed in conjunction with the starter's commands

If I am correct, you are proposing that you utilize the False Start Detection System and only emit the tone to the recall starter's headset. (Rule 3-2.2)

If a tone is heard, the recall starter will fire their device to recall the race, even though no visual evidence causing a recall is reported by the others on the start team. (Rule 3-2.2)

The information is then evaluated by the start team, and the starter shall make their final decision. Rule 7-1.1(c)

By rule, a False Start Detection System may be used to assist the starter. (3-2.2)

The word "assist" in Rule 3-2.2 is critical to the next point.

During NCAA competitions, when a False Start Detection System is in use, it is not the defining element that determines a false start; it is a data point that "assists" the starter.

By rule 5-1.1, The starter has sole control over all aspects of the start.

Is your proposal allowed, yes, but it is not required.

Submitted by official Michael Hemsley

I am uncertain however how to read the latest change in Rules 7-5.2b and 15-5.2b relating to lane violations on the curve.

Do I read the new rule language to mean that for races run in lanes it is a violation if the runner while running along any curve in the race steps on or over the inside the lane line twice; i.e. the runner steps over the line with one foot while running the curve; then takes three more steps within his/her lane and then takes another step on the inside lane line while still on the curve. I assume this the intent as the rule has eliminated the two consecutive steps language that remains for races not in lanes.

Another, less reasonable read of the rule suggests that a runner could be in violation if he/she took one step over the line in the first curve and a second step over the line while runner the second curve. (not sure how umpires can track that). I assume that such is an incorrect reading of the rule.

Simply, an athlete who is running in lanes may not step on or over the lane line to the left more than once. The second violation anywhere on a curve throughout the entirety of the race will constitute a disqualification.

Submitted by coach Stephen Walsh

Question on the failure to compete. At the conference level that has been enforced, but at a small scored meet I don't think this has been enforced much in the past. How is the rule being looked at NCAA level for meets that are scored and don't follow. (Ex. If an athlete runs a trials but not a final, they then run an event later. Is that event not considered for NCAA qualification? Of if they sign up for multiple events and then don't show up for one of the earlier events.) Is this something that needs to be declared before the meet that it is been done or not?

The failure to participate rule is in effect for all scored competitions. In your first example, an athlete that run the preliminary and not the finals has disqualified themselves from the rest of the competition.

In the second example, over entering is allowed but final entries must be declared prior to the beginning of the competition.

So, it is not that a meet has to declare it, it is in effect for all scored meets. If an athlete competes after a failure to compete, is their mark not eligible for NCAA qualification?

Indoor Rule 6-2(b) states " For team scored competitions, a failure to participate by an athlete entered or declared in an event shall be barred from all remaining events in the current meet and performances prior to the failure to participate remain valid.

To answer your question specifically, the athlete is barred from competition. Any performance after the barring is illegal.

Illegal performances are not allowable for advancement.

Submitted by meet director, Chris Seaton

1. Please confirm the rules contained in Rule 15, Section 10, Article 2 apply to non-scored large meets like the Raleigh Relays.
2. Regarding R15-S10-A2 (page 165):
 - Does meet management have discretion related to the maximum field sizes of timed section finals? E.g. If the number of accepted entrants causes a section of the 5K to be at 25 or 26 instead of 24, is that acceptable or would an additional section need to be added (and a redistribution of entrants across all sections), creating a lengthier meet schedule?
 - Please confirm the 1500m maximum 12 competitors is correct as this is less than the indoor maximum of 16 for the 1500/mile (R7-S10-A2 - page 74).

The competitor caps are the maximum number of contestants, per each event, which follows the NCAA championship format. This may cause an extra heat but it was felt that larger field sizes are not in the best interest of the contestant achieving quality performances.

The numbers are correct. In this area, meet management does not have latitude in adding contestants beyond the maximum. The wording of the rule contains the word shall which is an absolute.

January 2025 Clarifications and Interpretations

For your convenience here is the W.A Shoe Check URL:

<https://certcheck.worldathletics.org/>

Point of Emphasis on page 8 of the 2025-2026 rulebook states:

Publish Entries and Performance Lists.

The rules committee is concerned about the transparency of need entries and performance lists and wants to emphasize that meet directors shall publish, as part of the competition online information, ranked list of entries disclosing all performances used to determine entry in each event.

Submitted by commissioner, Laura Nicolai

I have a question regarding the 2025 rules changes and what the difference between sections and heats in the formation of rounds for our meet. Our indoor conference championships operate as multiple preliminary rounds feeding into a single final. It is my understanding that as a championship, with points attached, we should operate under 7.10 as sections. Is that correct?

If you are running a preliminary and then a final use rule 7-9.

If you are running timed section finals then use rule 7-10.

Submitted by Flash Results, Kylie LeBlanc

It appears in the 2025/2026 rules removed "Alternating Lanes for Duals, Triangulars" Indoor - Rule 7 - Section 10 - Article 5. Does this mean we treat a triangular's running event the same way as any other meet with which ever advancement scheme is used?

Yes, set the competition up by the new rule. The scoring option will determine advancement. Score either by using Rule 5-5.1 (only two per institution score) or Rule 5-5.3 (all individuals may score).

Submitted by coach Shantelle Twiggs

I have a question about long jump boards. We were only shipped the WA long jump boards. We are waiting for the arrival of the NCAA boards but will not have them before the meet starts tomorrow. I have spoken to a few coaches, and they have indicated competing on the boards here in the US. Bad timing as we are a day away from competition, but wondering or shall I say, wanting to confirm we are good to use the

board in our competition and all marks will count for NCAA. They definitely will count on WA when uploaded. There is a difference, and I thought I would reach to confirm?

The boards that you are speaking of are legal for NCAA competition. Just remember that a foul jump in the long and triple jump is on the plant, not the roll.

Submitted by meet director Rodquius Cowan

As meet management can we go above the desired heat sizes in the indoor 3k and 5k? Rule book calls for max of 24 per section.

Thanks for reaching out. To answer your question, no, the rule states the word "shall" which is definitive. The committee felt these numbers create a fair competition where athletes can achieve quality performances.

Submitted by Assistant Commissioner, Mikajah Hayer

I am looking for some clarification on one of the new rules, I noticed there is new language regarding all relays except the 4x400, can I assume those rules have not changed regarding seeding and heat formation? Also, would there be any impact if a meet did not utilize these new rules?

The 4x400 meters was inadvertently left out of the current rulebook. Please use Rule 7-10.2(2) on page 74. A failure to comply with the rules of competition may result in the event or total contest being disqualified for NCAA championship advancement purposes at the minimum.

Submitted by official, Terri Bone

When you attended the USATF officials rules meeting (Richard Boyd's meeting) and described the corrections to the new rule book, I made a note that you indicated that the 190 mm limit in rule 3, Section 8, Article 2.2 was incorrect and should be 160. However, I don't see this item in the update you published and it hasn't been changed in the "live" pdf.

I know that the rule above it was changed to 160 and was correct in the rule book. Were the rules for both the all metal head and the filled head changed to 160, or just one of the two?

Here is the language from Rule 3. Handle –

1)The handle for the filled head weight shall have sides that do not exceed 160 mm or are not smaller than 100 mm inside measurement. A handle with no permanent connection point shall have all three sides of equal length.

2) The handle for the all-metal head weight shall have sides that do not exceed 190 mm or smaller than 100 mm inside measurement.

Harness - The harness, if the implement includes a harness, shall be fabricated from a minimum of four structural straps sewn together to form a sling, with the four structural straps of webbing crossing underneath the head of the implement.

1) Netting shall not be used for this purpose.

2) The harness must not stretch or show evidence of elasticity or malformation before, during or after the competition.

Submitted by Assistant AD, Scott Bushy

We have a lacrosse field inside our track. We install ball netting to protect our track athletes. We don't install the poles in the corners as I've been told for years that they're too close to the track. Picture attached with the corner pole sleeves circled. I'd like to install the poles to provide further protection for our track athletes but don't want to do so if they're too close to the inside lane. They're 29" away from the inside of lane one. I'm seeing the following in the construction rulebook: "Whenever possible, there should be an obstacle-free zone on the inside and on the outside of the track at least 1 meter wide." If you can please let me know if it's permissible for us to install the poles that would be greatly appreciated.



It is allowable because the language provides some leeway in interpretation, however I believe it is not advisable. There are safety concerns, an athlete stepping or stumbling off the track may run into a pole or get caught up in the netting. Also, wind becomes a factor where the netting may blow into or close to the lane. Last, generally exits the track to the left, not having room to leave the track may cause unnecessary contact with other runners. During a competition, I would remove the poles and netting and cover the pole sleeves as they may become a trip or slip hazard.

Submitted by official, Fred Kem

Below is a picture of a weight harness I encountered this weekend. Legality being my question. The rulebook does state at least four straps under the ball, but does not state if must be from manufacture or may be modified by individuals. I am sure the school did this to meet the new rules, yet save money for a new harness. I did allow since I could not prove illegal, looking for a clarification.



Can you provide any other view of this weight? The reason I ask is that it appears that the added bottom portion is a patch. By rule, the structural straps are not sewn together and do not form an X under the head of the weight. I would like another view because, from this picture, the implement looks to be illegal.

Submitted by official, Jeff Bauer

I have a question regarding the indoor shot put. In the slide presentation it says that synthetic implements shall be used. Then the next sentence, "Internal movement within the shot is not permitted," and it is crossed out, as if that sentence has been deleted. However, in the rule book, that sentence is highlighted in blue. Can you please clarify that for me?

This language was inadvertently added to the indoor section. Internal movement in an indoor synthetic shot is allowed.

Submitted by coach, Lyle Weese

I was wondering if you could provide some clarification or point me in the right direction for information about having a curb for our new indoor facility.

With is being a 300-meter facility, the oval records will not count toward NCAA indoor records, regardless. However, I just wanted to double check we be required to have a curb installed for the marks to count toward NCAA meet qualification for student-athletes. It is my understanding that all new or resurfaced tracks must have a curb installed. I just want to make sure this is the case. It is a multi-use facility so our preference would be to not have a curb. However, if the marks wouldn't count toward NCAA qualification, we would obviously go ahead with the curb design.

Thanks for reaching out to us, a curb is required.

Rule 2-1.6 on page 21 of the 2025-2026 NCAA Track and Field/Cross Country Rules Book states: " For world, American and, NCAA championship records, a regulation curb must be in place. For championship qualifying on a track surveyed for a curb, a regulation curb must be in place. For records and all championship qualifying on a track surveyed for no curb, the inside white line must be marked additionally with cones. As of December 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, Michael Smith

I am looking ahead to our annual star meet in February and wanted to get your interpretation on the forming of lanes in the 200, 400, 500. The rule I am referencing is Rule 7 section 9 article 3 Procedures for forming heats/lanes. Historically, we have run 1 heat in the 200, 400, 500. We have used lanes 1,2,3,4,5,6. There are 6 competitors in each event on the oval. Does rule 7 article 3 require us to eliminate lanes 1,2 or merely suggest that we should not use lanes 1,2? Should we form 2 heats and use lanes 4,5,6? For the 200,400,500? Rule 7 section 11 article 3 seems to suggest that we should run a 1 section final in all 6 lanes.....What is your guidance?

With the competition being contested as one race per event, utilize the Rule 7,10.2(2) formation of sections, use all six lanes/ (1-6).

Submitted by coach, Jared Berryman

I'm looking for some clarity regarding "Qualifying Rounds" for our Indoor meets which we host. The previous staff at UNM had done a Qualifying, Preliminary and Final for the 60m/60mH. The top 24 entries would automatically be slotted into the Preliminary round and the remaining would be placed into the Qualifying round. The remaining entries would then race, and the 8 fastest times would advance out of the qualifying round into the preliminary. Looking at the rule book, I just want to ensure that this is allowed or not. I see Rule 5, Section 2, Article 4 mentions a qualifying round, but the section only mentions field events. I just want to make sure I'm allowed to follow the same format the old staff used for one of our meets this year.

Use the 2025 NCAA track and field rule book. Go to page 71 rule 7 section 9 article 2 b. This allows you to run only two rounds of the 60 and 60 hurdles and advance the top 8 times to a final. The qualifying round is no longer necessary.

Submitted by official, Dan Pierce

We're trying to add a page of useful links to the 2025 USATF Rule Book. It will contain links to Rules, Records, Record applications and a link to WA Combined event scoring tables. Do you know of a link to NCAA Records that are kept by the NCAA?

The NCAA does not keep records other than the championship meet records. Collegiate bests have been kept by track and field news. I am not aware of a link that they have specifically for those records

Submitted by coach, Robert Wood

We wanted to confirm the update to the Automatic Advancement Rule (Article 7) in the 25-26 rule book. In previous years it listed the competitor would automatically advance if they made at least one attempt. In the update it highlights that each competitor must have a valid mark. We are assuming that means having one legally measured/recorded mark, meaning that someone who scratches all 3 preliminary marks cannot automatically advance anymore.

In the horizontal jumps and throws an athlete must have a legal measured and recorded performance in the preliminary round in order to advance to the final.

Submitted by coach, Michael Thomas

I have a few questions.

1. In the previous rule book, there was a table in Rule 7, Section 10 about the number of preliminary heats, semifinal heats, etc., based on the number of competitors. Is that rule the same for the upcoming year or is there a new table?
2. Can you clarify this from Rule 7, Section 10 of the new rule book? What does the highlighted section below look like? Does that mean you fill in each heat and then move on to the next heat, or you put one competitor in each heat and then serpentine back? If you have an example of a diagram, that would be great.

2) In the 200 Meters, 400 Meters, 500 Meters and 600 Meters, sections shall be formed by first seeding ranked competitors in groups of two left to right only, per the number of sections scheduled for the event (ranked competitors first and second assigned to the last section; ranked competitors third and fourth assigned to the next to last section; ranked competitors fifth and sixth assigned to the third to last section, and so on) with the highest-ranked performance marks from the ranked performance mark list throughout the section

Once all sections scheduled for the event have been assigned with a group of two ranked competitors, the remaining competitors shall be assigned to a section based on their ranked performance marks left to right only throughout the sections one by one to a maximum of six competitors per heat.

In the earlier rulebook, it appeared that the charts caused more confusion therefore, we decided to eliminate it.

Here's how to seed the indoor 200 through 600s in a chart.

<i>Pool 1.</i>	<i>Pool 2.</i>	<i>Pool 3.</i>	<i>Pool 4.</i>
<i>1</i>	<i>3</i>	<i>5</i>	<i>7</i>
<i>2</i>	<i>4</i>	<i>6</i>	<i>8</i>
<i>9</i>	<i>10</i>	<i>11</i>	<i>12</i>
<i>13</i>	<i>14</i>	<i>15</i>	<i>16</i>
<i>17</i>	<i>18</i>	<i>19</i>	<i>20</i>
<i>21</i>	<i>22</i>	<i>23</i>	<i>24</i>

Could you also clarify the number of competitors/teams and then the amount of heats? It was under Rule 7 Section 10 Article 2. b, in the old rule book. But I can't find any language similar to in the new rule book.

Please do not use or refer to the old rulebook. You just determine the number of heats and seed accordingly. You are running 2 rounds, a preliminary and a final. Advancing the top 8 times to a 2-heat final.

Submitted by Director of Operations, Matt Downs

Checking in the language change in the automatic advancement rule (5.2.7). Wording changed from “each competitor must actually attempt one trial in the preliminary rounds” to “each competitor must have a valid mark in the preliminary rounds.” Are all types of fouls considered valid marks?

In 2025, a legal mark is a measured and recorded effort. Previously in 2024, a valid attempt was a foul which is no longer allowed.

Submitted by official, Kathy McLymond

I have a question about the NCAA rule requiring a timestamp at the end of each round in a field event. Is it acceptable to write in the time on the scoresheet or is an actual stamp required? If necessary, I will buy a stamp machine. There are several inexpensive ones in amazon that look like they will work.

Adding an extra expense to the official is not necessary. Writing the time down at the conclusion of each flight is sufficient.

March 2025 Clarifications and Interpretations

******Publish Entries and Performance Lists******

The rules committee is concerned about the transparency of entries and requires that performance lists and wants to emphasize that meet directors shall publish, as part of the competition online information, a ranked list of entries disclosing all performances used to determine entry in each event.

******NCAA & World Athletics Shoe Compliance******

All shoes worn in NCAA competition must comply with World Athletics rules. The shoe control official will randomly select competitors after the event, and their shoes will be checked against the World Athletics Shoe Check website.

For your convenience, listed below is the World Athletics Shoe Check URL:

<https://certcheck.worldathletics.org/>

Note: All competition spiked shoes must meet the 20-millimeter stack height requirement, or the shoe will not be compliant and will be deemed illegal. In addition, racing flats must also be in compliance by being "Approved" on the W.A. website for Track Events.

Submitted by official, Greg Utecht

As I see it, the stepping on or over the lane line in a lane race or the curb/inside in a non-lane race one time in the race is not a violation and therefore does not need to be noted in the timing results. If it happens a second time on a curve in the same race, that would be noted and written in the comments with an L for lane violation, a DQ if that's what was decided, and the specific rule number cited. Indoor it's in rule 7, section 5.

All lane line violations must be recorded on the official results because the NCAA rule is different from USATF and World Athletics. The NCAA does not carry the violation from one round to another, while USATF and WA do. When submitting results to the other governing bodies, they need to see everything.

Submitted by official, Doug Starkey

Question regarding the time limit table in Rule 8, page 82. Note 2 states, "Applies within a height only; not for a consecutive attempt after the bar is reset to a new height". Note 2 seems to only apply to "Individual", not to Combined events, because there is not a similar Note 2 shown in the actual table for Combined.

Many of us have interpreted Note 2 to mean that jumps can be consecutive for Combined events from one height to the next height because there is not a Note 2 indicated in the actual table as there is for Individual.

So, can Combined athletes have time for consecutive jumps between heights?

Note 2 applies to the combined events just as it is applied in an open competition.

The reason is it will take extra time to reset the standard and measure the bar.

Submitted by officials, Susan Stambaugh

Does the "no measuring devices on the apron" 30 minutes prior to the start of the event apply to the multis?

No, sometimes they only have 30 minutes between events.

Regarding the "run in the opposite direction" rule....does this apply during the initial minutes when athletes are setting their marks (but not 30 minutes before start time)?

This rule is applied at all times, a caveat for this rule does not exist.

Is it ok to "step if off" in the opposite directions--just not "run"?

No, this would also be considered making an approach in the opposite direction.

If an athlete has to get their marks, and it is less than 30 minutes prior to the start, are they allowed to run in the opposite direction when they are called up for a warmup attempt in order to set a mark?

No, this would also be considered and warm-up approach in the opposite direction.

Also, what about when an athlete does a "run through" and does not jump into the pit, but continues to run past the pit and in the opposite direction?

Yes, this is a common occurrence during the controlled run through portion of the warm-up period.

Submitted by coach, Andy Gerard

A meet director asked, for the meet that we're attending reached out to me with a question regarding the 60m/60H. They have a large number of entries and actually want to run 3 rounds (prelim/semi/final). With the new rules, is that legal as long as they advance by place and time and not just by time AND they use serpentine seeding (as opposed to groupings) in the first round?

Yes, Apply Rule 7-9.2.a.1 on page 71

Meet Management shall use one of the following two methods to form heats in the first round of competition when the published meet schedule has two or more rounds of competition.

a. In track events where competitors qualify for a subsequent round of competition based on a combination of place and next best times.

1) The declared competitors shall be assigned to first round heats in the order their names are listed on the ranked performance mark list, working alternately from left to right and right to left.

Submitted by coach, Don Weber

I have heard through the track & field officials' grapevine that the NCAA would prefer (or requires) meet management now conduct the WA shoe check after the competition. Are post completion shoe documentation now the protocol?

World Athletics would prefer that the show check happen post event. This assures the shoe checked is the one worn.

Just be extra vigilant if you choose to check pre-event and watch the athletes come off the track, pulling anything that looks suspicious.

Submitted by official, Connie Brand

A group of officials were together this weekend when the question of pick lines in javelin warm up came up. Some remembered seeing that they are no longer allowed. But, we cannot find it in the rule book. Can you help?

USATF has eliminated pick lines however the NCAA has not ruled on it.

We have not received a change proposal to discuss.

At this time pick lines are an acceptable warm up procedure.