



MEMORANDUM

Updated November 25, 2025

2025-2026 NCAA Track and Field & Cross Country Rulebook Edits & Clarifications

**This document will be updated with edits and clarifications frequently.
Please check on a regular basis.**

Clarifications

Items are **Red** are the clarification

Implemented November 25, 2025
Pages 50 and 140

Rules 5-2.2 and 13-2.2 Failure to Report - clarifying edit
Field event competitors who first report to the event, or flight if checked in by flight, after the first competitive attempt has been made in the event/flight, shall not be allowed to compete in the event. **If there is no mention of the check-in procedure in the premeet information, then the rule defaults to the event reporting time.**

Implemented November 25, 2025
Pages 67 and 159

Rules 7-5.2 and 15-5.2 Running Violations - clarifying edit
Note 2: Relay teams are considered as one entity. Therefore, the second reported lane line or curb violation by any runner of the relay shall constitute a disqualification by the running referee.

Rules 7-5.3 and 15-5.3

Note 2: Relay teams are considered as one entity. Therefore, the second reported lane line or curb violation by any runner of the relay shall constitute a disqualification by the running referee.

Implemented November 25, 2025
Pages 55 and 145

Rules 5-7.2 and 13-7.2 Protests - clarifying edit

Protests relating to singular matters that develop during the conduct of the meet shall be made in writing at once and shall not be later than 15 minutes after the results have been deemed official and time stamped.

a. For the heat, section or final of a track event involving the protest.

1) Including track events within the Combined Events

b. For the round of a horizontal jumping event or throwing event involving the protest.

1) Including these events within the Combined Events.

c. For the competition of a vertical jumping event involving the protest.

1) Including vertical jumping events within the Combined Events.

NOTE: Items regarding the start of a race are not protestable. See Rule 7-1.1 and 15-1.1

Implemented November 25, 2025

Pages 69 and 161

Rule 7-7.5 Passing the Baton - clarifying edit

In all relays around the track, the baton must be passed between teammates within the defined 20-meter exchange zone.

For the 4x400 and longer relays, each exchange zone shall be 20 meters. The exchange zones shall start and finish at the edges of the zone nearest the start line on the direction of the run.

The baton must be passed, not thrown, by each runner to the succeeding runner. *It is only the position of the baton that is decisive during the exchange. If the receiver's body is beyond the exchange zone but the baton is within it, it is a legal pass.* The passing of the baton commences when the baton is first touched by the outgoing runner and is completed when the baton is solely in the possession of the outgoing runner. If, in a genuine attempt to pass the baton, it is dropped within the passing zone, either runner may retrieve it. A baton dropped outside the passing zone must be recovered by the person who dropped it. The runner recovering the baton may leave the assigned lane or track provided no other runner is impeded and the distance to be covered is not lessened. A member of a relay team may not run outside the passing zone for the purpose of taking the baton from a faltering or fallen teammate.

In all relay exchanges, runners shall start within their exchange zone. If a runner does not follow this rule, their team shall be disqualified.

Rule 15-8.5

In all relays around the track, the baton must be passed between teammates within the defined exchange zone. In the 4x100 and 4x200 Relays, each exchange zone shall be 30 meters. For the Sprint Medley Relay (200, 200, 400, 800), the first two exchange zones shall be 30 meters, and the third exchange zone shall be 20 meters.

For the 4x400 and longer relays, each exchange zone shall be 20 meters. The exchange zones shall start and finish at the edges of the zone nearest the start line on the direction of the run.

The baton must be passed, not thrown, by each runner to the succeeding runner. **It is only the position of the baton that is decisive during the exchange. If the receiver's body is beyond the exchange zone but the baton is within it, it is a legal pass.** The passing of the baton commences when the baton is first touched by the outgoing runner and is completed when the baton is solely in the possession of the outgoing runner. If, in a genuine attempt to pass the baton, it is dropped within the passing zone, either runner may retrieve it. A baton dropped outside the passing zone must be recovered by the person who dropped it. The runner recovering the baton may leave the assigned lane or track provided no other runner is impeded and the distance to be covered is not lessened. A member of a relay team may not run outside the passing zone for the purpose of taking the baton from a faltering or fallen teammate.

In all relay exchanges, runners shall start within their exchange zone. If a runner does not follow this rule, their team shall be disqualified.

Qualifying Competition
Implemented February 18, 2025
Pages 50 & 140

Strike Rules 5-2.4 indoors and 13-2.4 Qualifying Competition.
Former Rule 5-2.5 Preliminary Competition and Advancement
Now Rule 5-2.4 Preliminary Competition and Advancement

Former Rule 5-2.6 Combined Event Competition
Now Rule 5-2.6 Combined Event Competition

Former Rule 5-2.7 Automatic Advancement
Now Rule 5-2.6 Automatic Advancement

Former Rule 5-2.8 Completion of Preliminaries
Now Rule 5-2.7 Completion of Preliminaries

Former Rule 13-2.5 Preliminary Competition and Advancement
Now Rule 13-2.4 Preliminary Competition and Advancement

Former Rule 13-2.6 Combined Event Competition
Now Rule 13-2.6 Combined Event Competition

Former Rule 13-2.7 Automatic Advancement

Now Rule 13-2.6 Automatic Advancement

Former Rule 13-2.8 Completion of Preliminaries

Now Rule 13-2.7 Completion of Preliminaries

Shoes

Implemented February 18, 2025

Pages 62-63 & 153-154

To be in World Athletics Shoe Compliance

Rule 6-4.5 & Rule 14-4.5 Shoes - To be in full compliance with World Athletics requirements. In the last sentence of the first paragraph, delete "be reasonably available and."

Rule 6-4.5 & Rule 14-4.5 Shoes - To be in full compliance with World Athletics requirements. Strike the second paragraph and add, "Customizations are only permissible in accordance with Regulation 7 of the Athletic Shoe Regulations for medical/safety reasons and need WA approval."

Rule 6-4.5 Shoes - To be in full compliance with World Athletics requirements. In the fourth paragraph, first sentence, delete after the comma which reads, "except in the High Jump, in which it must not exceed 12 millimeters."

Rule 6-4.5 & Rule 14-4.5 Shoes - To be in full compliance with World Athletics requirements strike mentions of 25mm and replace with 20mm (triple jump and 800m)

Shoes

Implemented February 18, 2025

Page 209

Rule 22-3.5 Shoes - To be in full compliance with World Athletics requirements. Strike in the fourth paragraph 25mm and add **20mm**.

Starting Blocks

Implemented February 18, 2025

Pages 64 & 155

Rule 7-1.3(b) Starting Blocks - To add consistency to other rules strike both mentions of 600 meters and the following.

“Starting blocks may be used only in individual races ~~600~~ 500 meters or less and in relays in which the first leg is ~~600~~ 400 meters or less.”

Formation of Sections
Implemented February 18, 2025
Page 74

Rule 7-10.2.(b) Formation of Sections - Add for clarity to the following
“In the 4 x 400 meter relay and all other track events, sections shall be formed by seeding competitors with the highest-ranked performance marks from the ranked performance mark list first, in the same section.”

Indicator Line
Implemented November 26, 2024
Pages 34 and 121

Disregard Rule 3-6.6(b) and 11-7.6(b) “A similar line up to 5cm wide shall appear on the surface of the landing area and be prolonged as far as the outside edge of the uprights.” This statement is no longer applicable.

Shot Put - Indoor
Implemented November 26, 2024
Page 34

Error in Rule 3-7.1 Synthetic covered implements shall be used. Internal movement within the shot is not permitted.

The second sentence shall read, “Internal movement within the shot is permitted.”

Weight Throw Harness - Clarification
Page 35
Implemented November 26, 2024

There seems to be some confusion with the language in Rule 3-8.3 “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.

The black harness demonstrates the intent of the language, "with four structural straps of webbing crossing underneath the head of the implement. "

It is allowed to have two long straps that are sewn to form an X under the head of the implement, creating four points to the connection.



Automatic Advancement
Correction Rule 5-2.7 page 51
Implemented November 26, 2024

Replace 'games committee' with 'meet management'.

Rule citing corrections
Review of Challenges and Protests
Implemented November 26, 2024

Page 55, 5-7.3.e should cite 6-4.1 (not 6-1.4).

Page 145, 13-7.3.e should cite 14-4.1 (not 6-1.4).

Running Violations - Not in Lanes
Correction of Rules 7-5.3.g page 68 and 15-5.3.g page 160
Implemented November 26, 2024

Steps on or over the curb with ~~two consecutive steps of either both feet or a single foot.~~ **more than one step anywhere on any curve for the entirety of the race.**

Field Events - Time Limit
CORRECTION of Rules 8-1.2.d, page 81 and 16-1.2.d, page 171
Implemented November 26, 2024

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 (2) 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.

The Time in Minutes for Initiating Attempts in Field Events chart is accurate.

Forming Heats, Sections, Lane Assignments & Advancement
Pages 162-169
Implemented November 26, 2024

Former Rule 15 Section; 9 Article 1 - Procedures for Forming Heats:
Now Rule 15; Section 10; Article 1 - Procedures for Forming Heats.

Former Rule 15 Section 9 Article2 - Procedures for Forming First Round
Now Rule 15; Section 10; Article 2 - Procedures for Forming First Round Heats.

Former Rule 15; Section 9; Article 3 - Procedures for Forming Subsequent Heats or Finals:
Now Rule 15; Section 10; Article 3 - Procedures for Forming Subsequent Heats or Finals;

Former Rule 15; Section 9; Article 4 - Canceling Heats:
Now Rule 15; Section 10; Article 4 - Canceling Heats;

Former Rule 15; Section 9; Article 5 - Redrawing Heats
Now Rule 15; Section 10; Article 5 - Redrawing Heats;

Former Rule 15; Section 10 - Formation of Sections
Now Rule 15; Section 11 - Formation of Sections.

Former Rule 15; Section 11 - Assignment of Lanes & Starting Position
Now Rule 15; Section 12 - Assignment of Lanes & Starting Positions.

Former Rule 15; Section 12 - Qualifying
Now Rule 15; Section 13 - Qualifying.

Former Rule 15; Section 13 - Timing
Now Rule 15; Section 14 - Timing.

Cross Country - Team Box Assignments
Implemented November 26, 2024
Pages 200 and 204

Error, there are conflicting rules for team and individual box assignments.

Incorrect: DO NOT USE Rules 21-1.2 and 21-1.3

The CORRECT Rules are Rules 21-6.4 and 21-6.5

MK:jf