



2026-27 and 2027-28 Division I Men’s and Women’s Track and Field and Cross Country Rules Changes

The following rules changes were approved by the NCAA Division I Men’s and Women’s Track and Field and Cross Country Rules Subcommittee.

All rules changes are effective December 1, 2026 for the 2027 and 2028 seasons.

Rule	Rules Change and Rationale
3-9 and 11-12 Calibration of Measuring Devices	Removing the following language from the rules book: <u>Effective December 1, 2026:</u> <u>a. It is required that all timing equipment be recalibrated every four years.</u> <u>b. It is required that all equipment used for implement inspection and weighing be recalibrated every year.</u> <u>c. It is required that all equipment used for distance measurements be recalibrated every year</u> <u>An appropriate testing agency must recalibrate for accuracy in accordance with methods specified by the manufacturer before the first competition each year and preferably before each major competition to comply with Rules 8-1.7 and 8-1.10.</u> Rationale: Implementation is not feasible for December 1, 2026. More research and rule development need to be done.
4-1.3, 12-1.3, and 20-2 Selection of Officials	Restricting current collegiate coaches and currently enrolled track and field or cross country student-athletes of any competing institution from officiating in their meets. They may serve in other capacities. Rationale: To avoid potential conflict of interest issues in officiating the meet.
7-1.2 and 15-1.2 Start	Including language relating to the starting gun as follows: ARTICLE 2. All races shall be started as the result of the starter activating a signal. a. The signal shall be the report of a pistol that can be cocked, or an electronic tone that is clear, crisp, distinct and at least 110dB at 5 meters. b. The pistol shall not be less than .22-caliber, and a simultaneous flash/smoke generated by the pistol shall be clearly visible. c. When an electronic tone is used, the starting system (electronic gun and speakers) shall be of suitable loudness (greater than 110dB at 5 meters) and shall simultaneously activate a flash/strobe that is clearly visible.

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	d. A misfire shall not be a start. e. A visual signal shall be incorporated for the hearing impaired. <i>Note: Because of the directionality of speaker systems, it is recommended that a minimum of two speakers be used with an electronic gun. The minimum dB requirement does not apply to the small horn speakers on the backs of individual starting blocks.</i> Rationale: To create accurate decibel standards. Current starting device usage is acceptable.
7-7.4 and 15-8.4 Positions for Receiving the Baton	To allow officials to determine lineup position at the 100-meter mark before the pass. Currently this is determined at the beginning of the straight. Rationale: To allow officials more time to line up runners and for the incoming runner to identify their teammate in the lineup.
7-10.2.b.3 Formation of Sections	Allowing meet administration to determine maximum number of competitors in the 3000 Meters and 5000 Meters before the competition. The Combined Events 800 Meters and 1000 Meters are exempt from maximum number limitations. Rationale: To adopt the waiver that was in existence during the last rules cycle.
7-11.4 Assignments of Lanes and Starting Positions	To revise Assignments of Lanes and Starting Positions to include: The following procedures shall be used in drawing/assigning lanes in events in which no preliminary round is contested, lanes, alleys or starting positions shall be assigned as follows: For track events that start in lanes: a) In the 60 Meters and 60 Hurdles the top four fastest seeded competitors in each heat or section shall be drawn by lot to one of the designated top four preferred lanes. The remaining seeded competitors in each heat or section shall be drawn by lot to the remaining lanes. b) In the 200 Meters, the top two fastest seeded competitors in each heat or section shall be drawn by lot to one of the designated top two preferred lanes. The next two fastest seeded competitors in

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	the heat or section shall be drawn by lot to one of the next designated two preferred lanes. The remaining seeded competitors in each heat or section shall be drawn by lot to the remaining lanes. c) In the 400 Meters and 4x400 Relay, the top two fastest seeded competitors in each heat or section shall be drawn by lot to one of the designated top two preferred lanes. The next two fastest seeded competitors in the heat or section shall be drawn by lot to one of the next designated two preferred lanes. The remaining seeded competitors in each heat or section shall be drawn by lot to the remaining lanes. d) In the 800 Meters and 4x800 Relay, the top three fastest seeded competitors in each heat or section shall be drawn by lot to one of the designated top three preferred lanes. The next three fastest seeded competitors in the heat or section shall be drawn by lot to one of the next designated three preferred lanes. The remaining seeded competitors in each heat or section shall be drawn by lot to the remaining lanes. 1. For track events that do not start in lanes: a) In events 800 Meters and less, the top three fastest seeded competitors in each heat or section shall be drawn by lot to one of the designated top three preferred starting positions on the waterfall start or within the preferred alley. The remaining seeded competitors in each heat or section shall be drawn by lot to the remaining alleys and/or starting positions. b) In events above 800 Meters, alleys and/or starting positions shall be drawn by lot. Rationale: To clarify indoor lane assignments and starting positions.
8-1.6 and 16-1.6 Warm-up	To revise the warm-up information for field events as follows:

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	All preliminary warm-ups for the horizontal jumps and throwing events shall be no more than 30 minutes per flight or until all athletes in the flight are ready to compete prior to the allotted time expiring. All final warm-ups for the horizontal jumps and throwing events shall be no more than 15 minutes or until all athletes in the final are ready to compete prior to the allotted time expiring. All warm-ups in the jumping events shall be run in the direction the event will be contested. All warm-ups in the discus and hammer events shall be taken from inside the caged ring. In the javelin, pick lines as part of the warm-up is allowed. In the high jump, all competitors shall have their measured marks in place a minimum of 30 minutes prior to the start of competition. From a time period of 30 minutes prior to the start of the event, until the start of the event, no tape measures or measuring devices shall be allowed on the high jump apron for a competitor to measure or establish a mark. Rationale: To standardize and provide meet management with a formula for establishing the length of warm-up periods based on the number of competitors in a flight.
15-11.2 Assignments of Lanes and Starting Positions	To revise Assignments of Lanes and Starting Positions to include: Rule 15-11.2(2)(a) In the 1500 Meters, Mile, 4x800 Relay, Distance Medley Relay and the 800 Meters when not started in lanes, a maximum of 16 competitors or relay teams shall be assigned to a section. Rule 15-11.2(b) In the 3000 Steeplechase the maximum of 24 competitors shall be assigned to a section.

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	Rule 15-11.2(2)(c) In the 3000 Meters and 5000 Meters the maximum number of competitors shall be determined by meet administration before the competition. Rule 15-11.2(2)(d) "In the 10,000 Meters, the maximum number of competitors shall be determined by meet administration before the competition. The Combined Events 800 Meters and 1500 Meters are exempt from maximum number limitations. Rationale: To adopt the waiver that was in existence during the last rules cycle.
15-11.2 Assignments of Lanes and Starting Positions	In the 3000 Meters and 5000 Meters, a maximum number of competitors shall be determined by meet administration before the competition. The Combined Events 800 Meters and 1000 Meters are exempt from maximum number limitations. Rationale: To adopt the waiver that was in existence during the last rules cycle.