



CROSS COUNTRY TRACK & FIELD 2011 AND 2012 RULES



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**2011/2012
NCAA MEN'S AND
WOMEN'S TRACK
AND FIELD AND
CROSS COUNTRY
RULES**

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Note: The case book, altitude adjustments, combined event tables and qualifying standards have been removed from the rules book and are now available online at www.NCAA.org.

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Summary of Rules Changes

Each changed or altered segment is identified in the rules by a shaded background.

Rule-Section.Article

1-1.2	Radius of lane limited
1-1.5	Curb required for championship qualifying
1-1.7	Finish line intersection markings clarified
1-5.3	Runway markings shown in imperial
1-7.5	Material for insert clarified
1-9.1	Acceptable dimensions for discus and hammer cage
3-2c, 3-2q, 3-2r	Additional duties of games committee
3-4.2b	Duty of referee clarified
3-7.1e	Duty of starter clarified
4-2.1	Responsibility of competitor clarified
4-3.2 Note	Acceptability of uniform clarified
4-3.4a, 4-3.4b	Use of competitor's numbers clarified
4-3.6a	Cross country protests time limit defined
4-3.9	Competition area may include warm-up area
4-3.10	Competition area clarified
4-4.5	Definition of event added
5-1.5	Use of starting block for 500/600 meters clarified
5-1.7	Staggered waterfall and in-lane alley starts clarified
5-2 Note	Intentional false start considered misconduct
5-5.2c	Disqualification for running violation clarified
5-5.4a	Illegal assistance clarified
5-6d	Impeding another hurdler deleted, occurs elsewhere
5-8.2	Relay replacements clarified and limited
5-8.5	Clarifies when passing of the baton begins and ends
5-10	Reorganized and modified all articles
5-11	Reorganized and modified all articles
5-12.1	Methods of timing defined
5-12.2	Recording time clarified
5-12.3	Minimum equipment requirements clarified
5-12.4	Conversions to FAT for seeding clarified

6-1.1	A pass in a field event is not a trial
6-1.4	Time limit for high jump and pole vault clarified
6-1.6a	Flight reassignment to accommodate absence not allowed
6-1.9b	Use of foot pattern clarified
6-1.10	References to the use of gloves added
6-1.11	Warm-up restrictions clarified
6-1.13a	Vaulting pole and jumping shoe deleted as implement
6-1.18	Wind considerations clarified
6-2.2	Qualifying competition tie breaking clarified
6-4.3	Five-alive order of competition clarified
6-5.2, 6-6.1	Starting height and increments clarified
6-5.4b, 6-6.3c	Accidental displacement clarified
6-6.2a, 6-6.2c	Displacement of pole vault bar clarified
6-8.1, 6-9.1	Interrupted attempts allowed
6-8.2, 6-9.2, 6-10.2	Use of gloves not acceptable
6-10.1	Metal head of javelin defined; body position during delivery clarified
6-10.3	Judge inside sector not allowed to rule on landing
8-2.1	Course length defined
8-2.2	Course layout restructured and modified
8-2.2g	Sharp turns shall be clearly marked
8-2.3	Course markings defined
8-3a	Starting arc defined
8-3b	Starting line space for four starters
8-4.4, 8-4.5	Finish area diagrams deleted
8-5	Duties of officials restructured and modified
8-6	Scoring restructured and modified
8-8a	Disqualification for gaining meaningful advantage
9-2.2	Applicable rules for combined-event clarified
9-2.2i	Increments for high jump and pole vault clarified
9-2.4	Flights for field-event competitors modified
9-2.5c	Use of alleys deleted, occurs elsewhere
10-2.3	Finish line intersection markings clarified
10-4.2	Race conduct modified
10-4.4	Waterfall start may be staggered
10-5	Exception for extraordinary circumstances
10-5.1b	Time-only advancement procedure clarified

Rules Organization

The rules have been designated as either administrative rules or conduct rules. Typically, administrative rules are those dealing with preparation for the competition. The conduct rules are those that deal directly with competition.

The administrative rules are listed below. All other rules are conduct rules.

Rule 1/Construction of Facilities – All Sections

Rule 2/Equipment – All Sections

Rule 3/Meet Personnel – All Sections

Rule 4/The Meet – All Sections

Rule 5/Track Events

Section 1, Article 3 – Starting Blocks

Section 8, Article 2 – Relay Substitution

Section 8, Article 3 – Common Relay Events

Section 10 – Running Event Procedure and Qualifying

Section 11 – Formation of Heats/Assignment of Lanes

Section 12 – Timing

Rule 6/Field Events

Section 3 – Competition Procedures

Section 4 – Alternate Procedures

Rule 7/Scoring, Records

Section 2, Articles 2, 3, 4, 5, 6, 7 – Records

Rule 8/Cross Country

Section 1 – General Statement

Section 2 – The Course

Section 3 – The Start

Section 4 – The Finish

Section 5 – Officials and their Duties

Rule 9/Combined Events

Section 1 – Order of Events

Section 2, Articles 1, 3, 4, 5, 6, 7 – Officials and Administration

Section 3 – Time Schedule

Rule 10/Indoor Track and Field

Section 1 – General Statement

Section 2 – The Indoor Facility

Section 3 – Order of Events

Section 5 – Regulations for Meets

Points of Emphasis

Facility Specification Compliance. The design and construction of a running facility includes an element to ensure compliance with the requirements specified in the rules regarding the measured distance of the running facility. This element is normally a curbing on the inner edge of the track. A rules change strengthens the importance of this requirement. When designed to be measured based on an existing curb, the track must have the curb in place in order for any performance on the track to be eligible for records and/or championship qualifying. A small section of the curb may be temporarily replaced by cones in order to accommodate events where the curb is an obstruction. Facilities not designed for measurement based on an existing curb, are required to have an infield boundary established with the use of cones. See Rules 1-1.2 and 1-1.5.

Relay Alternate/Substitution Policy. Authority to create the policy and procedure to use alternates and/or substitutes on relay teams is given to the games committee. An amendment to this authority for a specific team that has qualified limits the total combined number of alternates and/or substitutes allowed in the policy to two. This restriction only applies to a relay team that has qualified to compete with four named competitors in order to maintain the integrity of the qualifying team. A maximum of two of the four named qualifiers can be replaced. See Rule 5-8.2.

Fully Automatic Timing. The definition of FAT is clarified and enhanced to eliminate the perception that the only required factor is an automatic method of starting and stopping the timing device. The full list of requirements for FAT is now listed. Of significant importance is that FAT must be able to capture and produce images that allow determination of a finisher's position to an accuracy of not less than 1/100th of a second. In addition, the recording of a performance using two decimal places (1/100th) is restricted to signify that the measuring system complies with all provisions of FAT. Two methods of timing that are not compliant with the provisions for FAT are now defined. Provisions for recording these performances, using them for qualifying purposes and converting them for use with FAT performances are contained in the revised rule. See all articles within Rule 5-12.

Cross Country Rule Reorganization. Rule 8, which governs competition rules for cross country, has been reorganized to reflect current practices within the sport, specifically with regard to course layout, officiating and timing. Additional modifications have been made to Rule 3 (officials), and to Rule 4 (meet conduct) to incorporate specific references to cross country.

Part I:

THE RULES

Position Statement

NCAA member institutions are required to conduct their contests according to these rules. Violations are subject to NCAA enforcement procedures. The rules are intended to provide direction and be as concise as possible. They are not meant to be comprehensive or cover all situations. Rules may not be altered, unless flexibility is indicated in a rule. The NCAA Men's and Women's Track and Field Committee, which is responsible for these rules, recognizes that the rules are neither perfect nor complete.

Decisions made by applying these rules and those situations not covered by these rules must be reached consistent with the spirit of fair play and safety, specifically:

Officials—Knowing rules and being just, objective and courteous, while firm in enforcing rules. Acts of dishonesty, unsporting conduct or unprofessional behavior are unacceptable in the sport of track and field and subject to reprimand and/or removal by the referee or meet management.

Spectators—Acting in a sporting manner at all times. A spectator who acts in an unsporting manner may be removed from the premises. The referee or meet management shall be responsible for any removal.

Coaches and Institutional Representatives—Doing the utmost within the rules to help athletes perform their best, placing honor and team welfare above victory. Acts of dishonesty, unsporting conduct or unprofessional behavior are unacceptable in the sport of track and field and subject to reprimand and/or removal by the referee or meet management.

Athletes—Asking no unfair advantage, resorting to no questionable practices and doing nothing small or mean to gain an end. Athletes should be sportsmen in the finest sense, always honoring teammates and opponents with their best effort, accepting victory with pride and humility, while accepting defeat with goodwill. Acts of dishonesty, unsporting conduct or unprofessional behavior are unacceptable and subject to warning, disqualification and/or removal by the referee or meet management.

NCAA Tobacco Policy

In accordance with NCAA Bylaws, the use of tobacco by student-athletes or meet personnel (i.e., coaches, trainers, managers and officials) is prohibited during practice and competition.

Any student-athlete or personnel member who uses tobacco during practice or competition shall be disqualified for that practice or competition.

During regular-season competition, it is the responsibility of each institution to enforce the rule for its own student-athletes and meet personnel. During championships competition, the games committee shall enforce the rule.

Call for Rules-Change Proposals

In an effort to be inclusive in the rules process, the NCAA men's and women's track and field rules subcommittee invites all NCAA head coaches or other interested parties to submit rules proposals for discussion at the subcommittee's annual meeting in June. The subcommittee is interested in your ideas and concerns relative to these rules – those you think need to be changed, reinterpreted, added, deleted, etc.

Authors of rules proposals are required to secure signatures of support from head coaches at two different NCAA institutions. Any proposal failing to meet this requirement will not be considered by the subcommittee.

Submit your rules proposal via mail or fax with the exact language you would like to see in the rules book. Please include your name, institution, mailing address, phone number and e-mail address, if applicable. The final rules-change proposals are at the discretion of the subcommittee.

All completed proposals are due at the NCAA national office, to the attention of Playing Rules Administration (P.O. Box 6222, Indianapolis, Indiana 46206-6222 or fax to 317/917-6800) by May 1. If you have any questions about the proposal process, please call (317/917-6141). The subcommittee looks forward to reviewing your proposals and will make every attempt to contact you after the June meeting about the status of your proposal.

[Editor's Note: Reference is made in the following rules to certain publications of the International Association of Athletics Federations (IAAF). Information on IAAF publications may be obtained by accessing its Web site at www.iaaf.org.]

RULE 1

Construction of Facilities

The facilities specifications listed in this rule represent the minimums necessary to host intercollegiate track and field. Technical information on construction, layout and marking is contained in the American Sports Builders Association Construction and Maintenance Manual and the International Association of Athletics Federations' (IAAF) Track and Field Facilities Manual. The tolerances listed in those manuals are acceptable.

Track calculations and measurements, to verify compliance with NCAA rules, must be metric. Imperial distances, used within these rules for convenience, are conversions from, approximations of and less accurate than the stated metric values.

Note: Figures are not drawn to scale.

SECTION 1. The Track

The Area

ARTICLE 1. With respect to grade or slope:

- a. The maximum lateral inclination permitted for the track across the full width of the track, preferably toward the inside lane, and across all runways, shall not exceed 1:100, one percent (1%).
- b. The maximum overall downward inclination permitted in the running direction for the track, the running direction for all runways and the throwing direction for all landing sectors, measured over the full length of any straight track distance, the last 20 meters of the javelin runway, the last 40 meters of other runways and the full length of landing sectors shall not exceed 1:1,000, one-tenth of one percent (0.1%).
- c. In the high jump, the maximum inclination of the last 15 meters of the approach and takeoff area shall not exceed 1:250, four-tenths of one percent (0.4%), in the running direction toward the center of the crossbar.
- d. The surface of a throwing circle shall be level.

ARTICLE 2. The standard outdoor running track shall be 400 meters in length and not less than 6.40 meters in width. It shall normally consist of two parallel straights and two semicircular curves of equal design. Lanes shall be marked on both sides by white lines 5 centimeters wide. The lanes shall be numbered with lane one on the left when facing the finish line. No lane around a curve with a radius in excess of 50 meters shall be eligible for a record or championship qualifying.

Whenever possible, it is recommended that there be an obstacle-free zone on the inside and on the outside of the track at least 1 meter in width.

The track may be bordered on the inside by a curb of suitable material approximately 5 centimeters in height and a minimum of 5 centimeters in width. The edges of the curb shall be rounded. See Figure 1. See Rule 1-1.5 for required curbing.

If a section of the curb must be temporarily removed for any reason, its place shall be marked by a white line 5 centimeters in width and by cones at least 15 centimeters in height. The cones shall be placed on the track so that the outward face of the cone coincides with the edge of the white line closest to the track. The cones shall be placed at distances not exceeding 4 meters.

Note: For larger meets, nine lanes of 1.067 meters each are desirable.

Track Surveying

ARTICLE 3. Tracks shall be surveyed and all measurements certified after initial construction and after resurfacing. This certification shall be maintained and made available upon request.

A surveyor's written certification shall list the exact measurements for the following:

- a. Levels of the track, runways, approaches and landing surfaces;
- b. Permanent track measurements;
- c. Start and finish lines;
- d. Track lanes;
- e. Baton-passing zones;
- f. Steeplechase water-jump pit;
- g. Hurdle placements; and
- h. Throwing surfaces — the shot put, hammer and discus circles, and the javelin runway — and all sectors.

Track Markings

ARTICLE 4. It is recommended that the following international color code be used when marking an indoor or outdoor track:

- a. Starting line (white) — 55/60 meters, 55-/60-meter hurdles, 100 meters, 100-/110-meter hurdles, 200 meters, 300 meters, 400 meters, 1,500 meters, mile, 3,000 meters, steeplechase, 5,000 meters, 10,000 meters;
- b. Starting line (white with green insert) — 800 meters, one-turn stagger;
- c. Starting line (white with red insert) — 800-meter relay, four-turn stagger;
- d. Starting line (white with blue insert) — 1,600-meter relay, three-turn stagger;
- e. Multiple waterfall starting lines (white);
- f. Finish line (white) — all;
- g. Relay exchange zones — 400-meter relay (yellow), 800-meter relay (red), 1,600-meter relay (blue);
- h. Hurdle locations — 100 (yellow), 110 (blue), 400 (green), steeplechase (black); and
- i. Break line (green).

Measuring Distances

ARTICLE 5. The distance to be run in any race shall be measured from start to finish between two theoretical hairlines. Lane one, and all distances not run in lanes, shall be measured 30 centimeters outward from the inner edge of the track if designed for and surveyed based on the existence of a regulation curb. If not so designed, lane one shall be measured 20 centimeters from the left-hand lane line. For world, American and NCAA meet records, and championships qualifying, a regulation curb must be in place. For championship qualifying, a regulation curb, on tracks designed for a curb, or cones for all others, must be in place. Cones may be used to replace a curb temporarily when the curb interferes with other events, but not as a substitute for a curb. In races run on straightaway courses, the distance shall be measured in a straight line from the starting line to the finish line.

For all races in lanes around one or more curves, the distance to be run in each lane, except lane one, shall be measured 20 centimeters from the outer edge of the lane line that is on the runner's left. Lane one is to be measured as stated above.

Note: The measurement of lane staggers should be determined by a competent surveyor since they are not the same for races run entirely in lanes and races that use a break line. Additional variation occurs as the actual length of the straightaway varies. Tables for in-lane race staggers and break line race staggers with varying straightaways are available on the NCAA Web site.

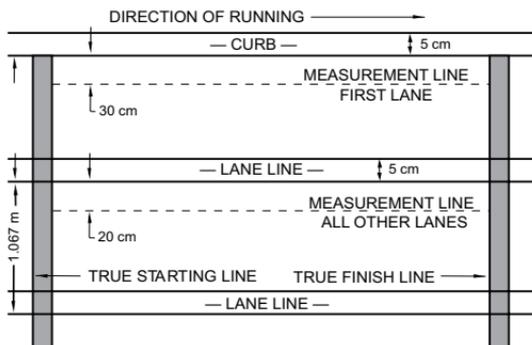


Figure 1—Track Measurements

Visible Starting Line

ARTICLE 6. A visible starting line, 5 centimeters wide, shall be marked on the track just within the measured distance so that its near edge is identical with the exactly measured and true starting line. See Figure 1.

The visible starting line for all races not run in lanes (including the 800 meters, when alleys are used) shall be curved so that all competitors run the same distance going into the curve. See Figure 2.

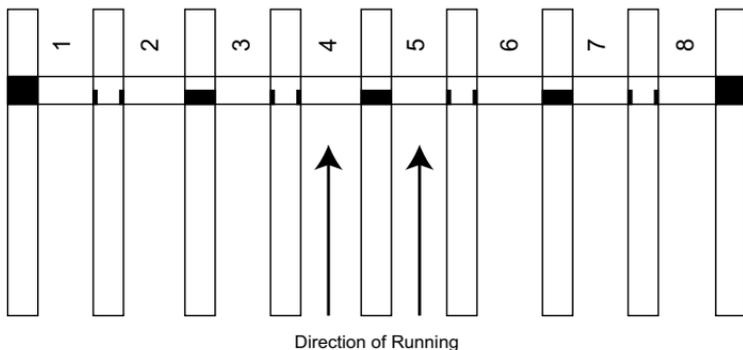
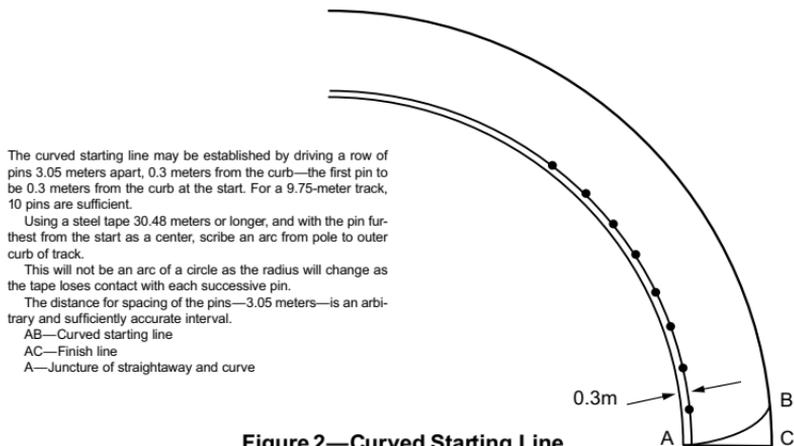
Visible Finish Line

ARTICLE 7. A visible finish line, 5 centimeters wide, shall be marked on the track just outside the measured distance so that its edge nearer the start is identical with the exactly measured and true finish line. See Figure 1.

Lane numbers of reasonable size shall be placed at least 15 centimeters from the common finish line.

A section of the intersection of each lane line and the finish line shall be painted black in a pattern to assist photo-finish lane identification and camera alignment. Figure 3 is an example.

Note: A common finish line is recommended for all races. Lines in the finish area should be kept to a minimum. If additional lines are necessary, they should be of a less conspicuous color than the finish line, so as not to cause confusion.



Except where their use may interfere with fully automatic timing devices, two white posts may denote the finish line and be placed at least

30 centimeters from the edge of the track. The finish posts shall be of rigid construction, approximately 1.4 meters high and 5 to 8 centimeters in diameter.

Running Lanes

- ARTICLE 8. a. In all races up to and including 400 meters, each contestant shall have a separate lane to be marked by white lines of paint or suitable substance 5 centimeters in width. Lanes shall have the same width, with a recommended minimum of 1.067 (± 0.01) meters (42 inches) and a maximum of 1.22 (± 0.01) meters (48 inches), including the white line to the right. See Figure 1.
- b. Hurdle lanes shall be at least 1.067 meters in width. If hurdle lanes are not marked on the track, they shall be judged as equivalent to 2 centimeters wider than the total width of each hurdle.

Break Line

ARTICLE 9. A visible break line 5 centimeters wide shall be an arc across the track at the entry of the back straight, showing the position at which competitors in the 800 meters and the second leg of the 1,600-meter relay are permitted to leave their respective lanes.

The arc of the break line should reflect an adjustment in each lane so that competitors in outside lanes travel the same distance to reach an inside position as competitors in the inside lanes.

To assist competitors in identifying the break line, small cones shall be placed at the intersection of the lane lines and the break line.

Relay Zones

ARTICLE 10. In all relays around the track, the baton exchange must be made within a 20-meter zone, formed by lines drawn 10 meters on each side of the measured centerline. If designated by lines, the zone is between the edges of the lines closest to the start. All boxes or triangles denoting the limits of the zone shall be within the zone.

International Zones

ARTICLE 11. A distinctive short mark 10 meters before the passing zone shall be placed within, and indicate the beginning of, the international zone. In races which allow an international zone, outgoing runners, while waiting to receive the baton, may take a position and begin running anywhere within the zone. See Rule 5-8.4.

SECTION 2. The Hurdles

The placement of hurdles shall be in accordance with the following table:

PLACEMENT OF HURDLES

	No. of Hurdles	Distance Start to 1st Hurdle	Distance Between Hurdles	Distance Last Hurdle to Finish
55-Meter Hurdles (men)	5	13.72 m	9.14 m	4.72 m
55-Meter Hurdles (women)	5	13 m	8.5 m	8 m
60-Meter Hurdles (men)	5	13.72 m	9.14 m	9.72 m
60-Meter Hurdles (women)	5	13 m	8.5 m	13 m
100-Meter Hurdles	10	13 m	8.5 m	10.5 m
110-Meter Hurdles	10	13.72 m	9.14 m	14.02 m
400-Meter Hurdles	10	45 m	35 m	40 m

SECTION 3. The Steeplechase

Distance

ARTICLE 1. The standard distance for the steeplechase shall be 3,000 meters.

Jumps

ARTICLE 2. There shall be 28 hurdle jumps and seven water jumps included in the 3,000-meter event. The distance from the starting point to the finish line on the first lap shall not include any jumps. The water jump shall be the fourth jump in each lap. If necessary, the finish line shall be moved to accommodate this rule.

Measuring Course

ARTICLE 3. The following measurements are given as a guide, and any adjustments necessary shall be made by lengthening or shortening the distance at the starting point of the race. In this chart, it is assumed that a lap of 400 meters has been shortened 10 meters by constructing the water jump inside the track. It is recommended that the approach to and exit from the water-jump hurdle be straight for approximately 7 meters.

POSSIBLE STEEPLECHASE MEASUREMENTS

Lap of 390 meters

Distance from starting point to commencement of 1st lap, to be run without jumps	270 m
Distance from start of 1st full lap to 1st hurdle.....	10 m
From 1st to 2nd hurdle	78 m
From 2nd to 3rd hurdle.....	78 m
From 3rd hurdle to water jump.....	78 m
From water jump to 4th hurdle.....	78 m
From 4th hurdle to finish line.....	68 m
	390m x 7 laps = <u>2,730 m</u>
	3,000 m

Note: Since the water jump may be constructed on the area inside or outside the track, thereby lessening or lengthening the normal distance of the laps, it is not possible to prescribe any rule specifying the exact length of the laps or to state precisely the position of the water jump. It should be kept in mind that there must be enough distance from the starting line to the first hurdle to prevent the competitors from overcrowding, and there should be approximately 68 meters from the last hurdle to the finish line.

Placement of Hurdles on Track

ARTICLE 4. The hurdles shall be placed on the track so that 30 centimeters of the top bar, measured from the inside edge of the track, will extend inside the inner edge of the track. See Figure 4.

Note: For hurdle specifications, see Rule 2-3.

Water-Jump Construction

ARTICLE 5. It is recommended that the water jump be placed on the inside of the track. The water jump, including the hurdle, shall be 3.66 (± 0.02) meters in length and 3.66 (± 0.02) meters in width. The water shall be a minimum of 70 centimeters in depth immediately after the hurdle, and the pit shall have a constant upward slope from a point 30 centimeters past the water-jump hurdle to the level of the track at the far end. The landing surface inside the water jump should be composed of a nonskid, shock-absorbent material. A suitable material between the vertical uprights of the water-jump hurdle is recommended to aid the competitor with depth perception. See Figure 4.

The hurdle at the water jump shall be firmly fixed in front of the water and be of the same height as the other hurdles in the competition.

For construction or resurfacing after January 1, 2008, the approach to and run-out from the water jump shall be of the same material as the track surface.

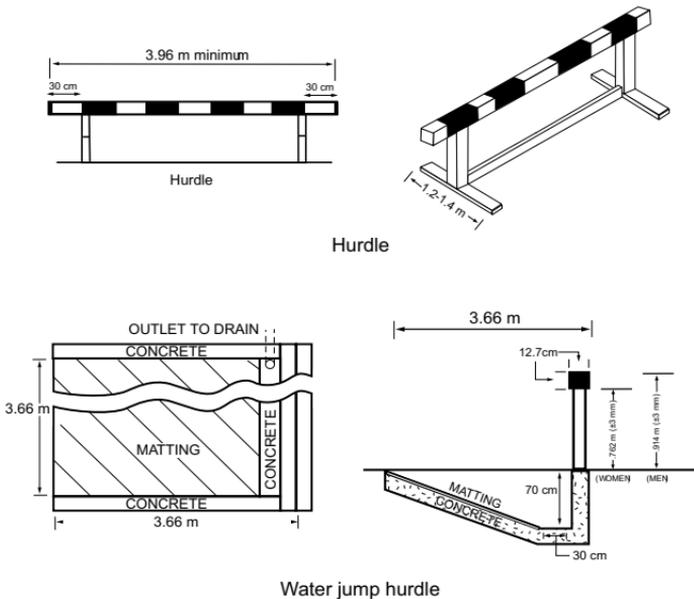


Figure 4—Water-Jump and Hurdle Measurements

SECTION 4. The High Jump

Approach

ARTICLE 1. It is recommended that the approach be an octagon or square with a surface of at least 21 meters. The minimum length provided shall be 15 meters. The length of the approach run is unlimited.

Takeoff Area

ARTICLE 2. The takeoff area is the semicircle enclosed by a 3-meter radius whose center point is directly under the center of the crossbar. For a record to be approved, any point within this area may not exceed the tolerances. See Rule 1-1.1.

SECTION 5. The Pole Vault**Vaulting Box**

ARTICLE 1. The vaulting box in which the vaulting pole is planted shall be constructed of suitable rigid materials. Its dimensions and shape shall be those shown in the accompanying diagram.

The box shall be of a contrasting color from the runway and shall be immovably fixed in the ground so that all of its upper edges are flush with the takeoff area. The angle between the bottom of the box and the back of the box shall be 105 degrees. See Figure 5.

Runway

ARTICLE 2. For new construction after January 2006, the vaulting runway shall have a minimum length of 40 meters. It is recommended that the width of the runway be 1.22 (± 0.01) meters. See Rule 1-1.1.

Runway Markings

ARTICLE 3. The center of the runway, when marked after January 1, 2011, shall be marked with seven permanent lines in the pattern shown in Figure 6. Each line is 5 centimeters (2 inches) in width and 30 centimeters (12 inches) from the same respective point of an adjacent line. Each short line is 30 centimeters in length. The long line is 90 centimeters (36 inches) in length. The distance from the edge of the long line closest to the landing pit to the point where the back of the vaulting box meets the runway is 3.65 meters (12 feet).

Runway Markers

ARTICLE 4. The full length of the runway may be permanently marked with lines on or touching the edge that are not more than 2 centimeters wide by 5 centimeters long to indicate the distance from the back of the vaulting box.

of the runway shall be extended beyond the takeoff board to the nearer edge of the landing pit. See Rule 1-1.1.

When the runway is not distinguishable from the adjacent surface, it is recommended that it be bordered by lines 5 centimeters in width from the start of the nearer edge of the landing pit.

The full length of the runway may be permanently marked with lines on or touching the edge that are not more than 2 centimeters wide and 5 centimeters long to indicate the distance from the foul line.

Landing Area

ARTICLE 2. The landing area in new construction after January 2006 shall be not less than 2.75 or more than 3 meters in width, and shall be filled with damp sand to an elevation identical with that of the takeoff board. Figure 7 shows an appropriate device for ensuring proper sand level.

- a. In the long jump, the distance between the takeoff board and the nearer edge of the landing area shall be not less than 1 meter or greater than 3 meters. The distance between the foul line and the farther edge of the landing area shall be at least 10 meters.
- b. In the triple jump, the nearer edge of the landing area shall be at least 11 meters from the foul line for men and 8.5 meters for women. Distances of 12.5 meters and 11 meters, respectively, are recommended.

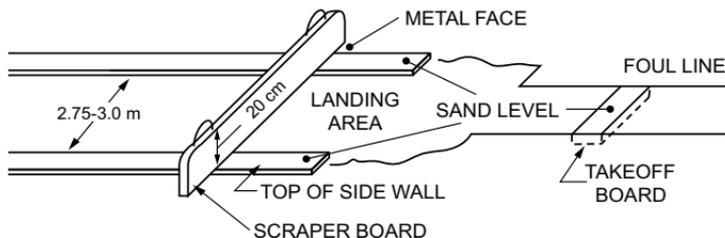


Figure 7—Control of Sand Level in Long Jump and Triple Jump

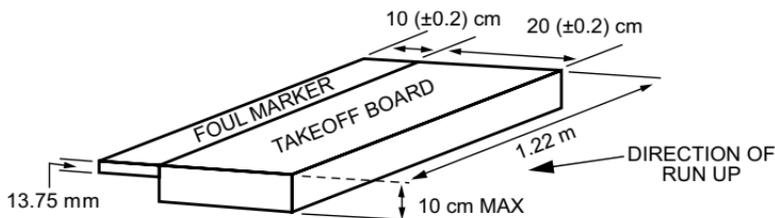


Figure 8—Long-Jump and Triple-Jump Takeoff Board and Foul Marker

Takeoff

ARTICLE 3. The takeoff shall be a board made of wood or other suitable rigid material approximately 20 centimeters wide, at least 1.22 meters long and not more than 10 centimeters thick. The upper surface of the board must be level with the runway surface. This board shall be painted white and be firmly fixed in the runway.

In the absence of a takeoff board, the triple-jump takeoff area shall be approximately 20 centimeters wide and at least 1.22 meters long, and shall be painted white or firmly affixed (i.e., tape) on the all-weather runway.

Foul Line

ARTICLE 4. The edge of the takeoff board nearest the landing pit shall be the foul line.

Foul-Indicator Aid

ARTICLE 5. For the purpose of aiding the calling of fouls:

- The area immediately beyond the foul line may be prepared as shown in Figure 8.
- The foul may be detected by an electronic foul-line indicator with validation by an image capturing system.

SECTION 7. The Throwing Circles

Materials

ARTICLE 1. The circles in throwing events shall be made of a band of metal or suitable rigid material, the top of which shall be flush with the concrete outside the circle. See Figures 10, 11 and 14. The interior surface should be

of concrete or similar material and shall be 19 (± 6) millimeters lower than the surface outside the circle.

Sector

ARTICLE 2. Radial lines 5 centimeters wide shall form a 34.92-degree angle extended from the center of the circle. The inside edges of these lines shall mark the sector. For the discus and the hammer, sector flags should mark the ends of the lines and the sector shall be centered within the enclosure.

The level of the surface within the landing area shall be the same as the level of the surface of the throwing circle. See Rule 1-1.1.

The 34.92-degree sector may be laid out accurately by using the chart in Figure 9.

Diameters

ARTICLE 3. The inside diameters of the shot-put, weight and hammer-throw circles shall be 2.135 (± 0.005) meters, and the diameter of the discus circle shall be 2.500 (± 0.005) meters.

Circle

ARTICLE 4. The circle shall be made of metal or suitable rigid material 6 millimeters in thickness and 19 (± 6) millimeters in height, and be firmly secured flush with the throwing surface.

Note: The IAAF stipulates a flanged circle 76 millimeters in height, imbedded below the throwing surface, to provide rigidity.

Insert

ARTICLE 5. An insert may be used to convert a throwing circle from a 2.5-meter diameter to a 2.135-meter diameter. The insert shall be made of metal or suitable extremely rigid material (malleable rubber is not suitable) and be flush with the throwing surface. The height of the insert shall be 19 (± 6) millimeters.

Dividing Line

ARTICLE 6. All circles shall be divided in half by a 5-centimeter line extending not less than 75 centimeters from the outer edge of the circle to the end of the throwing pad and measured at right angles to the imaginary center of the throwing sector. Lines shall not be painted within any throwing circle.

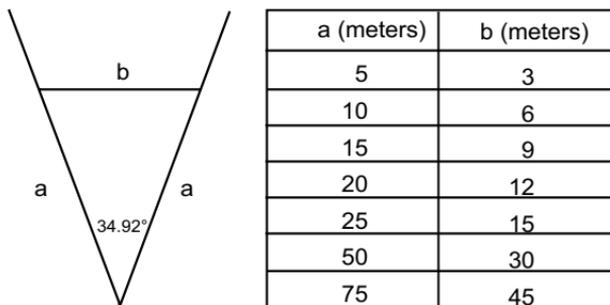


Figure 9—Establishing the Sector

SECTION 8. The Shot-Put Area

Circle

ARTICLE 1. The circle shall be constructed in accordance with Figure 10. See Rule 1-7.

Stopboard

ARTICLE 2. The stopboard shall be an arc of wood, or other suitable materials, painted white and firmly fixed so that its inner edge coincides with the inner edge of the shot-put circle. It shall measure 1.21 (± 0.01) meters in length along the chord between its endpoints, 112 millimeters and increasing to 300 millimeters in width, and 100 (± 2) millimeters in height. See Figure 10.

Sector

ARTICLE 3. See Rule 1-7.2.

SECTION 9. The Discus/Hammer Area

Enclosure

ARTICLE 1. All hammer and discus throws shall be made from an enclosure or cage that shall be centered on the circle and with the sector centered on the nonmovable cage opening, designed in such a way to provide adequate control of the implement landing and a fair venue for the throwers. Cage design is acknowledged to provide limited protection for spectators, officials and competitors. It does not ensure their safety. Exact

measurements and pole placements may vary based on local conditions and cage design, but should provide for the minimum distances specified.

The following specifications are for the hammer or discus when thrown outside the stadium while spectators are present, or inside the stadium while other events are in progress, and should be considered a minimum configuration. The dimensions listed, while not absolute, are considered acceptable for achieving the overall purpose of a cage. All possible efforts shall be made to achieve the minimum configuration in the construction of new facilities after January 2006. Figures 12 and 13 provide illustrations of possible cage designs.

- a. The throwing circle shall be surrounded by a cage made with suitable material, hung from and between rigid posts, sufficient to withstand and absorb an impact from the implement so that the implement will not escape over or through, and to reduce the possibility of the implement ricocheting or rebounding back toward the competitor. The purpose of the cage is to contain, but not interfere with, the flight path of the implement.
- b. Rigid posts, approximately six in number, positioned in line with and to the rear of the front edge of the throwing circle, shall be approximately 4 meters from the center of the circle and allow for panels of suitable material between 2.74 and 2.90 meters in width that are at least 3.50 meters from the center of the circle. The height of these panels for the discus shall be at least 4 meters. The height of these panels for the hammer shall be at least 5 meters.
- c. Panels of suitable material between 2.74 and 2.90 meters in width and at least 6.15 meters in height, shall be hung between each of the two rigid posts in line with the front edge of the throwing circle and each of two additional rigid posts toward the throwing sector that are not less than 2.85 meters away from the sector line. The location of these posts will be approximately 6 meters from the center of the throwing circle and provide a total fixed cage opening of between 8 and 9 meters.
- d. When used for throwing the hammer, movable panels of suitable material not less than 4.20 meters in length and not less than 6.15 meters in height, shall be affixed to the rigid posts furthest from the circle toward the landing area. For a right-handed thrower (counter-clockwise rotation), the right movable panel is to be open so that it is parallel to the sector line on the right side and maintains the minimum 2.85-meter distance from the sector line. For a right-handed thrower, the

left movable panel is placed in a position so that its nonpivot end is as perpendicular to the sector line as possible and is not greater than 1.5 meters into the sector and not less than 6 meters away from the center of the circle. For a left-handed thrower (clockwise rotation), the movable panel configuration is reversed.

- e. Any area of flagging shall identify an implement landing danger zone of at least 55 degrees from the center of the throwing circle.
- f. Cage configurations that are more restrictive than the minimums set forth in this rule may only be used with the consent of each participating institution.

Note 1: Whenever possible, the height of the panels of suitable material described in paragraphs c and d shall be increased. The recommended minimum height is 8 meters. Cages may have additional panels or designs to increase control of the implement landing area. Cages may be designed with an entry point at the rear of the cage.

Note 2: The movable panel that is normally parallel to the sector line should be positioned closer to the sector line in cases in which the facility has the throwing area in close proximity to other event venues, so that greater control of the implement landing is achieved.

Note 3: Cage design to allow for throwing both hammer and discus from the same cage is permitted. Circle placement, suitable material height and movable panel size and location, must achieve the overall goals indicated above, but these panels or designs may not create a restricted area for the thrower that is less than specified in this rule.

Note 4: The height of the discus cage shall be at least 4 meters.

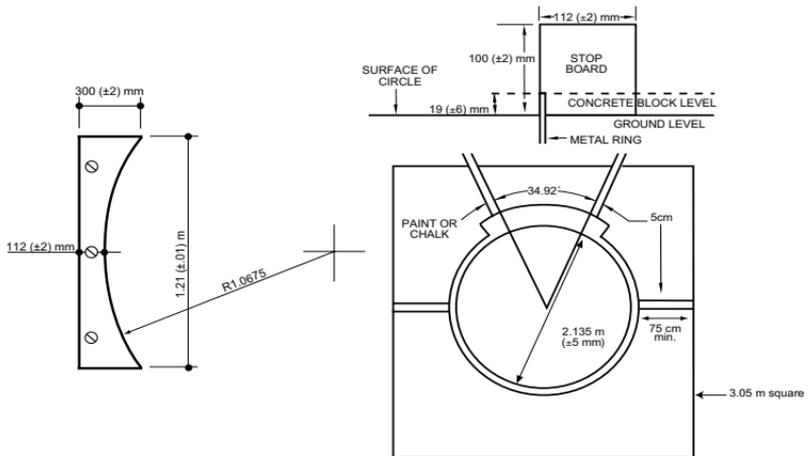


Figure 10—Shot-Put Circle

Note: Lines shall not be inside the circle.

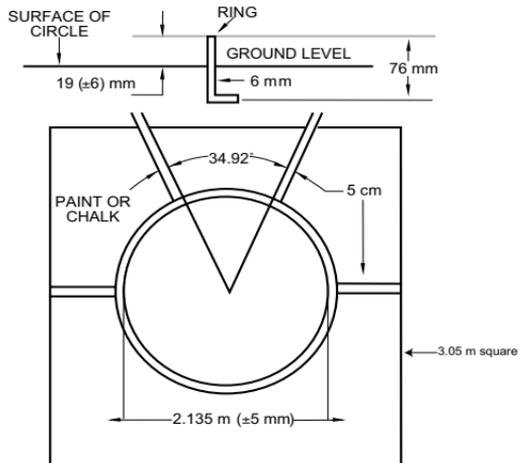


Figure 11—Hammer/Weight-Throw Circle

Note: Lines shall not be inside the circle.

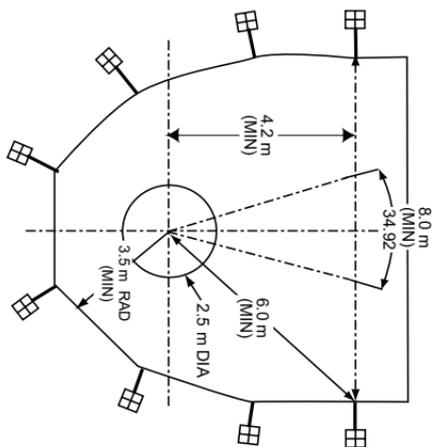


Figure 12

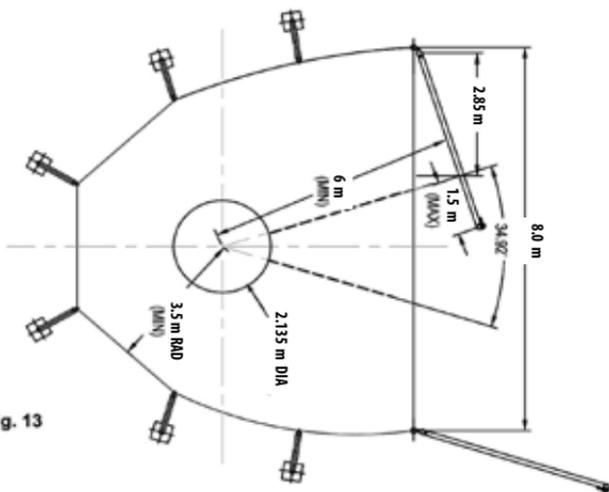


Fig. 13

Figures 12 and 13—Possible Discus/Hammer Area Cage Designs

Circle

ARTICLE 2. The circle for the hammer shall be constructed in accordance with Figure 11. The circle for the discus shall be constructed in accordance with Figure 14. See Rule 1-7.

Sector

ARTICLE 3. See Rule 1-7.2.

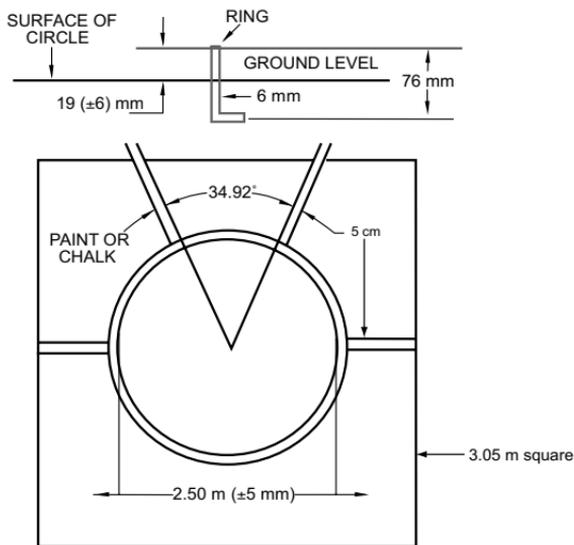


Figure 14—Discus Circle

Hammer requires an insert in the circle (see Figure 11 and Rule 1-7.5).

Note: Lines shall not be inside the circle.

SECTION 10. The Weight-Throw Area

The weight throw is an indoor event. It may be contested outdoors. For construction of facilities, see Figure 11 and Rule 10-8.

SECTION 11. The Javelin Area

Runway

ARTICLE 1. The runway shall be marked by two parallel lines 5 centimeters in width. The minimum length shall be 33.5 meters and the width shall be 4 meters between the inside edges of the marked parallel lines. It is recommended that the runway be constructed of an artificial surface for its entire length. If an artificial surface is used, it is recommended that the runway be extended 1 meter beyond the foul line for safety reasons.

The full length of the runway may be permanently marked with lines on or touching the edge that are not more than 2 centimeters wide and 5 centimeters long to indicate the distance from the foul line.

Foul Line

ARTICLE 2. The foul line shall be 7 centimeters wide, painted white, and shall be made in the shape of an arc with a radius of 8 meters. The distance between its extremities shall be 4 meters, measured straight across from end to end. Lines shall be drawn from the extremities of the arc at right angles to the parallel lines marking the runway. These lines should be 75 centimeters in length and 7 centimeters wide.

Sector

ARTICLE 3. Radial lines 5 centimeters wide shall be extended from the center of the circle of which the arc of the foul line is a part through the extremities of the arc. The inside edges of these lines shall mark the sector. The surface within the landing area shall be on the same level as the throwing surface. See Rule 1-1.1. Sector flags should mark the ends of the lines. See Figure 15.

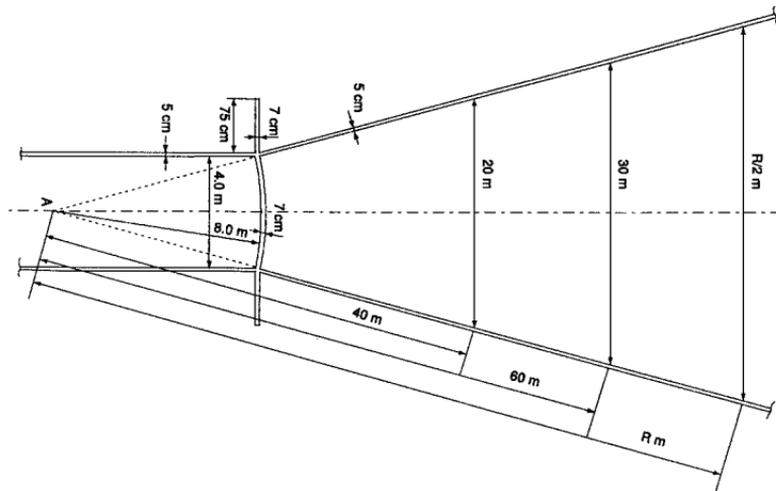


Figure 15—Javelin-Throwing Area (Not to Scale)

RULE 2

Equipment

SECTION 1. Starting Blocks

ARTICLE 1. Starting blocks shall comply with the following general specifications:

- a. The block may be adjustable, but shall be constructed entirely of rigid materials.
- b. The block shall be made without devices that could provide artificial aid in starting.
- c. The block shall affix to the track by an arrangement of pins or spikes that cause minimal damage to the track surface and allow for ease and efficiency in set-up and removal.
- d. The anchorage shall permit no slippage of the block relative to the track during the start.

ARTICLE 2. Starting blocks may include a false start detection apparatus to assist the starter. Such apparatus must be IAAF approved and be 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.

SECTION 2. Hurdles

Material

ARTICLE 1. Hurdles shall be constructed of metal, wood or other suitable material.

Design

ARTICLE 2. The hurdles shall consist of a base and two uprights supporting a rectangular frame, with a single crossbar. The crossbar shall be of wood or other suitable material, with beveled edges, between 1.03 and 1.20 meters in length, have a height of 7 centimeters, and a width between 1 and 2.5 centimeters. The center of the crossbar shall be directly over the end of the base. The surface facing the starting line shall be white in color with two vertical or diagonal stripes. A center chevron should be added to help contestants determine the center

of the lane. The maximum length of the base shall be 70 centimeters. The total weight of the hurdle shall not be less than 10 kilograms. See Figure 16.

Hurdle Heights

ARTICLE 3. The following table provides hurdle height measurements:

Height in meters for	Men	Women
55-/60-Meter Hurdles	1.067 m (42 in.)	0.840 m (33 in.)
110-/100-Meter Hurdles	1.067 m (42 in.)	0.840 m (33 in.)
400-Meter Hurdles	0.914 m (36 in.)	0.762 m (30 in.)

A tolerance of ± 0.003 meters is allowed.

Pull-Over Force

ARTICLE 4. Pull-over force refers to the minimum of 3.6 kilograms (8 pounds) and maximum of 4 kilograms of steady pulling force required to overturn a hurdle when applied to the center of the uppermost edge of the top crossbar and in the direction of the finish line. If the weights cannot be adjusted to the required overturning force, the next greater setting shall be used, since records will not be allowed when the overturning force or the weight of the hurdle is less than the required minimum.

When a definite counterweight setting for intermediate hurdles has not been made by the manufacturer, it may be possible to attain the correct adjustment by setting one weight as for the 1.067-meter height and the other weight as for the 0.762-meter height. See Figure 16.

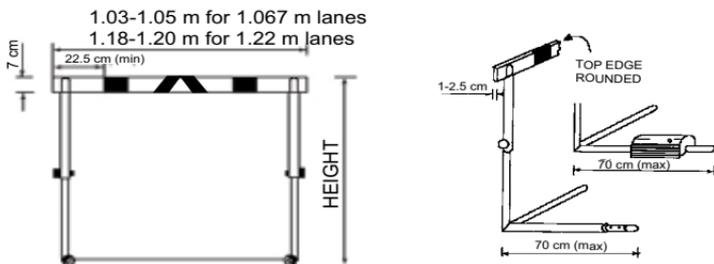


Figure 16—Hurdle Measurements

SECTION 3. Steeplechase Hurdles

Material

ARTICLE 1. Hurdles shall be constructed of metal, wood or other suitable material.

Design

ARTICLE 2. The hurdles shall consist of a base and two uprights supporting a rectangular frame, with a single crossbar. The crossbar shall be of wood or other suitable material, 12.7 centimeters square, without sharp edges or with a bevel. The crossbar shall be white in color with stripes of one distinctive contrasting color. See Figure 4.

Dimensions, Weight

ARTICLE 3. The water-jump hurdle, if placed in service after January 2008, shall be 3.66 (± 0.02) meters and all other hurdles shall be at least 3.96 (± 0.02) meters in width. It is recommended that the first hurdle be at least 5 meters in width.

Each hurdle shall have on each side a base between 1.2 meters and 1.4 meters long.

The height of the hurdles shall be 0.914 meters for men and 0.762 meters for women, with an allowed tolerance of ± 0.003 meters.

The weight of each hurdle shall be at least 80 kilograms. See Figure 4.

SECTION 4. The Relay Baton

Dimensions

ARTICLE 1. The relay baton shall be not less than 28 centimeters or more than 30 centimeters in length, and shall be between 12 centimeters and 13 centimeters in circumference. It shall weigh not less than 50 grams.

Material, Shape

ARTICLE 2. The baton shall be a smooth, hollow tube of wood, metal or other rigid material, and made in one piece. The use of tape or other material on the baton is prohibited.

SECTION 5. The High Jump

Landing Pad

ARTICLE 1. The high-jump pad shall have a minimum dimension of 4.88 meters wide by 2.44 meters deep. It should be high enough and of a composition that will provide a safe and comfortable landing. A minimum height of 66

centimeters, including the top pad unit, is preferred. The landing-pad sections must be fastened together and covered with a common top cover. The landing pit may not extend into the plane of the crossbar.

Distance Between Standards

ARTICLE 2. The distance between the vertical uprights (standards) shall be 4.02 (± 0.02) meters.

Crossbar Supports

ARTICLE 3. The horizontal supports of the crossbar shall be flat and rectangular, 4 centimeters wide and 6 centimeters long, and friction-free. Each support shall point toward the opposite upright so that the crossbar will rest between the uprights along the narrow dimension of the support. There shall be a space of at least 1 centimeter between the ends of the crossbar and the uprights.

Extended Height

ARTICLE 4. The uprights shall extend at least 10 centimeters above the support of the crossbar.

Crossbar Shape, Composition

ARTICLE 5. The crossbar shall be circular and made of suitable material. The ends of the crossbar shall be smooth and shall not be covered with rubber or any other material that has the effect of increasing the friction between the surface of the crossbar and the supports.

Crossbar Dimensions

ARTICLE 6. The diameter of the bar shall be 30 (± 1) millimeters.

The crossbar shall be 4.00 (± 0.02) meters in length, shall have a maximum weight of 2 kilograms, shall have no bias, and when in place, shall sag a maximum of 2 centimeters.

The ends of the crossbar shall be constructed in such a way that a flat surface of 30 to 35 millimeters by 15 to 20 centimeters is designed for the purpose of placing the bar on the supports of the uprights.

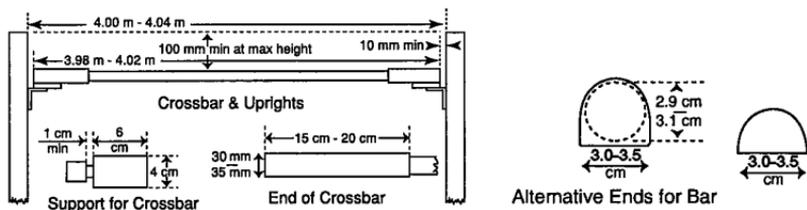


Figure 17—High-Jump Uprights and Crossbar

SECTION 6. The Pole Vault

Landing Pad

ARTICLE 1. The pole-vault pad measurement beyond the vertical plane of the back of the vaulting box shall be a minimum of 6 meters wide by 5 meters deep.

The front portion of the pad is to be the same width as the back unit, 6 meters, and shall extend a minimum of 1.5 meters from the top of the back of the vaulting box toward the beginning of the runway. The maximum cutout for the vaulting box shall be 0.914 meters, measured across the bottom of the cutout. The back of the cutout shall be placed so that the pit does not affect the bend of the pole. For pads with an angled cutout, the recommended maximum distance from the back of the vaulting box to the beginning of the pad is 15 centimeters. The back of the cutout shall be placed not farther than 36 centimeters from the vertical plane of the back of the vaulting box.

If the landing pad does not extend to the area immediately around the vaulting box, a collar of 5 to 10 centimeters of padding of uniform thickness shall cover the area behind and to the sides of the vaulting box that are not protected by the landing pad. Such padding shall be semi-permanent and shall not affect the bend of the pole.

A height of 0.813 meters, including the top pad unit, is required. The landing-pad sections must be fastened together with a common top cover. Suitable padding shall be placed around the base of the standards.

Standards

ARTICLE 2. Any style of uprights or posts may be used for the pole vault, provided the style is rigid and supported by a base not to exceed 10 centimeters in height above the ground. Cantilevered uprights are recommended.

Upright Pegs

ARTICLE 3. The crossbar shall rest on round metal pegs that project not more than 55 millimeters at right angles from the uprights and have diameters of not more than 13 millimeters. The upper surfaces of these pegs shall be smooth, without indentations or aids of any kind that might help to hold the crossbar in place. The distance between the ends of the pegs shall be between 4.30 meters and 4.37 meters.

Crossbar Shape, Composition

ARTICLE 4. The crossbar shall be circular and made of suitable material. The ends of the crossbar shall be smooth and shall not be covered with rubber or any other material that has the effect of increasing the friction between the surface of the crossbar and the supports.

Crossbar Dimensions

ARTICLE 5. The diameter of the crossbar shall be 30 (± 1) millimeters.

The crossbar shall be 4.50 (± 0.02) meters in length, shall have a maximum weight of 2.25 kilograms, shall have no bias, and when in place, shall sag a maximum of 3 centimeters.

The ends of the crossbar shall be constructed in such a way that a flat surface of 30 to 35 millimeters by 15 to 20 centimeters is designed for the purpose of placing the bar on the pegs of the uprights.

Pole Vault Helmets

ARTICLE 6. Pole vault helmets are permissible. If worn, a helmet certified by the ASTM standard is recommended.

SECTION 7. The Vaulting Pole

The vaulting pole may be of any material or combination of materials. It may be of unlimited size and weight.

SECTION 8. The Shot

Outdoor Shot Material

ARTICLE 1. The shot shall be constructed of solid iron, brass or any metal not softer than brass, or of a shell of such metal completely filled with lead or other material. Movement within the shot is permitted.

Shape

ARTICLE 2. The shot must be spherical in shape, and the surface must be smooth without indentations so that an advantage is not gained by grip.

Specifications

ARTICLE 3. The shot shall conform to the international specifications for the implement published by the IAAF. The specifications below are reprinted for reference purposes only and may not be all inclusive.

		MEN'S	WOMEN'S
Weight	(Minimum)	7.26 kg	4 kg
Diameter	(Minimum)	110 mm	95 mm
	(Maximum)	130 mm	110 mm

SECTION 9. The Discus

Composition

ARTICLE 1. The discus shall be composed of a smooth metal rim permanently attached to a wood or synthetic body. Metal plates may be set flush into the sides of the wood or synthetic body, provided that the equivalent area is flat and that the total weight of the implement meets the specifications.

Shape

ARTICLE 2. The two sides of the discus shall be identical and shall be made without indentations, projecting points or sharp edges. The sides shall taper in a straight line from the beginning of the curve of the rim to a circle that is a distance of 25 millimeters from the center of the discus. The edge of the metal rim shall be rounded in a true circle.

Specifications

ARTICLE 3. The discus shall conform to the international specifications for the implement published by the IAAF. The specifications below and in Figure 18a are reprinted for reference purposes only and may not be all inclusive.

	MEN'S	WOMEN'S
Weight (Minimum)	2 kg	1 kg
Metal Rim Outer Diameter		
(Minimum)	219 mm	180 mm
(Maximum)	221 mm	182 mm
Thickness at 6 mm from outer edge		
(Minimum)	12 mm	12 mm
(Maximum)	13 mm	13 mm
Metal Plates Diameter		
(Minimum)	50 mm	50 mm
(Maximum)	57 mm	57 mm
Thickness at center and within	25 mm from center	25 mm from center
(Minimum)	44 mm	37 mm
(Maximum)	46 mm	39 mm

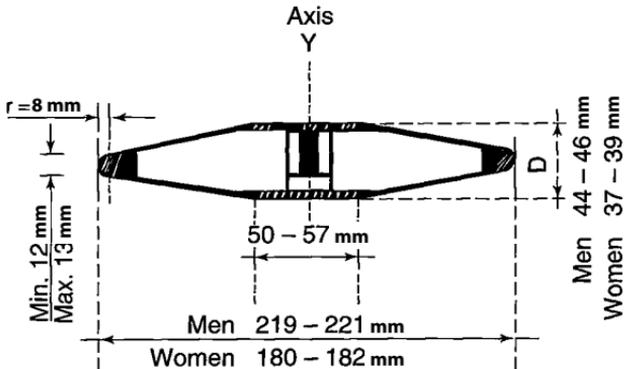


Figure 18a—Discus

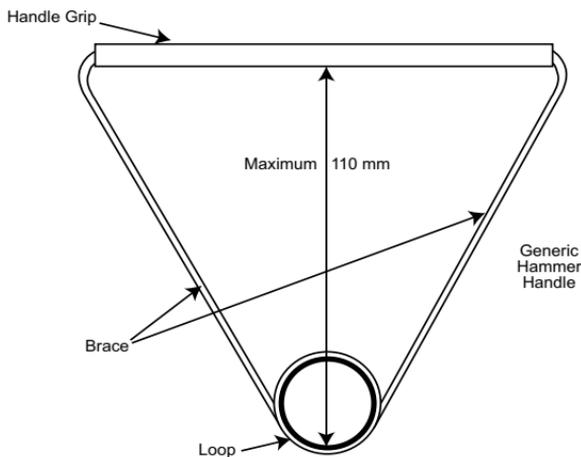


Figure 18b—Hammer Handle

SECTION 10. The Hammer

Head

ARTICLE 1. The head of the hammer shall be made of solid iron or other metal not softer than brass or of a shell of such metal filled with lead or other solid material. It must be spherical in shape.

The center of gravity shall be not more than 6 millimeters from the center of the sphere.

Wire

ARTICLE 2. The wire shall be a single, unbroken and straight length of spring-steel wire not less than 3 millimeters in diameter and shall be such that it cannot stretch appreciably while the hammer is being thrown. The wire should be looped at both ends as a means of attachment.

Handle

ARTICLE 3. The handle may be either of single- or double-loop construction, but it must be rigid and without hinging joints of any kind and made so that it

cannot stretch more than 3 millimeters under a tension load of 3.8 kN. It must be attached to the wire in such a manner that it cannot be turned within the loop of the wire to increase the overall length of the hammer. The handle may have a curved or straight grip with a maximum inside perimeter length of 110 millimeters. The sides of the handle may be straight or curved but cannot exhibit any loss of rigidity that would result in an increase in the overall length while being thrown. (See Figure 18b. The figure is just one example.)

Connection

ARTICLE 4. The wire shall be connected to the head by means of a functioning plain or ball-bearing swivel, which cannot be loosened to alter the overall length of the implement during competition. The grip shall be connected to the wire by means of a loop, not a swivel.

Specifications

ARTICLE 5. The hammer shall conform to the international specifications for the implement published by the IAAF. The specifications below are reprinted for reference purposes only and may not be all inclusive.

	MEN'S	WOMEN'S
Weight (Minimum)	7.260 kg	4 kg
Diameter of Head		
(Minimum)	110 mm	95 mm
(Maximum)	130 mm	110 mm
Length (complete as thrown, measured from inside of the grip)		
(Minimum)	117.5 cm	116 cm
(Maximum)	121.5 cm	119.5 cm

SECTION 11. The Javelin

Material

ARTICLE 1. The javelin shall consist of three parts: a metal head, a shaft and a cord grip. The shaft may be constructed of metal, and shall have fixed to it a metal head terminating in a sharp point.

Cord Grip

ARTICLE 2. The cord should be about the center of gravity without thongs, notches or indentations of any kind on the shaft, shall be of uniform thickness, and shall not exceed the diameter of the shaft by more than 8 millimeters.

Cross Section

ARTICLE 3. The cross section shall be regularly circular throughout, although a maximum difference of two percent between the largest and the smallest diameter is permitted. The maximum diameter of the shaft shall be immediately in front of the grip. The central portion of the shaft, including the part under the grip, may be cylindrical or slightly tapered toward the rear; but the reduction in diameter, from immediately in front of the grip to immediately behind, may not exceed 0.25 millimeters. From the grip, the javelin shall taper regularly to the tip at the front and the tail at the rear. The longitudinal profile from the grip to the front tip and to the tail shall be straight or slightly convex (see Note); and there must not be an abrupt alteration in the overall diameter, except immediately behind the head and at the front and rear of the grip, throughout the length of the javelin. At the rear of the head, the reduction in the diameter may not exceed 2.5 millimeters; and this departure from the longitudinal profile may not extend more than 30 centimeters behind the head.

Note: The shape of the longitudinal profile may be checked quickly and easily using a metal straight edge at least 50 centimeters long and two feeler gauges 0.20 millimeters and 1.25 millimeters thick. For slightly convex sections of the profile, the straight edge will rock while in firm contact with a short section of the javelin. For straight sections of the profile with the straight edge in firm contact, it must be impossible to insert the 0.20-millimeter gauge between the javelin and the straight edge anywhere over the length of contact. This shall not apply immediately behind the joint between the head and the shaft. At this point, it must be impossible to insert the 1.25-millimeter gauge.

Mobile Parts

ARTICLE 4. The javelin shall not have mobile parts or other apparatus that, during the throw, could change its center of gravity or throwing characteristics.

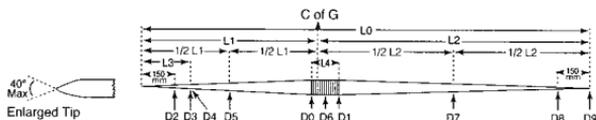
Taper of Shaft

ARTICLE 5. The tapering of the shaft to the tip of the metal head shall be such that the diameter, at the midpoint between the center of gravity and the tip of the metal head, shall not exceed 90 percent of the maximum diameter of the shaft and, at a point 15 centimeters from the tip of the metal head, 80 percent of the maximum diameter. The tapering of the shaft to the tail at the rear shall be such that the diameter, at the midpoint between the center of gravity and the tail, shall be not less than 90 percent of the maximum diameter of the shaft. At a point 15 centimeters from the tail, the diameter shall be not less than 40 percent of the maximum diameter of the shaft.

Specifications

ARTICLE 6. The javelin shall conform to the international specifications for the implement published by the IAAF. The specifications below and in Figure 19 are reprinted for reference purposes only and may not be all inclusive.

The minimum overall weight, inclusive of cord grip, shall be 800 grams and 600 grams for the men's and women's javelin, respectively.



International Javelin											
Lengths (all dimensions mm)					Diameters (all dimensions mm)						
Serial	Detail	Men		Women		Serial	Detail	Men		Women	
		Max	Min	Max	Min			Max	Min	Max	Min
L0	Overall	2700	2600	2300	2200	D0	In front of grip	30	25	25	20
L1	Tip C of G	1060	900	920	800	D1	At rear of grip	-	D0-0.25	-	D0-0.25
1/2L1	Half L1	530	450	460	400	D2	15 mm from tip	0.8 D0	-	0.8 D0	-
L2	Tail to C of G	1800	1540	1500	1280	D3	At rear of head	-	-	-	-
1/2L2	Half L2	900	770	750	640	D4	Immediately behind head	-	D3-2.5	-	D3-2.5
L3	Head	330	250	330	250	D5	Half way tail to C of G	0.9 D0	-	0.9 D0	-
L4	Grip	160	150	160	140	D6	Over grip	D0+8	-	D0+8	-
						D7	Half way tail to C of G	-	0.9 D0	-	0.9 D0
						D8	150 mm from tail	-	0.4 D0	-	0.4 D0
						D9	At tail	-	3.5	-	3.5

Figure 19 — Javelin

SECTION 12. Calibration of Measuring Devices

It is recommended that all equipment used for timing, measuring wind, weighing and measuring implements, and measuring performance be certified for accuracy by an appropriate testing agency in accordance with methods specified by the manufacturer, before the first competition each year and preferably before each major competition, to comply with Rules 6-1.12 and 6-1.15.

Verification of the accuracy of devices used to measure distance can be accomplished by comparison to an available surveyed distance.

RULE 3

Meet Personnel

SECTION 1. Officials

Number and Type

ARTICLE 1. The number of officials necessary to conduct a track and field or a cross country meet varies with the size and type of meet being conducted. The following officials, as appropriate, are recommended for a large meet:

a. *General officials*

Games committee	Medical doctor and/or certified trainer
Meet director	Meet referees
Records coordinator	Juries
Marshals	Scorers
Announcers	Custodian of awards
Press steward	

b. *Track-events and/or cross country officials*

Clerks of course	Umpires
Judges of finish	Hurdle setters and block setters
Manual timers	Wind-gauge operator(s)
Starters	Lap counter(s)
Running referee	
Head finish evaluator — (fully automatic timing)	
Timing-device operator(s) — (fully automatic timing)	

c. *Field-events officials*

Head field judge	Implement inspector
Field judges	Wind-gauge operator(s)
Markers	Throwing referee
Measurers	Jumping referee

Additional Officials

ARTICLE 2. The games committee shall have the authority before competition begins to make alterations to the above list as it deems advisable, upon review of factors such as the facility and automation.

Selection of Officials

ARTICLE 3. Officials should be individuals who have followed track and field or collegiate cross country closely over a period of years. They must know the rules that govern these two NCAA sports, 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.

SECTION 2. The Games Committee

The primary purpose of the games committee, as part of meet management, is to give specialized assistance and guidance to the meet director such as:

- a. Determine the number and assignments of officials (Rules 3-1.2, 8-5.1);
- b. Assist the meet director with meet administration (Rule 3-3.2);
- c. Appoint a jury of appeal to serve as the final authority on appeals of the referees' decisions, if such a panel is deemed appropriate, and provide for the jury and/or other pertinent officials to remain at the competition site at least 30 minutes after the final results are posted;
- d. Determine the number of competitors an institution is allowed in each event (Rule 4-2.3);
- e. Determine the use and placement of competitors' numbers (Rule 4-3.4);
- f. Approve the time schedule and changes in order of events (Rules 4-4.1, 4-4.4);
- g. Verify that all events are held at the main meet venue (**Exception:** Conference championships).

Note: Institutions may request a waiver to hold events elsewhere by petitioning the appropriate divisional chair by December 1 for indoor meets and March 1 for outdoor meets.

- h. Determine the number of lapped runners who shall remain in the competition (Rule 5-4.2-Note);
- i. Determine the structure for running timed-section finals (Rule 5-10.1);
- j. Determine qualifying procedures and drawing for lanes (Rules 5-10, 5-11);

- k. Decide procedures to resolve ties for the last qualifying position in subsequent rounds (Rules 5-10.5, 6-2.2);
- l. Set the relay substitution policy (Rule 5-8.2);
- m. Approve the timing equipment to be used (Rule 5-12.3);
- n. Determine the use of implements for the meet (Rule 6-1.12);
- o. Set the time and place for inspecting, weighing and measuring all implements to be used in the meet (Rule 6-1.12);
- p. Approve measuring apparatus (Rule 6-1.15);
- q. Designate field-event site or runway, including direction, at least one hour before event competition begins (Rule 6-1.18);
- r. Designate running event direction at least one-half hour before event competition begins;
- s. Determine the number of field-event competitors who will advance to the final round (Rule 6-2.1);
- t. Establish a time by which all preliminaries in a field event must be completed (Rule 6-3.2);
- u. Group field-event competitors (Rule 6-4.1);
- v. Set starting heights and increments (Rules 6-5.2, 6-6.1);
- w. Determine the length of the cross country course (Rule 8-2.1); and
- x. Determine the use of facilities for combined events (Rule 9-2.2f).

Note: The games committee duties apply to the combined events.

SECTION 3. The Meet Director

Primary Role

ARTICLE 1. The meet director, as part of meet management, is the central person behind the success of a track and field or cross country meet. The meet director shall stimulate the enthusiasm and coordinate the promotional efforts of the organizing and games committees. The meet director is responsible to these committees for all aspects of the actual conduct of the meet. This person must foresee all the needs of competitors, officials and spectators, and ensure that all the technical details of the meet have been taken care of within the requirements of the rules.

Duties

ARTICLE 2. With the help and guidance of the games committee, the meet director shall, as applicable:

- a. Organize and conduct meet promotion;
- b. Provide and prepare the track and field grounds or the cross country course;
- c. Provide facilities and equipment (i.e., batons, steel tape measures, stopwatches, flags);
- d. Provide full and early information to all competing schools, including entry marks;
- e. Appoint and inform officials and prepare officials' materials;
- f. Arrange meetings;
- g. Inform competing schools of suitable lodging, dining and ground transportation;
- h. Inform competing teams of acceptable materials for making marks on the track, runways, approaches or on the cross country course;
- i. Arrange for certification of all calibrated measuring and timing devices (Rule 2-12);
- j. Establish reporting times for competitors in all events;
- k. Verify team scores and meet results within 24 hours after the completion of a track and field meet;
- l. Retain photos, hand times and field-event results through July 1 of the current season; and
- m. Determine the finish line area and configuration for cross country.

SECTION 4. The Referee(s)

Primary Role

ARTICLE 1. The referee(s) shall be knowledgeable and qualified to interpret the NCAA track and field rules and the NCAA cross country rules. The referee shall be above all other officials, ensuring fair and safe competition for all competitors and disqualifying those whose acts violate the rules of fair and safe competition. The referee shall not serve as any other official or as a member of the games committee.

Duties

ARTICLE 2. The powers and duties of the referee(s) shall be:

- a. After consulting with the appropriate officials, to take such actions and make such decisions, including those for which the rules make no specific provision, that provide each contestant a fair and equal opportunity;

- b. To have the authority to act upon apparent violations of the conduct rules, see Rules Organization, that are observed in meets in which a jury of appeal has been established;
- c. To decide all questions for which the rules make no provisions;
- d. To have sole power to warn and/or disqualify competitors as provided by these rules or upon report from the head umpire and head judges of field events, except as provided in Rule 3-7.1.

Warnings shall be indicated to the competitor verbally and by showing a yellow card. A second violation generally constitutes a disqualification, which shall be indicated by the referee to the athlete verbally and by showing a red card. If, in the opinion of the referee, the violation is severe, disqualification will occur without warning. The referee shall disqualify competitors for violation of the failure-to-participate rule. Warnings and disqualifications shall be noted in writing by the referee(s) on appropriate meet results and shall identify the rule that applies;

- e. To decide place winners in track events and placing in cross country when the judges of the finish cannot reach a decision and when official films of the finish are available;
- f. In the event of record track performances, the running referee shall verify the results of the place and time and shall check all related conditions;
- g. In the event of record field-event performances, the throwing or jumping referee, and three field judges, shall verify all measurements and all related conditions;
- h. To confer with all head officials before the competition to ensure that all are aware of their responsibilities;
- i. To make certain that field events begin when scheduled, are properly organized and continue without delays; and
- j. To determine just and proper remedy for continued violation of all uniform, number, shoe and logo rules.

Finality of Decisions

ARTICLE 3. The referee's decisions in all matters shall be final and without appeal, except in those meets in which a games committee or appointed jury has been established for that special purpose. The games committee or jury then will have the final authority.

Note: See Rules 4-3.6 and 4-3.7 for protest and appeal procedures.

SECTION 5. The Umpires

Duties of Head Umpire

ARTICLE 1. The duties of the head umpire shall be:

- a. To instruct umpires as to the rules and violations in general and as to the special track or cross country course conditions and special regulations established for the meet by the games committee or appropriate referee;
- b. To place umpires where they can best judge possible violations;
- c. To secure from the umpires, and clarify, the facts of all apparent violations of track or cross country rules;
- d. To report all apparent violations of the rules and incidents of concern;
- e. To check the proper placement, height and weight of the hurdles, when a hurdles inspector is not provided by the games committee; and
- f. To instruct, supervise and receive reports from those appointed to serve as lap counters.

Duties of Umpires

ARTICLE 2. The duties of the umpires are to detect and report, in writing, without waiting for a protest, all apparent violations of the rules to the head umpire. In so doing, they do not assume responsibility for disqualification — only the referee can make a disqualification. A flag, yellow or white, shall be made visible as soon as the umpire's area is cleared to indicate the umpire's judgment. Each umpire shall use a yellow signal flag to indicate apparent violations and incidents of concern. A white flag should be raised to indicate that a violation has not occurred. In races of 5,000 meters and longer, the use of white flags is not mandatory.

Before the start of relay races, a yellow flag shall be held aloft in each zone until the competitors in each zone are ready, at which time a white flag shall be raised.

Note: Umpires should be highly qualified and available in sufficient numbers to carry out their duties properly.

Placement of Umpires

- ARTICLE 3. a. The head umpire shall be stationed, or move from place to place, during a race so that all possible violations may be seen and thus augment umpires' reports with personal information.
- b. The following plan is recommended for placement of umpires in track events:
 - (1) Umpires shall be given a chart of the track on which each umpire's number and station is located for each track event, and flags to indicate whether

violations have occurred. Each umpire must cover the assigned station for each race.

- (2) During races around the track, one or more umpires should be stationed so as to observe violations on the turns, on the backstretch and at the finish. Although it is not the responsibility of timers or judges of the finish to report violations, the referee may, with propriety, seek and weigh their observations in making a decision.
- (3) During straightaway dashes and hurdle races, at least two umpires shall stand behind the starting line while the others are at intervals along the track.
- (4) In order to judge baton passes in relay races, four umpires shall be assigned to each passing zone. Two shall stand on the inside of the track and two on the outside and sight along the staggered zone lines to ensure that the baton is exchanged within the passing zone.

SECTION 6. The Clerk of the Course

The clerk of the course, with the help of assistant clerks as the meet may require, shall be responsible for:

- a. Maintaining the track time schedule;
- b. Calling together and placing athletes in their proper positions with needed instructions related to their event (including advancement procedures) before the start of each race;
- c. Placing all relay team members, especially sprint relays, in their proper positions on the track itself. In distance races, this is done with the assistance of lap counters;
- d. Enforcing uniform, number, shoe and logo rules at the time of initial check-in through inspection, overseeing corrective action, and the issuing of a warning that repeated violation may result in disciplinary action. A report of uncorrected violations shall be made to the referee and the offending competitor's coach; and
- e. Related duties as requested by the starter and the games committee.

SECTION 7. The Start Team

Starter

ARTICLE 1. The starter shall have entire control of the competitors when on their marks and during the start; and, along with the assistant starter, the starter shall

decide, without appeal, whether a start is fair and legal, or which competitor(s) shall be charged with a false start. The starter shall be responsible for:

- a. Starting races promptly after the athletes have been turned over to the starter by the clerk of the course;
- b. Answering questions on the rules and conditions governing the start of each race;
- c. Signaling by a bell or pistol the start of the last lap of each race, if a lap counter is not available;
- d. Ensuring that starting blocks are set up within the competitor's lane; and
- e. Positively informing all competitors, officials, meet management and spectators of cancellations, warnings and/or disqualifications through the use of green, yellow or red cards and verbal communication.

In staggered starts, the starter is to take a position and remain stationary so that the distance between the starter and each competitor is approximately the same, and so that each competitor equally hears the commands and the starting device. If a speaker system is used, speakers in sufficient numbers must be positioned so that competitors simultaneously can hear the commands and starting device. In such cases, the starter may be positioned so that the entire field falls into a narrow visual angle.

Assistant Starters

ARTICLE 2. Assistant starters shall be appointed with power of recall for any observed infringement of the rules or any start that, in their opinion, is unfair. The reason for any recall shall be reported to the starter. Such assistants are of special value when the starter has difficulty seeing the entire field. Two assistant starters are recommended.

SECTION 8. The Fully Automatic Timing Officials

Operator(s) Duties

ARTICLE 1. There shall be appointed officials who shall operate the fully automatic timing system used for the competition.

The timing-device operator shall have direct communication with the start team and head finish judge.

If the timing device fails to start, the operator shall recall the race by firing a pistol.

After the race is over, the timing-device operator shall forward the photo-finish image to the head finish evaluator.

If a malfunction should occur, the timing-device operator shall notify the proper official(s) immediately and the predetermined back-up system shall be designated the official result.

Photo Evaluator(s) Duties

ARTICLE 2. It is recommended that the head finish evaluator be removed from the finish-line area and isolated from all competitors, officials and coaches so that this person is free from distraction while performing the duties.

The head finish evaluator shall, by using the official image of the finish, be responsible for the evaluation and interpretation of finish places and times.

In the event a protest is filed or additional assistance is required, as in ruling on close finishes, the referee shall be called to render a decision.

Official Images

ARTICLE 3. Fully automatic timing systems have priority over manual times and judges' picks.

SECTION 9. Manual Judges of the Finish

Number, Duties

ARTICLE 1. When fully automatic timing devices are used, there should be a head judge of the finish plus additional judges as deemed necessary by the games committee, head judge or meet director.

When fully automatic timing devices are not used, there shall be a head judge of the finish plus two judges, assigned by the head judge, for each scoring place.

The judges' decision as to the order of finish shall be final, except for possible action taken by the head judge or referee.

Placement of Judges

ARTICLE 2. Judges of the finish for each place shall serve on opposite sides on elevated stands at a minimum distance of 3 meters from the edge of the track.

Procedure for Picking Places

ARTICLE 3. The finish judges shall watch the race until the competitors are within 9 meters of the finish line, then should concentrate on the finish line to place finishers in accordance with Rule 5-3.1.

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 (i.e., videotape) 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.

SECTION 10. The Manual Timers

Number, Duties

ARTICLE 1. When two or more fully automatic timing devices are used, there should be a head timer plus additional timers as deemed necessary by the games committee, head timer or meet director.

When one fully automatic timing device is used, there shall be a head timer plus one timer for each scoring place.

When fully automatic timing devices are not used, there must be three official timers of first place, one of whom shall be the head timer. When possible, there shall be two timers, assigned by the head timer, for each scoring place. Times for all place winners and the wind reading must be recorded. The head timer shall assign one of the timers to give intermediate times.

After each race, the head timer shall be responsible for recording the results from the manual timers in tenths of seconds.

Note: For methods of timing and equipment requirements, see Rule 5-12.

Placement of Timers

ARTICLE 2. Timers for each place shall serve from opposite sides on elevated stands at a minimum distance of 3 meters from the edge of the track.

Procedure for Timing

ARTICLE 3. The watch will be started with the index finger upon the sight of the flash or smoke of the gun or starting apparatus. The timer stops the watch with the index finger when any part of the competitor's torso crosses 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.

SECTION 11. The Field Judges

Number

ARTICLE 1. There shall be one head field judge and such other judges or measurers as each event may require.

Head Judges of Field Events

ARTICLE 2. The head judge of each field event shall serve under the field referee with the help of assistant judges and measurers and shall:

- a. Conduct the event in accordance with the rules;
- b. Ensure that field events begin when scheduled, are properly organized and continue without delays;
- c. Judge the competitors' efforts as being fair or foul by displaying the respective white (fair) or red (foul) flag immediately after the trial is completed. When flags are not used, verbal decisions shall not be given until the performance is completed;
- d. Judge the high jump and pole vault as success or failure;
- e. Read and record all trials (two separate judges when possible);
- f. Certify the results for each completed event and turn them over to the announcer and scorer;
- g. Enforce uniform, number, shoe and logo rules at the time of initial check-in, when not done by the clerk of the course, through inspection, overseeing corrective action, and the issuing of a warning that repeated violation may result in disciplinary action. A report of uncorrected violations shall be made to the referee and offending competitor's coach;
- h. Ensure that all measuring devices are in working order (Rule 6-1.15); and
- i. Report all apparent violations to the appropriate referee.

SECTION 12. The Implement Inspector

The implement inspector, under the supervision of the field referee, shall weigh and measure, and then certify with an identifying mark, all implements to be used in competition. Illegal implements shall be impounded until competition in that event is concluded.

SECTION 13. The Scorer

The scorer and such assistants as are necessary shall keep a record for the chair of the games committee and/or meet director of the complete results in all events, team scores, individual place winners and their performances, and such additional information as may be available.

SECTION 14. The Announcer

Duties

ARTICLE 1. The announcer and any assistants shall give meet information to the spectators using available auditory and visual aids. The announcer's job is to give relevant information in the fewest words possible with minimum disruption of attention from the competition.

Relevant Information

ARTICLE 2. Relevant information shall include:

- a. Names, numbers and affiliations of competitors;
- b. Lane assignments or order of competition in field events;
- c. Past performances of outstanding competitors;
- d. Outstanding competitors before they perform;
- e. In track events, intermediate times and, occasionally, the order of competitors;
- f. Results — placings, times, distances, heights, records — at the earliest possible moment. Field-event results shall be announced imperially and metrically; and
- g. Current cumulative team scores.

Supplementary Visual Aids

ARTICLE 3. Successful meet promotion has demonstrated that announcing should be supplemented by numerous and varied visual aids. Among these are:

- a. Electrically lighted scoreboards on which entries, results and brief messages can be displayed;
- b. Rotating signboards for field events on which a competitor's number and performance are placed manually;
- c. Posters that give the name of the next competitor in a field event before the competitor performs;
- d. Crossbar height indicators;
- e. Distance indicators for field events, located outside landing areas; and

- f. Lane numbers for sprints and hurdles.

SECTION 15. The Marshal

Marshals should be attired so as to be easily identified. The duty of the head marshal and assistants shall be to keep all areas of the track, the field or the cross country course clear and unobstructed so as best to meet the needs of contestants, officials and spectators. Marshals shall have the following responsibilities:

- a. Provide assistance in any aspect of the conduct of a competition to ensure safety and security for the participants and officials;
- b. Keep unauthorized people, including spectators, off the track or field;
- c. Keep unauthorized people away from restricted areas;
- d. Assign special areas or seating for coaches, inactive officials, noncompeting competitors, photographers, public-communications representatives, etc., where they do not interfere with the proper conduct of the meet;
- e. Keep spectators off the actual cross country course and prevent them from cutting across the course if they might impede a runner's progress; and
- f. In cross country, keep everyone except the appropriate officials and competitors out of the finish area.

SECTION 16. The Press Steward

The press steward shall inform the representatives of the press as to all occurrences on the track, the field or the cross country course, and to related facts as may interest them. Specifically, the press steward shall obtain the names and teams of all competitors, full names of all place winners, the time or distance of each winning or record performance, and desired information concerning past performances.

SECTION 17. The Wind-Gauge Operator(s)

The wind-gauge operator(s) shall ensure that the wind-measuring instrument is installed and operated in accordance with Rule 7-2.1. The operator shall ascertain the velocity of the wind in the running direction of the appropriate events (100 meters, 200 meters, 100- or 110-meter hurdles, long jump and triple jump). This information shall be recorded for each race or field-event trial and be included in the final results.

SECTION 18. The Lap Counter(s)

A lap counter(s) shall be appointed to notify each competitor of the number of laps that still need to be completed. Adequate lap counters must be provided to accurately count laps for all runners in distance races, by recording the times over each lap of the athletes for whom they are responsible, and relay legs. The lap counter(s) shall confirm to the head umpire, through an appropriate reporting method, that all competitors have completed the prescribed number of laps. The start of the final lap of the event leader shall be signaled by the firing of a pistol or the ringing of a bell. All subsequent competitors shall be notified of their final lap or leg.

SECTION 19. The Medical Doctor/ Certified Trainer

ARTICLE 1. The medical doctor/certified trainer shall examine injured competitors and make recommendations to the competitor, the competitor's coach and the representative of any sponsoring organization as to the advisability of continued participation by the competitor in the meet. Such recommendations shall be considered in the application of the failure-to-participate rule.

ARTICLE 2. Should the decision be made to withdraw the competitor from the current event, the competitor shall be scratched from any subsequent event(s) in the meet, unless that competitor is medically approved to continue participation by the medical doctor/certified trainer and the referee determines that continued participation is allowable.

ARTICLE 3. Provisions shall be made to provide medical aid to runners on a cross country course.

SECTION 20. Medical Personnel

It is the responsibility of medical personnel whenever an athletics participant suffers a laceration or wound from which oozing or bleeding occurs, to stop the practice or event at the earliest possible time and provide the competitor with appropriate medical treatment. The competitor should leave the event or practice, and not return until the oozing or bleeding stops.

RULE 4

The Meet

SECTION 1. Misconduct

Misconduct is any act of dishonesty, unsportsmanlike conduct, unprofessional behavior or breach of law occurring at the locale of the competition or warm-up, that discredits the event or intercollegiate athletics. Misconduct includes the intentional reporting of false marks for entry purposes. Acts of misconduct are subject to reprimand or ejection by the referee or meet management.

SECTION 2. The Competitors

Responsibility of Competitor

ARTICLE 1. A competitor shall be responsible for checking implements and equipment with officials, wearing the proper uniform as prescribed within Rule 4-3 and displaying the correct number as assigned by meet management. A competitor shall report to the clerk of the course, or the head judge for a field event if so instructed, no later than the check-in time designated by the games committee, and shall promptly be at the starting point of each competition in which entered.

Competitors are to abide by the letter and spirit of the rules and shall be responsible for conducting themselves in an honest and sporting fashion at all times toward opponents, officials and spectators. This includes competing to the best of their ability for a given circumstance (i.e., honest effort).

Competitors who conduct themselves in an unsporting manner, or who are offensive by action or language, shall be warned and/or disqualified by the referee from the event and from the remainder of the meet (Rule 3-4.2d).

Failure to Participate

ARTICLE 2. a. Competitors or relay teams must participate in the trials and/or finals of all events in which they are declared. Declaration procedures and deadlines for individual and relay team members, excluding alternates, must be published. Such participation is also required in subsequent rounds as a result of qualifying, or when participation is a criterion for entry in a subsequent meet.

- b. Participation is the expectation that a competitor start the athletic challenge requirements of the event, according to the rules of the event. Qualification to the next round of an event is, in itself, satisfaction of participation within the qualifying round.

Note: A combined-event (i.e., decathlon) is one event. Failure to participate occurs only if the competitor fails to start the first event within a combined-event competition.

- c. A failure to participate is considered an assumption that the competitor in violation has abandoned the competition and, therefore, shall be barred from all remaining events in the current meet.
- d. The referee, upon proper protest, based upon all authorized evidence and with consideration given to circumstances beyond the control of the competitor, including documented severe medical conditions, shall determine whether circumstances clearly demonstrate that a violation of this rule has occurred.
- e. This rule shall not preclude the creation of additional restrictions published in handbooks and manuals by conferences or championships games committees.

Number of Entries

ARTICLE 3. The meet director or games committee shall determine the number of entries an institution is allowed in each event and shall disclose and publish entry marks.

SECTION 3. The Competition

Uniform

ARTICLE 1. When engaged in competition, each competitor must wear an official team uniform with components governed by these rules or be subject to disqualification. Wearing any part of the official team competition uniform illegally (i.e., top off or intentionally shortened, shoulder straps lowered) while in the area of competition shall lead to a warning by the nearest official that repeated violation may result in disciplinary action. A report of uncorrected violations shall be made to the referee and offending competitor's coach.

- a. 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 (i.e., sweat pants, tights) that is school-issued becomes the official uniform, when worn.

- b. The uniform must be of a material and design deemed to not be objectionable or offensive by the athletics department of the issuing institution.
- c. 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' numbers to be placed above the waist, front and back.
- d. Uniform tops must be worn so to not obscure hip numbers.
- e. Additional visible clothing is an undergarment. It must be worn under the uniform and be of a solid color.
- f. The use of, or wearing of, artificial noisemakers by competitors is prohibited.

Note: Individual or team uniform, logo, number 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 to the referee.

Relay/Cross Country Team Uniforms

ARTICLE 2. In addition to Article 1, the following shall apply:

- a. All relay and cross country team members must wear uniforms clearly indicating, through color, logo and combination of all outer garments worn as a uniform, that members are from the same team.
- b. Visible undergarments on the top (i.e., T-shirts) worn by team members must be of an identical solid color. Visible undergarments on the bottom (i.e., tights of any length) must be of an identical solid color.

Note: The effect of this rule is that no imagination shall be required to justify a clear sense of belonging to a team.

Logos

ARTICLE 3. An institution's official uniform and all other items of apparel (i.e., team jersey, socks) that are worn by student-athletes in competition may bear a single manufacturer's or distributor's normal trademark, not to exceed 2-1/4 square inches, including any additional material (i.e., patch) surrounding the normal trademark or logo. The logo or trademark must be contained within a four-sided geometrical figure (i.e., rectangle, square, parallelogram).

In addition, an institution's official uniform cannot bear a design element similar to the manufacturer's that is in addition to another logo or that is contrary to the size restriction.

A student-athlete representing an institution in intercollegiate competition is limited to wearing apparel items that include only the logo of an apparel manufacturer or distributor. This restriction shall not include logos that identify the student-athlete's institution or conference.

These restrictions apply to all apparel worn by student-athletes during the conduct of competition, including premeet or postmeet activities.

Numbers

- ARTICLE 4. a. In meets in which competitors' numbers are prescribed officially, the competitor must wear the competitor's number assigned by meet management and shall not be allowed to start and compete without a competitor's number. The number must be visible without alterations when the athlete is competing.
- b. The use of additional numbers usually affixed to the uniform to aid in the placing of competitors in a race shall be allowed. Placement is at the direction of the clerk of the course so that proper logos are not obscured and uniform requirements are observed.

Shoes

ARTICLE 5. Competitors may compete in bare feet or with shoes on one or both feet. The purpose of shoes for competition is to give protection and stability to the feet and a firm grip on the ground. Such shoes must be constructed to give a competitor no unfair additional advantage. The incorporation of any technology and/or device in the shoe's construction that artificially enhances a competitor's performance is not permitted. A shoe strap or covering over the instep is permitted.

The number of spike positions per shoe shall not exceed 11. Features on, and part of, the sole and/or heel (grooves, ridges, indentations or protuberances) are permissible if constructed of the same or similar material as the sole.

When a competition is conducted on a synthetic surface, the part of each spike that projects from the sole or heel must not exceed 9 millimeters, except in the high jump or javelin throw, in which it must not exceed 12 millimeters. For nonsynthetic surfaces, the length of the spike must not exceed 25 millimeters. Spikes shall have a maximum diameter of 4 millimeters for the one-half of their total length closest to the tip. Facility considerations may further limit the type and length of spikes allowed.

The soles of shoes used in the high jump and long jump shall have a maximum thickness of 13 millimeters. The heel of shoes used in the high jump shall have a maximum thickness of 19 millimeters. In all other events, the sole

and/or heel may be of any thickness. The thickness of the sole and heel shall be measured as the distance between the inside top side and the outside under side, including any above-mentioned features and including any kind or form of loose inner sole. Competitors may not use any appliance either inside or outside the shoe that will have the effect of increasing the thickness of the sole above the permitted maximum.

The decision of a head event judge as to the legality of shoes may be appealed by a competitor to the referee.

Protests

ARTICLE 6. a. Protests relating to matters that develop during the conduct of the meet should be made at once and not later than 30 minutes after the results have been announced or posted. For cross country, not later than 30 minutes after the last race of the meet has been posted. All implicated coaches must be notified of a tendered protest.

- b. Any such protest may be immediate and oral by a competitor or a competitor's coach in order to protect and preserve evidence used in the determination of a written protest filed in the appropriate manner. A protest shall include any communication by the athlete that requests the preservation of the evidence.
- c. The protest shall be reviewed by the referee, who shall render a decision after determining and considering evidence. Evidence specifically excluded is all visual material, except that produced in conjunction with officiating an event, official photo-timing and official video designated by the games committee before the meet.
- d. Results revised because of a protest shall be posted and announced. Coaches of competitors affected by the referee's decision shall be notified.
- e. Protests relating to Rules 4-3.1, 4-3.2 and 4-3.3 shall not interrupt an event once it begins.

Appeals

ARTICLE 7. As part of the protest process, the decision of a referee may be appealed through an appointed jury of appeal, in writing, not later than 30 minutes after the decision of the referee has been announced. Any official evidence available to the referee may be reviewed. If such evidence is not conclusive, the decision of the referee shall be upheld. No further appeal is available. The result of an appeal shall be posted and the affected coaches notified.

Correctable Error

ARTICLE 8. Within 72 hours after the last event of a meet, or before the subsequent round, results can be corrected if administrative errors are detected (i.e., incorrect calculation of team, individual or combined-event scores, timing error).

Competition Area

ARTICLE 9. The competition area is defined by the games committee or meet administration. It is normally the designated area of the stadium separate from the area used by spectators or an off-site area specifically designated for use by competitors in an event, and it may include the warm-up area.

Competition Area Access

ARTICLE 10. Governing access to any competition area is a function and responsibility of the games committee. A portion of the normal competition area shall not be set aside for coaches in any championships competition, unless authorized by the games committee. When authorized, this area remains part of the competition area. An area outside the competition area, as close as feasible to the competition, shall be reserved for coaches.

Electronic Devices

ARTICLE 11. The use of video or audio devices, radio transmitters or receivers, mobile phones, computers, or any similar devices in the competition area by coaches, athletes, competitors, and officials, is prohibited, except as authorized by the games committee for meet administration.

SECTION 4. Order of Events**Time Schedule**

ARTICLE 1. The games committee shall approve a definite time schedule well in advance of the meet.

Intervals

ARTICLE 2. The interval between the starting times of track events shall not exceed 10 minutes, except in the 3,000 meters and steeplechase, in which the interval shall be 15 minutes; the 5,000 meters interval shall be 20 minutes; and the 10,000 meters interval shall be 40 minutes. Field events shall be scheduled so that:

- a. They shall be completed before the last track event; and
- b. They permit the combined-events participation of some athletes.

Two-Session Meets

ARTICLE 3. In two-session meets, either two days or two sessions in one day, it is recommended that trial heats be held in the same order and with the same time interval as in finals.

Order of Events

ARTICLE 4. The order of events for outdoor meets should be:

With Preliminary Heats

10,000 Meters	1,500 Meters
60 minutes before track events—Hammer, Pole Vault and Long Jump	400 Meters—Finals
Triple Jump (immediately after Long Jump)	100 Meters—Finals
30 minutes before track events—Shot Put, High Jump and Javelin	100/110-Meter Hurdles—Finals
Discus (immediately after Shot Put)	200 Meters—Preliminaries
400-Meter (440-Yard) Relay	400-Meter Hurdles—Preliminaries
3,000 Meters/Steeplechase	800 Meters
400 Meters—Preliminaries	200 Meters—Finals
100/110-Meter Hurdles—Preliminaries	400-Meter Hurdles—Finals
100 Meters—Preliminaries	5,000 Meters
	1,600-Meter (Mile) Relay

Without Preliminary Heats

10,000 Meters	1,500 Meters
60 minutes before track events—Hammer	100/110-Meter Hurdles
45 minutes before track events—Pole Vault and Long Jump	400 Meters
Triple Jump (immediately after Long Jump)	100 Meters
30 minutes before track events—Shot Put and Javelin	800 Meters
Discus (immediately after the Shot Put)	400-Meter Hurdles
15 minutes before first track event—High Jump	200 Meters
3,000 Meters/Steeplechase	5,000 Meters
400-Meter (440-Yard) Relay	1,600-Meter (Mile) Relay

Note: Changes from this order can be made by the games committee or mutual agreement of the competing teams, but not to accommodate competitors in multiple events. For example, blocking events by gender or specialty is permitted.

Definition of Event

ARTICLE 5. An event is all groupings, divisions or sections pertaining to one running or field event discipline per gender.

RULE 5

Track Events

SECTION 1. The Start

Control of Start

ARTICLE 1. The starter has sole control over all aspects of the start. The starter's decisions shall be final (Rule 3-7.1). A starting-area marshal shall be assigned to assist in keeping the starting area clear and quiet.

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

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

Start

ARTICLE 2. All races shall be started as a result of the starter activating a simultaneous audible and visible signal. The report of a pistol that can be cocked, not less than .32 caliber, or an electronic tone of at least 112dB at 15 feet, together with the flash/smoke generated by the pistol, or an electronic flash/strobe, clearly visible to the timers, shall be used. A misfire shall not be a start. A .22-caliber pistol may be used at indoor events.

Starting Blocks

ARTICLE 3. The games committee may restrict starting block use in a meet to only those starting blocks supplied by the games committee. Starting blocks must conform to the requirements in Rule 2-1.

Starting blocks may only be used in individual races shorter than 800 meters or in relays in which the first leg is shorter than 600 meters. The starting blocks must be set within each competitor's assigned lane without overlapping the starting line. Hand grips or body supports are prohibited at the start.

Starting Races—Shorter than 500 Meters

ARTICLE 4. The starter, after receiving a "ready" signal from the head finish judge and alerting all competitors, shall direct the runners to "On your marks."

The runners shall take the “On your marks” position, either crouched or standing, promptly and in such a way that no part of the body touches the track on or beyond the starting line.

The starter then shall direct them to “Set.” At this command, all competitors shall at once and without delay assume their full and final set positions. Then, when all are motionless, the starter shall discharge the pistol. See Rule 5-2-Notes.

Starting Races—500 Meters and Longer

ARTICLE 5. When starting blocks are not used by any competitor, the starter shall have the runners take a position approximately 3 meters behind the starting line. On the command “On your marks,” runners shall, without delay, advance to the starting line and, when all competitors are steady and motionless, the starter shall discharge the pistol. The provisions of Rule 5-1.4 shall be followed for all event sections if starting blocks are used in any 500- or 600-meter race within the event.

Recall Point

ARTICLE 6. If, in a race not run in lanes, a runner falls during approximately the first 100 meters because of contact with another runner, the race shall be recalled.

Staggers

ARTICLE 7. In races run in lanes around at least one turn, the starts and relay exchange zones must be staggered so that competitors or teams run the same distance. If the number of competitors exceeds the number of lanes on the track, all groups shall use a waterfall start, which may be staggered, or a staggered in-lane alley start. If there are two or more heats, all heats must use the same starting procedure. When using a staggered waterfall start, two-thirds of the competitors should be placed on the main waterfall and one-third on the stagger.

The first leg of the 1,600-meter (mile) relay shall be run with a three-turn stagger. The 800-meter run shall be run with one person per lane or with in-lane alleys, each using a one-turn stagger. The staggers for each lane shall be measured by a certified engineer.

SECTION 2. Starting Violations/Procedures

ARTICLE 1. Violations at the start of a race include:

- a. If a competitor at the start of a race uses tactics obviously intended to disconcert an opponent, the competitor shall be warned by the starter and, if such action is repeated, shall be disqualified.
- b. A false start may be charged against a runner who fails to comply promptly with the command “On your marks” or with the various requirements of the command “Set” after being warned.
- c. If a competitor commences the starting motion after assuming a full and final set position and before the report of the pistol/starting device, it shall be considered a false start unless the starter has canceled the start.
- d. A competitor who cuts in front of another runner without proper clearance or one full stride on the curved line start shall be disqualified.

ARTICLE 2. a. If the start was not fair in the judgment of the starter, the starter must recall the competitors with a second pistol shot. If the unfair start was due to one or more competitors “beating the pistol,” it shall be considered a false start and the starter must charge the offender(s), who shall be disqualified. If the unfair start is not due to any competitor, a false start shall not be charged.

- b. For any reason, either before or after the word “Set,” the starter may cancel a start by directing all runners to stand up. After allowing the runners a brief time for adjustments, a new start shall be made. Starters must conform to the prescribed commands as set forth in the rules.

Note 1: The starter usually finds it necessary to disqualify only one runner for a false start. By quickly saying “Stand up” after a break, the starter can release the other runners from their marks. Runners who, in the starter’s judgment, have been led off their marks by a false starter shall not be disqualified. However, if two or more runners break together, the starter must disqualify all of them.

Note 2: Communication by the start team regarding its decision concerning a violation, warning or cancellation shall be accomplished in compliance with Rule 3-7.1e.

Note 3: An intentional false start is considered misconduct.

SECTION 3. The Finish

Placing Finishers

ARTICLE 1. The runners shall be placed in the order in which any part of their torso (as distinguished from the head, neck, arms, legs, hands or feet) reached the perpendicular plane of the nearer edge of the finish line.

Finish Tape

ARTICLE 2. When fully automatic timing is used, finish tape shall not be used.

Returning in Lanes

ARTICLE 3. To help the judges identify the place winners of races run in lanes, finish runners should return in their lanes to the finish line.

SECTION 4. Legal Running**Legal Running in Lanes**

ARTICLE 1. In all races run in lanes, competitors shall keep within their assigned lanes from start to finish. However, without material advantage gained and no other runner being obstructed, a competitor may run outside their assigned lane in the straightaway or outside the outer line of the lane on a curve. See Rule 5-5.2.

Legal Running Without Lanes

ARTICLE 2. The following situations shall constitute legal running in non-laned running events:

- a. A competitor may run anywhere on the track at any pace or any change of pace as long as the competitor does not impede or obstruct by any body or arm action the progress of another runner.
- b. A competitor may pass another runner legally on either the right or left side.
- c. A competitor may cut in front of another runner, provided that the overtaking runner has one full stride. This rule also applies to the curved line start.
- d. A competitor who is lapped in a distance race shall run a normal course.

Note: If the runner is required to withdraw, the runner shall exit to the inside of the track. The games committee has the authority to determine the number of lapped runners who shall remain in the competition.

SECTION 5. Running Violations**All Races**

ARTICLE 1. When a competitor commits a flagrant foul in a race to aid a teammate, all persons from the offending team in that event shall be disqualified. Such an infraction shall be reported by the umpire and ruled on by the referee.

In Lanes

ARTICLE 2. The referee, after consulting with the appropriate officials, shall disqualify a competitor who:

- a. Impedes another runner;
- b. In a race run on a curve, steps on or over the lane line to the left with two consecutive steps of the left foot;
- c. Does not start and finish within their assigned lane; or
- d. In a race starting but not finishing in lanes, does not cross the break line within their assigned lane.

Note: The referee, after consulting with the appropriate officials, shall not disqualify a competitor who is pushed or forced by another runner to step on or over the curb without material advantage gained.

Not in Lanes

ARTICLE 3. The referee, after consulting with the appropriate officials, shall disqualify a competitor who:

- a. Jostles, cuts across or obstructs another competitor so as to impede the other runner's progress. Direct contact is not necessary; any action that causes another runner to break stride or lose momentum is grounds for disqualification;
- b. Veers to the right or to the left so as to impede a challenging runner or forces the challenging runner to run a greater distance;
- c. Voluntarily leaves the track or abandons the race, then returns later to continue the race;
- d. Tries to force a way between two leading runners and makes direct contact so as to impede the progress of either;
- e. Steps on or over the curb with two consecutive steps of the left foot;
- f. Is paced or assisted by a competitor of the opposite gender in the same race; or
- g. Is paced or assisted by lapped competitors or those about to be lapped.

Note: The referee, after consulting with the appropriate officials, shall not disqualify a competitor who is pushed or forced by another runner to step on or over the curb without material advantage gained, or steps on or over the curb on the straightaway unless an advantage is gained by improving position.

Illegal Assistance

ARTICLE 4. a. On the report of an official or from a properly filed protest, the referee shall warn or disqualify a competitor determined to have been directly or indirectly aided from inside the competition area by a coach, a

teammate not in the race or a noncompetitor connected with the competitor's team.

- b. The viewing of a videotape or photos, or the use of any wireless communication device, by a competitor during event competition is prohibited.
- c. Use of any technical device that incorporates springs, wheels or any other element that provides the user with an advantage over another athlete not using such a device is prohibited.
- d. Use of any appliance that has the effect of increasing the dimension of a piece of equipment beyond the permitted maximum in these rules or that provides the user with an advantage that would not have been obtained using the equipment specified in the rules is prohibited.

SECTION 6. Hurdling Violations

The referee, after consulting with the appropriate officials, shall disqualify a competitor who:

- a. Advances or trails a leg or foot below the top horizontal plane or plane extended of the hurdle;
- b. Runs around or under a hurdle;
- c. Runs over a hurdle not in the hurdler's lane; or
- d. Knocks down any hurdle by hand.

SECTION 7. The Steeplechase

The referee, after consulting with the appropriate officials, shall disqualify a competitor who:

- a. Advances or trails a leg or foot below the top horizontal plane of the hurdle;
- b. Runs around a hurdle;
- c. Does not attempt every hurdle; or
- d. Does not go over or through the water.

SECTION 8. The Relays

Relay Racing

ARTICLE 1. Four competitors constitute a relay team, each of whom, except in shuttle relays, carries a baton.

Relay Substitution

ARTICLE 2. The games committee shall set the relay alternate and substitution policy. However, the maximum number of replacements on any specific team that has qualified to compete is two.

Common Relay Events

ARTICLE 3. Relays commonly run include:

- a. 400-Meter Relay (4 x 100 meters).
- b. 800-Meter Relay (4 x 200 meters), a four-turn stagger is recommended.
- c. 1,600-Meter Relay (4 x 400 meters) or
Mile Relay (4 x 440 yards), a three-turn stagger shall be used.
- d. 3,200-Meter Relay (4 x 800 meters).
- e. 6,000-Meter Relay (4 x 1,500 meters) or
6,400-Meter Relay (4 x 1,600 meters).
- f. Sprint Medley Relay (100, 100, 200, 400 meters), a three-turn stagger is recommended.
- g. Sprint Medley Relay (200, 200, 400, 800 meters), a three-turn stagger is recommended.
- h. Distance Medley Relay (1,200, 400, 800, 1,600 meters).
- i. (Men) Shuttle Hurdle Relay (4 x 110-meter hurdles).
- j. (Women) Shuttle Hurdle Relay (4 x 100-meter hurdles).

Note: Where appropriate, distances of relay legs for an entire event may be of imperial measure.

Positions for Receiving the Baton

ARTICLE 4. In the sprint relays, outgoing runners, while waiting for the baton, may use the international zone if the incoming runner is running a leg of 200 meters (220 yards) or less. If the outgoing runner elects to use the international zone, the runner must be positioned entirely inside that zone within the runner's lane. Outgoing runners may place two separate pieces of tape or suitable material as determined by meet management on the track. These pieces of tape or material may not be longer than the width of the lane nor wider than 2 inches, and may be placed anywhere within the outgoing runner's lane. These marked points may be outside the international zone.

In all other relays around the track, outgoing runners, while waiting for the baton, must take preparatory positions entirely within the 20-meter passing zone. Outgoing runners may not place any markings on the track.

Receivers for relay exchanges that do not occur in assigned lanes shall line up in the same relative position as their incoming teammates; the leaders shall pass in the first position, the second-place holders in the second position, etc. When interference is not possible, receivers may move to the inside.

Passing the Baton

ARTICLE 5. In all relays around the track, the baton must be passed between teammates within a 20-meter zone. The baton must be passed, not thrown, by each runner to the succeeding runner. 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.

After Passing the Baton

ARTICLE 6. Incoming and outgoing competitors, after exchanging the baton, must remain in their lanes or established paths until the course is clear in order to avoid contact with the other competitors.

Shuttle Hurdle Relay

ARTICLE 7. In the shuttle hurdle relay, the passing zone is 1.22 meters. The outgoing runner must be motionless and may not leave the starting line until the incoming runner's torso breaks the plane of the passing zone.

SECTION 9. Relay Racing Violations

The same rules and penalties with reference to fouling or illegal assistance that apply to other running events also shall apply to relay racing. In addition, the referee, after consulting with the appropriate officials, shall disqualify a relay team when:

- a. During a relay race, any member of that team is disqualified;
- b. Any member of a team uses a device or substance on either hand that enhances contact with the baton (i.e., gloves, tape or adhesive substances);
- c. The baton is passed outside the 20-meter passing zone;
- d. The baton is recovered illegally after being dropped;

- e. While running, a team member transports the baton in a manner other than in the hand;
- f. The last runner of the team finishes the race without a baton;
- g. After passing the baton, a runner veers out of the passing lane or from a straight course and impedes an opposing runner;
- h. Assuming a preparatory position in any race run in lanes, any part of the outgoing runner breaks the plane of the adjacent lane lines so as to interfere with another runner;
- i. The outgoing runner waiting for the baton does not take a position entirely within the 20-meter passing zone, except as noted in Rule 5-8.4; or
- j. A team member runs more than one leg.

SECTION 10. Running Event Procedure and Qualifying

ARTICLE 1. The games committee may use the following methods in order to administer running events:

- a. The number of contestants in any large meet may be reduced to a workable size by establishing qualifying standards or by requiring qualifying heats conducted under specified conditions and preceding the competition proper.
- b. If the limits of time or facilities require, to ensure safety and equity of competition, races (including relays) may be run as a final in timed sections. When used, the structure for running finals as timed sections shall be determined by the games committee and must be consistent throughout the meet. In addition, no race shall have fewer than two competitors.
- c. A series of rounds with advancement procedures may be conducted leading to an event final.

ARTICLE 2. In cases in which a competitor has qualified for the next round and is unable to compete, another competitor shall not be moved into the next round.

Canceling Heats

ARTICLE 3. If heats are drawn for a race but the number of competitors who report to run is small enough to be run in one race, the heats shall be canceled and the race shall be run as a final at the originally scheduled final time.

Redrawing Heats

ARTICLE 4. Whenever the referee determines that the number of entries or scratches reduces the number of competitors in any heat so as to eliminate the

element of competition, the games committee shall, as appropriate, redraw the heats, reduce the number of qualifiers from each heat and select any additional qualifiers on a time basis in order to restore the element of competition.

Tie for Last Qualifying Position

ARTICLE 5. In the event of a tie for the last qualifying place for a subsequent race, after applying Rule 5-12.2d, and assuming positions on the track are available, all tying runners shall qualify. If enough positions are not available, the advancer shall be determined by a runoff or drawn by lot, based on a decision before the meet by the games committee. A runoff is not subject to Rule 4-2.2.

Qualifying

ARTICLE 6. a. In races run entirely in lanes, at least the heat winners shall advance to the next round. All other qualifiers in the round shall advance on the basis of time. Finals shall include eight or nine qualifiers, of which eight may score (100-200-400-400 relay-hurdles).

- b. In those events in which more than two rounds are contested, it is preferred that at least two qualifiers from each heat advance to the next round.
- 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.

Requirements for Heats/Finals

ARTICLE 7. The following criteria shall be used for all heats/finals, unless extraordinary circumstances exist, including facility or scheduling conditions, which require alteration by the games committee.

- a. The number of runners or teams shall not exceed the number of lanes available for the race in any heat or final of the 100, 200, 400 and 800 meters, 100/110 hurdles, 400 hurdles, and 400 and 1,600 relays, except that the games committee may authorize, with consistency, an alley start with a maximum of 12 competitors in the first nonfinal round of the 800 meters.
- b. In all races started in lanes, if there is the same number of or fewer entries than there are lanes on the track, the event shall be run as a final.
- c. In the 1,500 meters, when more than one section is scheduled and 15 or fewer competitors report, the event shall be run as a single race final. The maximum number that shall qualify for the final is 12.

- d. In the 3,000 or 5,000 meters or steeplechase, when more than one section is scheduled and 18 or fewer competitors report, the event shall be run as a single race final. The maximum number that shall qualify for the final is 14 in the 3,000 and steeplechase and 16 in the 5,000.
- e. In the 1,500, 3,000 or 5,000 meters, or in the steeplechase, it is recommended that at least four places from each preliminary heat advance. However, at least two qualifiers must advance on the basis of time. If there are three heats, at least three competitors must advance on place and at least two must advance on the basis of time.

SECTION 11. Formation of Heats/Assignment of Lanes

Responsibility

ARTICLE 1. The games committee shall be responsible for the original formation of heats and the assignment of lanes.

Regulations for Forming Heats

ARTICLE 2. The heats in running events shall be formed according to the following regulations, unless extraordinary circumstances exist, including facility or scheduling conditions, which require alteration by the games committee:

- a. The declared competitors shall be assigned to first-round heats in the order their names are listed on the ranked performance list, working alternately from left to right and right to left. This procedure could cause two or more teammates to be assigned to the same heat. These heats shall not be altered. Draw heat order by lot.

Examples to form heats:

2 Heats		3 Heats		
Heat 1	Heat 2	Heat 1	Heat 2	Heat 3
1	2	1	2	3
4	3	6	5	4
5	6	7	8	9
8	7	12	11	10
9	10	13	14	15
12	11	18	17	16

(Numbers represent runners ranked in order of performance.)

- b. The following table shall be used in forming preliminary heats for the 100, 200, 400 and 800 meters, 100/110 hurdles, 400 hurdles and corresponding events of imperial measure:

	No. of Preliminary Heats	No. of Semifinal Heats	No. in Final
<i>For six lanes:</i>			
1 to 6	0	0	6
7 to 12	2	0	6
13 to 18	3	2	6
19 to 24	4	2	6

25 or more requires quarterfinals following above pattern.

<i>For seven lanes:</i>			
1 to 7	0	0	7
8 to 14	2	0	7
15 to 21	3	2	7
22 to 28	4	2	7

29 or more requires quarterfinals following above pattern.

<i>For eight lanes:</i>			
1 to 8	0	0	8
9 to 16	2	0	8
17 to 24	3	2	8
25 to 32	4	2	8
33 to 40	5	2	8

41 or more requires quarterfinals following above pattern.

<i>For nine lanes:</i>			
1 to 9	0	0	9
10 to 18	2	0	9
19 to 27	3	0	9
28 to 36	4	3	9
37 to 45	5	3	9
46 to 54	6	3	9

55 or more requires quarterfinals following above pattern.

- c. Principles of forming heats for second and subsequent rounds of competition are as follows:

- 1) Weigh place first.
- 2) Weigh time second.

Note: For fully automatic timing malfunctions, see Rule 5-12.5.

- 3) Seed each group of place winners as a unit by their times. Seed winners, then seed second-place runners, etc. Work from left to right, and from right to left and then all qualifiers on time in descending order.
- 4) Draw heat order by lot.

3 Heats, 4 Qualifiers		4 Heats, 4 Qualifiers		5 Heats, 3 Qualifiers	
Heat 1	Heat 2	Heat 1	Heat 2	Heat 1	Heat 2
1-1	1-2	1-1	1-2	1-1	1-2
2-1	1-3	1-4	1-3	1-4	1-3
2-2	2-3	2-1	2-2	1-5	2-1
3-2	3-1	2-4	2-3	2-3	2-2
3-3	4-1	3-1	3-2	2-4	2-5
4-3	4-2	3-4	3-3	3-2	3-1
		4-1	4-2	3-3	3-4
		4-4	4-3	3-5	(draw for heat by lot)

Legend:

1-1 = Fastest first-place runner.

1-2 = Second fastest first-place runner.

2-1 = Fastest second-place runner.

2-2 = Second fastest second-place runner.

Regulations for Assigning Lanes

ARTICLE 3. The following procedures shall be used in drawing/assigning lanes:

- a. In the first round of competition, lanes shall be drawn by lot. In an event in which no preliminary round is contested, the games committee may assign preferred lane by entry performance.
- b. For competition other than first round, lane assignments shall be made as follows:
 - 1) Races not starting in lanes shall be drawn by lot.
 - 2) Races starting in lanes, assign to preferred lanes as follows:
 - a) Advancement determined by place:
 - (1) Weigh place first.
 - (2) Weigh time second.
 - b) Advancement determined by time:

Weigh by time in descending order.

Note: Before the start of competition, the games committee shall decide the ranked order of preferred lanes one at a time and event by event. The best available lanes shall be used. It is recommended that the athlete seeded No. 1 be placed inside the athlete seeded No. 2. When unusual conditions make the original drawings unfair to one or more runners, the games committee or referee may make such changes as will produce greater fairness.

Alternating Lanes for Duals, Triangulars

ARTICLE 4. When track conditions permit, lanes shall be drawn and alternated by schools for each individual event. School A might draw lanes 1-4-7; school

B, 2-5-8; and school C, 3-6-9. Each school shall then place its runners in its lanes.

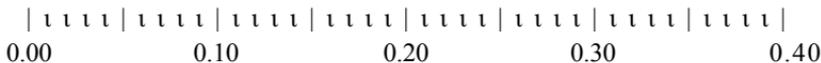
SECTION 12. Timing

Methods of Timing

ARTICLE 1. The methods of timing are listed in the order of preference. See Rule 5-12.2 for recording each method. See Rule 2-12 for accuracy certification.

- a. Fully automatic timing (FAT), such as film or digital slit-camera phototiming.
 - 1) Shall use camera equipment that is properly aligned with the finish line.
 - 2) Shall use equipment that is started automatically by an electronic starting device or by the energy of the shell exploding in the starter's gun, so that the overall delay between the report from the starting device and the effective start of the timing system is constant and measurable to less than 1/1,000th of a second (Zero Control).
 - 3) Shall, by an electronic or optical device, automatically record the finish of each competitor in a continuous image or a composite of not less than 100 images per second. The displayed image shall be synchronized with a time scale of at least 1/100th of a second.
 - 4) Shall determine times and places by the use of equipment that identifies the instant the first part of each runner's torso reaches the finish line and guarantees perpendicularity of the indicator line to the time scale when moved horizontally to the precise point of finish for each runner.
 - 5) Actual places and times shall be read and determined based on the position of the indicator line.
 - 6) Official time shall be the next highest 1/100th of a second based on the position of the indicator line.
 - 7) An indication that an automatic start did not occur shall be by a time scale of not more than 1/10th of a second on the displayed image.
 - 8) Shall be capable of producing a printed picture that shows all of the above conditions with a time scale graduated in 1/100th of a second, when applicable, and synchronized to the image. See Rule 5-12.2.

Example for 1/100th per second image rate:



Each hash-mark represents 0.01 seconds.

- b. Automatic timing (AT), such as videotape.
- 1) Must use camera equipment that is properly aligned with the finish line.
 - 2) Must use equipment that is started automatically by an electronic starting device or by the energy of the shell exploding in the starter's gun.
 - 3) Must, by an electronic or optical device, automatically record the finish of each competitor in a composite of not less than 50 images per second. The displayed image shall be synchronized with a time scale that is not greater than the number of images recorded per second.
 - 4) The recording accuracy and a positive indication of an automatic start shall be displayed (i.e., AT-1/60).
 - 5) Places shall be determined based on the recorded frame when the torso of the runner is positioned at or immediately after the fixed perpendicular read line representing the finish.
 - 6) Official time shall be the time on the recorded frame, to the accuracy of the image record rate, when the torso of the runner is positioned at or immediately after the fixed perpendicular read line representing the finish.
 - 7) Must be capable of producing a printed picture that shows all of the above conditions with a time scale that is not graduated greater than the number of images recorded per second and synchronized to the image. See Rule 5-12.2.

Example for 1/60th per second image rate:



Each hash-mark represents 1/60th of a second.

- c. Manual timing (MT). All other methods of timing are manual timing.

Methods of Recording Time

- ARTICLE 2. a. When fully automatic timing (FAT) is used, results must be recorded in 1/100th of a second and shall be the next slower 1/100th of a second based on the position of the indicator line. Final results shall indicate FAT with the time in 1/100ths, such as 10.33. No method of timing other than FAT shall report results with two decimal places (i.e., 1/100th).
- b. When automatic timing (AT) is used, results must be recorded with an indicated accuracy not greater than the image record rate of the equipment. The use of two decimal places is strictly forbidden. Final results shall

indicate AT in a format such as 10-15/60, for an accuracy rate of 60 frames per second. If converted to a decimal, the result shall be rounded to the next slower single digit decimal less than the accuracy rate, and may be noted with an "A." The decimal result recorded for 10-15/60 is 10.3A.

- c. When manual timing (MT) is used, times must be rounded to the slower 1/10th of a second. Watches recording in hundredths of a second must be rounded up to the next tenth. After each race, the head timer shall be responsible for recording the results from the timers. If two timers agree, their time shall be the official time. If all three watches disagree, the middle watch shall be the official time. If only two timers record the time, the slower time shall be official. Final results shall indicate MT with a decimal time in 1/10th of a second. A manual time result shall be recorded in the format 10.4 or 10.4H
- d. Ties shall be broken for the purpose of determining place or advancement in FAT or AT by reading the picture to the accuracy available, but not greater than 1/1,000th of a second. Ties for advancement based on recorded MT shall remain.
- e. Wind velocity in meters per second (i.e., 2.0 mps) shall be recorded on the final results and should be recorded for the 100 and 200 meters, and 100 and 110 hurdles.

Championships Equipment Requirements

ARTICLE 3. The following are minimum requirements:

- a. Equipment must be fully automatic.
- b. Equipment must be capable of monitoring the adequacy of the power source.
- c. Equipment must have an automatic battery-power takeover system in the event of line system power failure.
- d. Equipment must have protection of the time base accuracy from surges in the power source.
- e. Equipment must produce a photo-finish photograph with read-out times.
- f. An alternate finish-line crew shall operate to judge and provide manually operated timing results to supplement the fully automatic timing system.
- g. Three fully automatic timing devices must be used, one of which can distinguish color. The fully automatic timing devices must be positioned on opposite sides of the track. It is understood that lighting requirements may not be sufficient at night to properly distinguish color. There shall be a minimum of two independent power circuits for these timing devices.

Conversions to Fully Automatic Timing for Seeding

- ARTICLE 4. a. The conversion method between automatic timing (AT) and fully automatic timing (FAT) shall only be used for championship meets in order to determine seed times. Automatic times (AT) must be recorded in 1/10th decimal format using Rule 5-12.2b before converting to FAT. The conversion method between fully automatic timing (FAT) and automatic timing (AT) is to add a zero to the automatic time stated as a 1/10th decimal (i.e., 10.3A = 10.30).
- b. Manual times (MT) must be rounded using Rule 5-12.2c before adding a conversion factor. The conversion factor of .24 seconds between fully automatic timing (FAT) and manual timing (MT) must be used when conversions are desired (i.e., $MT + .24 = FAT$; 10.3H = 10.54). In championships meets, .24 shall be used for MT to FAT conversion in all events to determine seed times.

Malfunction of Fully Automatic Timing

ARTICLE 5. In the event that fully automatic timing is not available in one or more of several heats or sections, the following procedure shall apply: Hand times must be used for all heats or sections to determine advancement or final placings, or heats or sections are to be rerun.

Note: Times for those heats or sections in which automatic timing functioned properly shall be listed on the final results.

RULE 6

Field Events

SECTION 1. General Rules for Field Events

The Attempt in a Field Event

ARTICLE 1. An attempt is defined as all of the competitor's actions that occur from when the time limit begins until the official has determined, through the indication of the flag, a fair or foul trial. A pass may be used to forgo an attempt and is not a trial.

Note: A trial is the purposeful action of completing the requirements of the athletic challenge (jump or throw) of the event.

Time Limit

ARTICLE 2. In the throwing events, a competitor shall be charged with a foul if the competitor does not initiate a trial within one minute after the competitor's name has been called, in addition to a visual indication made by the event judge.

ARTICLE 3. In the jumping events, a competitor shall be charged with a foul if the competitor does not initiate a trial within one minute after the pit, crossbar or standards have been prepared or set, and after the competitor's name has been called, in addition to a visual indication made by the event judge.

ARTICLE 4. In the high jump and pole vault, when there are two or three competitors remaining in the competition at the start of a round, or when a competitor is taking consecutive attempts at the same bar height while other competitors remain in the competition, high jumpers shall have two minutes and pole vaulters three minutes to initiate a trial.

Except for the combined-event, Rule 9-2.2, after all other competitors have failed, a competitor who has won the event shall be allowed four minutes for the high jump and five minutes for the pole vault to initiate a trial.

ARTICLE 5. If visible time indicators are not used, the event timer shall give a warning by raising, and holding overhead, a yellow flag for the final 15 seconds of the time allowed.

Time in Minutes for Initiating Field Events

Number of athletes competing at the start of the round	Individual Event			Combined Events		
	HJ	PV	Other	HJ	PV	Other
More than 3	1	1	1	1	1	1
2 or 3	2	3	1	2	3	1
1	4	5	-	2	3	-
Consecutive Trials*	2	3	1	2	3	1

* *Within a height for individual, always for combined.*

Absence From Competition

ARTICLE 6. a. In events other than the vertical jumps, if a competitor is competing in another event that requires a long absence, the head judge of an event may allow that competitor to take qualifying or preliminary attempts, but not final attempts, out of the official order within the competitor's designated flight, which may or may not be in succession. Excused competitors must not delay the start of the finals. Reassignment to another flight may not be made to accommodate such an absence.

Should a competitor miss a turn in the finals, the head judge shall refuse permission for that competitor to take that turn. If a competitor is not present for a trial in finals, it shall be deemed that the competitor is passing, once the allowable time period for the trial has elapsed.

- b. In the vertical jumps, the head judge of the event may allow the competitor to take attempts out of official order, which may or may not be in succession. The competition must continue in the excused competitor's absence, and the competitor shall compete at the existing height upon return, being allowed the number of attempts the competitor had remaining when excused. If a competitor is not present for a trial before the bar is raised, it shall be deemed that the competitor is passing, once the allowable time period for the trial has elapsed.

Completion of Preliminaries

ARTICLE 7. Each flight in the preliminaries is completed when the last competitor to be called in the flight has either taken the final trial or the time limit for the trial has expired.

Illegal Assistance

- ARTICLE 8. a. On the report of an official or from a properly filed protest, the referee shall warn or disqualify a competitor determined to have been directly or indirectly aided from inside the competition area by a coach, a teammate not in the race or a noncompetitor connected with the competitor's team.
- b. The viewing of a videotape or photos, or the use of any wireless communication device, by a competitor during event competition is prohibited.
 - c. The use of any technical device that incorporates springs, wheels or any other element that provides the user with an advantage over another athlete not using such a device is prohibited.
 - d. The use of any appliance that has the effect of increasing the dimension of a piece of equipment beyond the permitted maximum in these rules or that provides the user with an advantage that would not have been obtained using the equipment specified in the rules is prohibited.
 - e. In meets involving five or fewer teams, meet management may allow coaches to confer with their competitors while not in an attempt in the field of competition.
 - f. It is permissible for competitors to cross the track to confer with coaches before the start of running events.

Note: See individual events for permissible substance use to promote a better grip.

Jumping Aids/Runway Markers

- ARTICLE 9. a. Weights or artificial aids shall not be allowed in the jumping events, except for a wind sock to help the competitor determine wind direction and velocity.
- b. A foot pattern may be used by officials to indicate the takeoff mark in any runway event as assistance to all competitors during warm-up periods or upon request.
 - c. A maximum of two individual markers may be placed adjacent to and not on the runway before the foul line in the long jump, triple jump or javelin. A maximum of two markers may be placed adjacent to the runway in the pole vault, but not on the runway. A maximum of two markers may be placed in the high-jump approach area.

- d. A maximum of one individual marker may be temporarily placed only on the ground in the area immediately behind or adjacent to a throwing circle for the duration of each competitor's own trial and shall not impair the view of the judges.
- e. All markers must be made of a material that is approved by meet management and cover an area not greater than 7 centimeters by 15 centimeters. Shoes are not acceptable markers. The use of unacceptable material, after being warned, shall lead to the disqualification of the competitor. This restriction applies to practice, warm-up and competition.
- f. For additional runway or approach restrictions, see Rule 6-5.5 and Rule 6-6.4.

Taping Aids/Gloves

ARTICLE 10. Restrictions and allowed items are detailed in sections pertaining to the pole vault (Rule 6-6.4), shot put (Rule 6-8.2), discus (Rule 6-9.2), javelin (Rule 6-10.2), and hammer and 35-pound weight (Rule 6-11.2).

Warm-Up Restrictions

ARTICLE 11. The length of all warm-up periods is determined by the games committee. 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 preliminaries and finals, there may be a warm-up period for all competitors in the final for a period of time not greater than the time allowed for flight-specific warm-up.

Once a competition has begun, competitors are not allowed to use for practice purposes the runway, ring or takeoff area associated with competition, except as scheduled.

In vertical jumps, a competitor who has not taken an initial trial in at least one hour from the first attempt of the competition shall, under the direction of the event official, use the runway and landing areas without the crossbar at the change of the bar to the height they enter the competition.

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 must occur at height changes.

Field-Event Implements

ARTICLE 12. The games committee may limit the use of implements in a meet, with the exception of vaulting poles, to those provided by the games committee. If this is not done, each competitor shall be allowed to use a

personal implement, provided it meets legal specifications. To determine this, the games committee shall set a time and place, before the start of the event, for inspecting, weighing and measuring all implements to be used in the meet (warm-up and competition). Weighing and measuring devices must be capable of certifying the implements within the allowable event specifications.

In the event an implement should become damaged during the course of the competition, its use shall be permitted only after it has been reinspected and approved.

A competitor may use another competitor's implement during competition only with the other competitor's permission.

Competitors are not allowed in the impact area during warm-up or competition. Implements shall be carried, not thrown, out of the sector by an official.

Illegal Implements

ARTICLE 13. A field-event competitor shall be disqualified, and their marks and/or points scored disallowed, if that competitor:

- a. Uses an implement (shot, discus, javelin, hammer, weight or shoe) that has been altered to become illegal after having been inspected officially;
- b. Uses an implement that was not certified before competition; or
- c. Brings an illegal implement into the competition or warm-up area.

Illegal Implements During Recertification

ARTICLE 14. If an implement is deemed illegal during recertification for record purposes, marks achieved and points scored by the competitor will be counted, even though the record will not be recognized.

Taking Measurements

ARTICLE 15. All measurements of height or distance may be made with a steel tape, fiberglass tape, bar or electronic measuring device. Of these devices, only the steel tape and electronic measuring device, calibrated according to Rule 2-12, are acceptable for record purposes.

When measuring the throwing events or horizontal jumps, that part of the tape that records distance shall be read and announced by the official at the circle, foul line or takeoff board. The tape should be pulled through the center of the throwing circle, the radius of the throwing arc, or from a position 1 meter behind the takeoff board.

In the pole vault and high jump, measurement of the official height shall be from a point on the same level as the takeoff to the lowest point on the upper side of the crossbar.

Efforts judged to be foul shall not be measured, except as otherwise provided within these rules.

Recording Performances

- ARTICLE 16. a. Performances that result in a pass or foul shall be recorded as: P=Pass, F=Foul.
- b. Metrics is the system of measurement. Distances measured shall be recorded to the nearest lesser centimeter (i.e., fractions less than one centimeter must be ignored).
- c. Performances shall be announced in imperial and metric measure. The display shall be imperial measure and, when possible, metric.
- d. For world, American and NCAA championships records, marks must be measured and recorded metrically.

Measuring Height of Bar

ARTICLE 17. An accurate measurement of the height of the high-jump or pole-vault crossbar shall be taken each time it is placed at a new height; each time a new crossbar replaces a broken one; each time a standard(s) has been displaced; and for record attempts, each time the bar is touched. See Rule 7-2.5.

Wind Considerations

ARTICLE 18. The games committee shall designate the official site or runway, including direction, to be used at least one hour before the event competition begins. In the event of unsafe wind conditions once competition has begun, competition may be suspended, but the event venue (i.e., direction of jumping) shall not be changed.

Safety Considerations

ARTICLE 19. It is the responsibility of the field-event judge and referee to ensure fair and safe competition. In the event of unsafe conditions once competition has begun (i.e., weather or facility concerns), competition may be suspended, but the event venue (i.e., direction of jumping) shall not be changed.

Safety Measures

ARTICLE 20. All throwing areas shall be roped and flagged. Officials should maintain visual contact with the throwing circle or runway when in the impact area. Competitors should maintain visual contact with the throwing circle or runway when retrieving implements. A competitor shall not be in the impact area to retrieve those implements.

An official should be present at all field events to monitor all warm-ups.

SECTION 2. Competition Procedures

Purpose of Qualifying/Preliminaries

ARTICLE 1. The games committee should reduce the number of competitors in the final round to a workable size through the use of a separate qualifying competition and/or preliminary rounds.

When a competitor who has earned advancement to a subsequent round is unable to compete, another competitor shall not advance.

Field event competitors who first report after the first competitive attempt has been made shall not be allowed to compete in the event.

Qualifying Competition

ARTICLE 2. If a qualifying competition is deemed necessary, it shall precede the preliminaries and finals to determine which competitors entered in the event shall compete in the competition proper. The games committee shall determine group size, automatic qualification performance and the number who qualify. A competitor who has achieved the qualifying mark shall not be allowed to continue in the qualifying competition. Field event tie-breaking procedures shall be used in determining the qualifiers. Performances made in the qualifying competition shall not be considered part of the competition proper and shall not count in deciding the final placing in the event.

Preliminary Competition and Advancement

ARTICLE 3. In the throwing events and the horizontal jumps, each competitor shall be allowed three trials. One competitor more than the number of scoring places, but not fewer than eight, shall advance by best mark in the preliminary rounds to the final rounds, provided each has a valid mark in the preliminary rounds. Competitors tying for the last advancement position, by mark, shall advance to the final rounds, unless otherwise ruled by the games committee before the competition.

Automatic Advancement

ARTICLE 4. The games committee, before the competition begins, may allow automatic advancement of each competitor to the final rounds in the throwing events and the horizontal jumps. The number of competitors at the start of the preliminaries must be nine or fewer. Each advancing competitor must actually attempt one trial in the preliminary rounds.

Completion of Preliminaries

ARTICLE 5. Each flight in the preliminaries is completed when the last competitor to be called in the flight has either taken the final trial or the time limit for the trial has expired.

All performances made in field event preliminary rounds shall be counted with performances in the final rounds to determine final place winners. Competitors shall be credited with the best of all their efforts.

SECTION 3. Alternate Procedures

Four-Attempt Competition

ARTICLE 1. The games committee may decide to conduct the horizontal jumps and throws as a four-attempt final competition.

Time Limit

ARTICLE 2. The games committee may establish a time by which all preliminaries in a field event (especially the long jump and triple jump) must be completed. Preliminaries not taken before this time shall be forfeited.

Guaranteed Measurement

ARTICLE 3. The games committee may establish a minimum distance that must be reached to guarantee a measurement of a trial. All trials that meet or exceed the minimum distance must be measured.

SECTION 4. Order of Competition

Grouping Competitors

ARTICLE 1. Competitors shall be arranged in flights not larger than 16 and not smaller than five.

The games committee shall determine whether flight assignment is random or based on entry performance, and the order in which flights are contested.

If weather or facility conditions render this method unfair to some competitors, the referee may require that all trials be taken one at a time in the order drawn.

Determining Order of Competition

ARTICLE 2. In the throwing events, long jump and triple jump, the order of competition within a flight shall be drawn by lot. Each competitor in a flight shall complete three attempts in the order drawn. In the finals of these events, competition shall be in reverse order of performance in the preliminaries. For the final three attempts, the finalists shall compete in one flight.

High-Jump, Pole-Vault Procedure

ARTICLE 3. In the high jump and pole vault, each competitor is allowed an attempt in the order in which the competitor's name has been drawn by lot. The competitor is granted a maximum of three attempts at any one height. The competitor may accept all three attempts or may choose to pass any of them. For warm-up restrictions, see Rule 6-1.11.

Those who fail and choose to take a second attempt at the same height shall take this second attempt in the order drawn and, similarly, for their third attempt. Competitors may, likewise, pass their second and/or third attempt. Passes must be indicated before the start of the clock.

Note: A "pass" is for a single attempt only. To pass all attempts at a given height, competitors must indicate that they are passing all three of their attempts at that height and it shall be so recorded.

The competitor is permitted to continue jumping or vaulting at subsequent heights but is eliminated as soon as three consecutive unsuccessful attempts have been made, regardless of the heights at which the unsuccessful attempts are made.

When there are large fields in the high jump or pole vault, greater than 15, it is advisable for the games committee to establish continuing flights of five competitors (five-alive method) as a replacement to the normal order of competition. Once a competitor has cleared or missed three attempts at a height, another athlete shall be added to that position in the continuing flight, moving down the listed order of competition until all competitors have completed attempts at each height. Therefore, jumps attempted by competitors would not be separated by more than four attempts from other competitors at any height.

When the number of competitors remaining at a given height is fewer than nine, the five-alive method is abandoned and replaced by a continuous flight until the next height change.

The following is a sample performance record for a high-jump/pole-vault competition to illustrate the five-alive procedure:

(Key: O Cleared; X Failed)

Jumper		2.00		Jump Order
A	X	X	X	1
B	X	X	O	2
C	O			3
D	X	X	O	4
E	X	O		5

F	X	X	3
G			5
H			1
I			2
J			4
K			6
L			7
M			8

Explanation: A as jumper #1, fails first attempt, so remains #1. B as jumper #2, fails first attempt, so remains #2. C as jumper #3, clears first attempt, so jumper #3 will become the next on the list, F becomes jumper #3. D as jumper #4 and E as jumper #5 each miss first attempts, therefore remain #4 and #5. Returning to the top of the order, A and B, as #1 and #2, fail second attempts. F as jumper #3 fails first attempt. D as #4 fails second attempt. E as #5 clears second attempt, so jumper #5 becomes the next on the list, G becomes jumper #5. A as #1 fails third attempt, so jumper #1 becomes the next on the list, H becomes jumper #1. B as #2 clears third attempt, so jumper #2 becomes the next on the list, I becomes jumper #2. F as #3 fails second attempt. D as #4 clears third attempt, so J becomes jumper #4. At this same time, only eight competitors remain at this height, so all would now be included in a rotation of eight jumpers. K, L, and M become jumpers 6, 7 and 8, respectively.

SECTION 5. The High Jump

Legal Jump

ARTICLE 1. A legal high jump is one in which a competitor jumps from one foot.

Starting Height/Increments

ARTICLE 2. Except for the combined-event, Rule 9-2.2, the starting height of the crossbar and each successive height shall be determined by the games committee. It is recommended that the crossbar be initially raised in increments of 5 centimeters. The increment shall never be increased. Except as provided in Rule 7-1.6c or as chosen by a single competitor who has won the competition and decides to continue jumping, the crossbar shall not be lowered after the competition has started and the increment shall never be less than 3 centimeters. Attention should be paid to national standards and/or records when determining starting heights and increments.

The standards shall not be moved once the competition has been started. For safety reasons, the landing area may be adjusted.

One face of each crossbar shall be marked so that the crossbar always is placed with the same surface up.

Failed Attempt

ARTICLE 3. A failed attempt shall be called:

- a. When the crossbar is displaced in an attempt to clear it;
- b. When a competitor touches the ground or landing area beyond the plane of the crossbar or the crossbar extended without first clearing the bar, except for incidental touching of the front of the pit that does not result in an aid to the trial; or
- c. If a competitor fails to initiate a trial as prescribed in Rule 6-1.3 or Rule 6-1.4.

Accidental Displacement

- ARTICLE 4. a. If the crossbar is displaced by a force disassociated with the competitor, and if it is after the competitor clearly is over, the jump is successful. If the crossbar is displaced before the competitor is over, the competitor shall be given another attempt.
- b. It is not considered a failed attempt if a competitor clears the crossbar, lands in the pit and, while exiting, accidentally displaces the crossbar.

Jumping Aids

ARTICLE 5. An approach mark(s) cannot be located within two meters of either standard. After warm-up and before competition, the high-jump official shall ask all competitors to identify their designated mark(s). All other marks shall be removed.

Improperly Fastened Supports

ARTICLE 6. If improperly fastened supports slip downward when a jumper hits the crossbar, the head judge of the event shall rule “no jump” and allow the jumper another attempt.

SECTION 6. The Pole Vault

Starting Height/Increments

ARTICLE 1. Except for the combined-event, Rule 9-2.2, the starting height of the crossbar and each successive height shall be determined by the games committee. It is recommended that the crossbar be initially raised in increments of 15 centimeters. The increment shall never be increased and shall never be less than 5 centimeters. The crossbar shall not be lowered except as provided in Rule 7-1.6c or as chosen by the single competitor who has won the competition and decides to continue vaulting. Increment restrictions do not apply to a single competitor who has won the competition and decides to continue vaulting.

Attention should be paid to national standards and/or records when determining starting heights and increments.

One face of each crossbar shall be marked so that the crossbar always is placed with the same surface up.

Note: For placement of the pole-vault landing pad, see Rule 2-6.1.

Failed Attempt

ARTICLE 2. A failed attempt shall be called when:

- a. After the vault, the bar does not remain supported by the pegs on which it originally rested because of any direct action of the competitor while vaulting;
- b. A competitor steadies the bar during an attempt;
- c. Without first clearing the bar, any part of the competitor's body or the pole touches the ground or the landing area beyond the vertical plane of the inside edge of the top of the box;
- d. During a vault, a competitor moves the upper hand higher on the pole or raises the lower hand above the upper hand; or
- e. A competitor fails to initiate a trial as prescribed in Rule 6-1.3 or Rule 6-1.4.

Note: It shall not be counted as a trial or failure if a competitor's pole breaks during an attempt to clear the bar.

Accidental Displacement

- ARTICLE 3. a. If the crossbar is displaced by a force disassociated with the competitor, after the competitor clearly is over, the vault is successful. If the crossbar is displaced before the competitor is over, the competitor shall be given another attempt.
- b. If the wind is of such intensity that the pole is forced against the crossbar so as to displace it, the vault is successful. Displacement is not a temporary loss of contact between the crossbar and the supporting pegs.
 - c. It is not considered a failed attempt if a competitor clears the crossbar, lands in the pit and, while exiting, accidentally displaces the crossbar.

Jumping Aids

ARTICLE 4. A competitor may not place foreign material in the vaulting box.

The vaulting pole may have protective layers of tape at the grip end and at the bottom end of the pole.

Competitors may use a glove or an adhesive substance on their hands or on the pole in order to obtain a better grip. The use of a forearm cover to prevent injuries also shall be allowed.

The practice of tapping (i.e., assisting the competitor at takeoff) is prohibited during warm-ups and competition by anyone (i.e., coach, teammate, other competitors, official). Failure to adhere to this prohibition will result in immediate disqualification from the competition for the assisted competitor.

Catching the Pole

ARTICLE 5. The pole may be caught by an assigned official or the competitor, when circumstances warrant, and never to prevent it from dislodging the bar.

Moving Uprights

ARTICLE 6. Competitors may have the uprights moved toward the landing area not less than 45 centimeters and not more than 80 centimeters from the extension of the inside edge of the top of the box.

Improperly Fastened Supports

ARTICLE 7. If improperly fastened supports slip downward when a vaulter hits the crossbar, the head judge of the event shall rule “no vault” and allow the vaulter another attempt.

SECTION 7. The Long Jump and Triple Jump

Method of Triple Jump

ARTICLE 1. In the triple jump, a competitor shall make the first jump, the hop, by landing on the takeoff foot; the second jump, the step, by landing on the non-takeoff foot; and the third jump into the landing area.

Multiple Takeoff Boards

ARTICLE 2. In the triple jump, a maximum of two boards per gender may be used. Before the start of the event, the competitors must declare the board they will use throughout the competition. There must be an identifying mark placed next to the board being used.

Foul Jump

ARTICLE 3. It shall be a foul jump and not measured if:

- a. The takeoff foot (shoe) extends beyond the foul line;
- b. In attempting a jump, the competitor runs beyond the foul line extended;

- c. In the course of landing, the competitor touches the ground outside the landing area nearer to the takeoff than the nearest break in the landing area made by the jump;
- d. The competitor makes first contact with the ground outside the landing area closer to the takeoff line than the nearest break made in the sand upon landing;
- e. After jumping and before leaving the landing area, the competitor walks back through the landing area;
- f. The competitor employs any form of somersaulting during the trial before making contact with the landing area; or
- g. The competitor does not initiate a trial as prescribed in Rule 6-1.3.

Note: Actions by the competitor cannot be a foul after the official has ruled the trial fair.

Measuring Legal Jump

ARTICLE 4. Each legal jump shall be measured at right angles to the foul line from the nearest break in the ground, inside the landing area, made by any part of the competitor's feet, hands, body or uniform, to the foul line extended. To ensure correct measurement for records and qualifying, the elevation of the sand shall be frequently maintained to comply with rules for the landing area. At a minimum, this shall occur at the beginning of each flight and at the end of each round within a flight. See Rule 6-1.15.

SECTION 8. The Shot Put

Legal Put

ARTICLE 1. A legal put shall be made from within the circle without touching the top edge of the circle or the top surface of the stopboard, and shall land within the prescribed sector.

A legal put must be made from the shoulder with one hand only so that, during the trial, the shot does not drop behind or below the shoulder. A competitor must start from a stationary position inside the circle. Cartwheeling techniques are not permitted.

A competitor may interrupt an attempt once started, return to a stationary position and begin again.

Throwing Aids

ARTICLE 2. The use of gloves or taping of any part of the hand, thumb or fingers shall not be acceptable in the shot put, except the use of tape to cover or protect an open wound. Such taping must be shown to the head event judge before the event starts.

Competitors may not apply any substance on the throwing surface of the circle.

In order to obtain a better grip, competitors may use any suitable substance only on their hands and neck. Only chalk may be applied directly to the implement. A support belt may be worn.

Foul Put

ARTICLE 3. It shall be a foul put if, after entering the circle and starting the put, the competitor:

- a. Uses any method contrary to the definition of a legal put;
- b. Causes the shot to fall on or outside the lines marking the sector;
- c. Touches with any part of the body, before the shot hits the ground:
 - 1) Any surface of the metal band except the inside surface,
 - 2) Any surface of the stopboard except its inside surface, or
 - 3) The area outside the circle;
- d. Puts a shot that does not conform to the legal requirements;
- e. Wears any illegal device or illegal taping on the putting hand, thumb or fingers;
- f. Leaves the circle before the shot hits the ground;
- g. Leaves the circle from the front half; or
- h. Fails to initiate a trial as prescribed in Rule 6-1.2.

Note: It is not a foul if any part of the competitor's body swings outside the circle without touching.

Measuring Legal Put

ARTICLE 4. The measurement of a put shall be from the nearest edge of the first mark made by the shot to the inside edge of the stopboard nearest such mark, measured along an extended radius of the circle. See Rule 6-1.15.

SECTION 9. The Discus Throw

Legal Throw

ARTICLE 1. A legal throw in the discus is one that is thrown from the circle into the legal sector. A competitor must start from a stationary position inside the circle.

A competitor may interrupt an attempt once started, return to a stationary position and begin again.

Throwing Aids

ARTICLE 2. The use of gloves or taping of any part of the hand, thumb or fingers shall not be acceptable in the discus, except the use of tape to cover or protect an open wound. Such taping must be shown to the head event judge before the event starts.

Competitors may not apply any substance on the throwing surface of the circle.

In order to obtain a better grip, competitors may use any suitable substance only on their hands. Only chalk may be applied directly to the implement. A support belt may be worn.

Foul Throw

ARTICLE 3. It shall be a foul throw if, after entering the circle and starting the throw, the competitor:

- a. Uses any method contrary to the definition of a legal throw;
- b. Causes the discus to fall on or outside the lines marking the sector;
- c. Touches with any part of the body, before the discus hits the ground:
 - 1) Any surface of the metal band except the inside surface, or
 - 2) The area outside the circle;
- d. Leaves the circle before the discus hits the ground;
- e. Leaves the circle from the front half;
- f. Throws an implement that does not conform to the legal requirements;
- g. Drops the discus outside the circle during the preliminary swings that precede the turn and throw;
- h. Fails to initiate a trial as prescribed in Rule 6-1.2; or
- i. Wears any illegal device or illegal taping on the throwing hand, thumb or fingers.

Note 1: It is not a foul if any part of the competitor's body (to include the heel) swings outside the circle without touching.

Note 2: A throw will be considered valid if it lands within the sector, even though it may have touched the cage.

Measuring Legal Throw

ARTICLE 4. The measurement of a legal throw shall be from the nearest edge of the first point of contact made by the discus to the inside edge of the circle nearest such mark along an extended radius of the circle. See Rule 6-1.15.

SECTION 10. The Javelin Throw

Legal Throw

ARTICLE 1. The javelin must be held by the grip and the throw made from behind the arc. The javelin must fall metal head-first within the sector. The metal head is the entire cone attached to the shaft.

If the metal head of the javelin makes the first contact within the legal sector, the throw shall be legal and shall be measured even though the shaft of the javelin then swings and makes contact with the ground outside the sector.

Notwithstanding any other provisions of this section, a javelin making obvious and irrefutable first contact with the ground other than with the metal head shall be ruled a foul throw.

At no time during the approach or delivery, until the javelin is in the air, may the competitor turn completely around so that their back is toward the throwing area. The competitor may interrupt an attempt once started, turn completely around, return to a stationary position at the starting position and begin again. The delivery of the javelin must be made with a distinct, above-the-shoulder motion of the throwing arm, and the thrower's last contact with the javelin during its release shall be with the cord grip.

Throwing Aids

ARTICLE 2. The use of gloves or taping of any part of the hand, thumb or fingers shall not be acceptable in the javelin, except the use of tape to cover or protect an open wound. Such taping must be shown to the head event judge before the event starts.

In order to obtain a better grip, competitors may use any suitable substance only on their hands. Only chalk may be applied directly to the implement. A support belt may be worn.

Judge Rules on Throws

ARTICLE 3. One judge shall rule on the legality of the landing of the throw. This judge shall be outside the sector, perpendicular with the landing, and low

enough to the ground to determine which part of the implement made first contact with the ground. This judge shall not make any determination of the mark used for measuring the distance of the throw. A judge positioned inside the sector shall not rule on the legality of the landing other than those deemed irrefutable.

Foul Throw

ARTICLE 4. It shall be a foul throw if, during an attempt to throw, the competitor:

- a. Uses any method contrary to the definition of a legal throw;
- b. Touches with any part of the body, before the javelin hits the ground:
 - 1) Any surface of the foul line extended,
 - 2) The run-up lines, or
 - 3) The area outside the foul line or the run-up lines;
- c. Fails to hold the javelin by the cord grip;
Note: A competitor may hold the javelin at the end of the cord grip even though one or more fingers and thumb touch the javelin shaft.
- d. Throws a javelin that does not conform to the legal requirements;
- e. Leaves the runway before the javelin hits the ground;
- f. Exits the runway ahead of the foul-line arc and the lines drawn from its extremities;
- g. Causes the javelin to land on or outside the lines marking the sector;
- h. Fails to initiate a trial as prescribed in Rule 6-1.2; or
- i. Wears any illegal device or illegal taping on the throwing hand, thumb or fingers.

If the javelin breaks during the release or while in the air, it shall not count as a trial, provided the throw was made in accordance with the rules. If the javelin breaks upon contact with the ground, a substitute throw shall not be permitted and the throw shall be measured, provided it was made in accordance with the rules.

Note: A competitor may steady or guide the javelin with the nonthrowing hand during the run-up.

Measuring Legal Throw

ARTICLE 5. The measurement of the throw shall be made from the nearest edge of the first point of contact made by the javelin, as determined by a judge assigned for such purpose inside the sector, to the inside circumference of the arc or foul line, measured along a line from the contact point to the center of

the circle of which the arc is part, after the throw has been determined to be legal. See Rule 6-1.15.

SECTION 11. The Hammer Throw

Legal Throw

ARTICLE 1. A legal hammer throw shall be made from the circle and shall land within the legal sector. A competitor must start from a stationary position inside the circle. There are no restrictions on the positions and actions of the thrower while throwing. A competitor may interrupt an attempt once started and lay the head of the hammer inside or outside the circle and start again from a stationary position inside the circle.

When the competitor is in a starting position before the preliminary swings or turns, the competitor is allowed to put the head of the hammer on the ground inside or outside the circle.

Throwing Aids

ARTICLE 2. When throwing the hammer, gloves for the protection of the hands are permitted. The gloves must be smooth on the back and the front, and the fingertips must be exposed (i.e., the tips of the fingers on the gloves must not be closed). An additional layer of leather may be affixed to the palm of the glove to protect the hand further. A nonelastic single wrap may be applied to the fingers and woven at the base of the fingers in a manner which acts as an open-fingered glove, but not covering the palm or back of the hand.

The use of tape on the hand shall not be acceptable in the hammer, except to cover or protect an open wound. However, taping of individual fingers is permissible. Any taping must be shown to the head event judge before the event starts.

Competitors may not apply any substance on the throwing surface of the circle.

In order to obtain a better grip, competitors may use any suitable substance only on their hands and/or gloves. Only chalk may be applied directly to the implement. A support belt may be worn.

Foul Throw

ARTICLE 3. It shall be a foul throw and not measured if, after entering the circle and starting a throw, the competitor:

- a. Uses any method contrary to the definition of a legal throw;
- b. Touches with any part of the body, before the hammer hits the ground:
 - 1) Any surface of the metal band except the inside surface, or

- 2) The area outside the circle;
- c. Leaves the circle before the hammer has made contact with the ground as a result of the throw;
- d. Leaves the circle from the front half;
- e. Throws an implement that does not conform to the legal requirements;
- f. Causes the hammer to fall on or outside the lines marking the sector; or
- g. Fails to initiate a trial as prescribed in Rule 6-1.2.

If the head of the hammer falls within the legal sector, the throw shall be legal and shall be measured, even though the wire and handle contact the ground outside the sector. It shall not be a foul throw if the hammer, when released, touches any part of the cage and lands within the legal sector.

It shall not be considered a foul throw if the head of the hammer touches the ground during the swings or turns the competitor makes before the hammer is released.

A competitor may interrupt an attempt once started, return to a stationary position, lay the head of the hammer inside or outside of the circle, and begin again.

If the hammer breaks during a throw or while in the air, it shall not count as a throw provided it was made in accordance with the rules. If a competitor thereby loses their equilibrium and commits a foul, it shall not count against them.

Measuring Legal Throw

ARTICLE 4. The measurement of a throw shall be from the nearest edge of the first mark made by the head of the hammer to the inside edge of the circle along the extended radius of the circle. See Rule 6-1.15.

RULE 7

Scoring, Records

SECTION 1. Scoring

Meet Scoring

ARTICLE 1. Scoring in meets with four or fewer teams shall be recorded as follows:

No. of Teams in Meet	Individual Events								Relay Events				
2	5	3	2	1					5	3			
3	7	5	4	3	2	1			7	5	4		
4	9	7	6	5	4	3	2	1	9	7	6	5	

The number of entries per event shall be determined by meet management. Only two individual entries per institution shall score. One relay entry per institution shall score.

ARTICLE 2. Scoring in meets with five or more teams, and all championships meets regardless of the number of teams, shall be recorded as follows:

No. of Teams in Meet	Individual Events								Relay Events							
5 or fewer	10	8	6	4	2	1										
6 or more (6 scoring)	10	8	6	4	2	1			10	8	6	4	2	1		
6 or more (8 scoring)	10	8	6	5	4	3	2	1	10	8	6	5	4	3	2	1

The number of entries per event shall be determined by meet management. All individual entries shall have the ability to score in the competition. One relay entry per institution shall score.

Alternate Scoring

ARTICLE 3. With consent of competing coaches, the following alternate scoring system may be used in meets with four or fewer teams. However, the scoring system in Article 1 is the default scoring system.

No. of Teams in Meet	Individual Events				Relay Events			
2	5	3	1		5	0		
3	5	3	2	1	5	3	0	
4	5	3	2	1	5	3	2	0

The number of entries per event shall be determined by meet management. All individual entries shall have the ability to score in the competition. Only one relay entry per institution shall score.

Ties—Track Events

ARTICLE 4. If two or more competitors are judged as having tied for a place, points for the places involved shall be divided equally between these competitors. **Example:** In a triangular meet (using the default scoring system), there is a two-way tie for second place. Each competitor shall receive four and one-half points (five plus four divided by two). The next competitor shall receive three points for fourth place.

Ties—Throws and Horizontal Jumps

ARTICLE 5. In events in which place is decided by measurement (the throwing events, long jump and triple jump), ties produced by identical measurements shall be resolved by the second-best performances of the tying competitors; if a tie still remains, by the third-best performances, and so forth. Therefore, it is mandatory to measure every attempt unless the alternate procedures of Rule 6-3.3 are being used.

Ties—Vertical Jumps

ARTICLE 6. In the high jump and pole vault, ties shall be resolved as follows (see accompanying example):

- a. The competitor with the lowest number of jumps at the height at which the tie occurs shall be awarded the higher place.
- b. If the tie still remains, the competitor with the lowest total of failures throughout the competition up to and including the height last cleared shall be awarded the higher place.
- c. If the tie still remains:
 - 1) If it concerns first place, the competitors tying shall have one more jump at each height, starting at the next height in the original progression above the tying height and, if a decision is not reached, the bar shall be raised if the tying competitors were successful, or lowered if not, 2 centimeters in the high jump and 5 centimeters in the pole vault. Competitors so tying must jump once on each occasion when resolving the tie. Withdrawal from competition in a jump-off shall not affect participation in subsequent events or negate a competitor's performance in that event.

- 2) If it concerns any other place, the competitors shall be awarded the same place in the competition.

Note: In the high jump and pole vault, each competitor shall be credited with the best of all their jumps in the competition proper, including performances made in the jump-off of a first-place tie.

The following is a sample performance record for a high-jump competition:

									TOTAL	
									FAILURES	PLACE
	1.78	1.83	1.88	1.93	1.98	2.03	2.08	2.13		
A	PPP	XO	O	XO	PPP	XXO	XXP	X	4	3
B	O	O	O	X	XO	XXO	XXX		4	3
C	O	O	PPX	O	XXO	XXO	XXX		5	5
D	O	PPP	PPP	XXO	XXO	XO	PPP	XXX	5	1-J.O.
E	P	XPP	XO	XO	XO	XO	XXX		5	1-J.O.

It should be noted that competitors A, B, C, D and E all have cleared 2.03 and all have failed at 2.08. The apparent tie is separated as follows:

- Since D and E cleared 2.03 on the second attempt, while the others cleared on their third attempts, D and E are tied for first place and must jump-off (J.O.) starting at 2.08, the next height in the original progression.
- Since C has more failures than either A or B, C is awarded fifth place.
- Since A and B cleared the height on the same jump and both have the same number of failures, they tie for third place.

SECTION 2. Records

Wind Measurement

ARTICLE 1. Official acceptance of a world, American or NCAA championships record in the long jump, in the triple jump or in any race that is not run around the complete oval of the track, requires that a calibrated wind instrument shall record that any assisting wind does not exceed an average velocity of 2 meters per second. An assisting wind is one that blows at a runner's back, either directly or in a slanting direction.

The length of time that shall be averaged for each event is as follows:

- long jump and triple jump—five seconds;
- 100 meters—10 seconds;
- 100- or 110-meter hurdles—13 seconds;
- 200 meters—10 seconds.

When the 200 meters is run around one curve, the length of time shall begin as the runners enter the straightaway.

The wind velocity measurement shall be initiated when the competitor passes a mark 40 meters from the takeoff board in the long jump and 35 meters from the takeoff board in the triple jump. If the competitor runs fewer than 40 meters in the long jump or fewer than 35 meters in the triple jump, the wind velocity shall be measured from the start of the run.

A wind instrument is one that employs the use of a directional tube and measures meters per second. The wind-measuring instrument shall be placed beside the sprint track, adjacent to lane one, preferably 50 meters from the finish line. In the long jump and triple jump, the wind-measuring instrument shall be 20 meters from the takeoff board. The instrument shall not be more than 2 meters from the track or runway, and shall be approximately 1.22 meters above the competition surface.

The wind gauge shall be read in meters per second, rounded and recorded to the next higher tenth of a meter per second in the positive direction (i.e., a reading of 2.03 meters per second shall be recorded as 2.1; a reading of -2.03 meters per second shall be recorded as -2.0).

Note: NWI means that no wind indicator was used. It does not mean a measurement of zero or no wind.

Records in Hurdles

ARTICLE 2. When hurdles do not conform to official specifications, a record shall not be allowed.

Records in Preliminaries

ARTICLE 3. Records made in track or field preliminaries, or in qualifying trials, may be accepted even if the competitor does not place in the final.

Records in Field Events

ARTICLE 4. To be accepted as records, performances in field events must occur within the number of attempts officially permitted, must be measured with a steel tape or a certified scientific measuring device, and must be measured metrically. Additional trials for records shall not be recognized.

The referee or implement inspector must verify that the throwing implements were certified before competition (i.e., check for the identifying mark) and recertified after record performances.

Records in High Jump, Pole Vault

ARTICLE 5. In the high jump and pole vault, the crossbar height shall be measured before record attempts or if the bar had been touched by a competitor before another competitor also jumping at the record height.

Records in Combined Events

ARTICLE 6. The conditions imposed for recognizing a combined events record shall have been complied with in each of the individual events, except that, in events which measure wind velocity, at least one of the following conditions shall be satisfied:

- a. The velocity in any individual event shall not exceed plus 4.0 meters per second.
- b. The average velocity (i.e., the sum of the wind velocities, as measured for each individual event, divided by the number of such events) shall not exceed plus 2.0 meters per second.

NCAA Championships Records

ARTICLE 7. NCAA regionals and championships records shall be the only records maintained by the NCAA.

The chair of the Men's and Women's Track and Field Committee shall appoint records chairs for each of the three NCAA divisions. It shall be the responsibility of each chair to obtain certification of records set at their respective championships using the USATF record form. These records forms should be given to the respective NCAA liaison and kept on file at the NCAA national office.

RULE 8

Cross Country

SECTION 1. General Statement

All provisions of Rule 3, Rule 4, Rule 5 and Rule 7 that have appropriate application to the administration of a cross country competition or to the conduct of competitors during the cross country competition shall apply, except as amended within this rule. Procedures for cross country championships are established by games committees and detailed in the championship handbooks.

SECTION 2. The Course

Course Lengths

ARTICLE 1. The variances of course lengths shall be:

- a. Men—The length of a cross country race shall be at least 4,000 meters. The distances for any championship race shall not be shorter than 8,000 meters or longer than 10,000 meters.
- b. Women—The length of a cross country race shall be at least 3,000 meters. The distances for any championship race shall not be shorter than 5,000 meters or longer than 6,000 meters.
- c. The course length shall be determined by the games committee and shall be properly measured along the shortest possible route that a runner may take.

Course Layout

ARTICLE 2. The course shall be confined, as far as possible, to fields, woods and grasslands. Parks, golf courses or specially designed courses are recommended. The turf should be of a quality to promote safety and freedom from injury to the runners, keeping the following in mind:

- a. Dangerous ascents or descents, undergrowth, deep ditches, and in general any obstacles and hindrance detrimental to the competitors must be avoided.
- b. Continuous traversing of roadways should be avoided.

- c. The width of a championship course shall not be less than 10 meters throughout.
- d. The width of a nonchampionship course, and of a championship course with fewer than 30 teams or 210 individuals competing, shall not be less than 5 meters. However, for a nonchampionship course, infrequent narrow gaps of not less than 2 meters are permitted.
- e. The start shall be located so as to provide a long, straight route from the starting line.
- f. The first turn of a nonchampionship course shall not be less than 400 meters and preferably not less than 600 meters from the start. The first turn of a championship course shall not be less than 600 meters and preferably not less than 800 meters from the start.
- g. Turns shall be gradual. If a course layout requires a sharp turn, any such turn shall be clearly marked. The runner shall be provided with a distinct barrier through that turn.
- h. The last 200 meters of the course must be straight and at least 10 meters in width to the finish line.

Course Markings

- ARTICLE 3. a. The entire course shall be clearly marked using either natural or artificial boundary markers.
- b. The boundary markers shall be continuous throughout the entire length of the course clearly designating both the inside and outside boundaries.
 - c. The course shall have kilometer and/or mile markings throughout the course.
 - d. Only official markings are permissible on or near the course.

SECTION 3. The Start

The start should be surveyed to permit each competitor to line up equidistant from the first turn. See Figure 20.

- a. The middle of the starting arc should be marked with a perpendicular line. The arc should be described so that it passes through this point and the end points of the start line, all of which are equidistant from the initial significant point on the course (i.e. turn or narrowing). Additional points along the arc should be measured to ensure accuracy.

- b. The starting line shall be wide enough to provide at least a 50-centimeter space for each of **four** front-line team starters and a 50-centimeter space for each individual starter.
- c. Lane positions or boxes shall be numbered from left to right facing the running area and shall be drawn by lot.

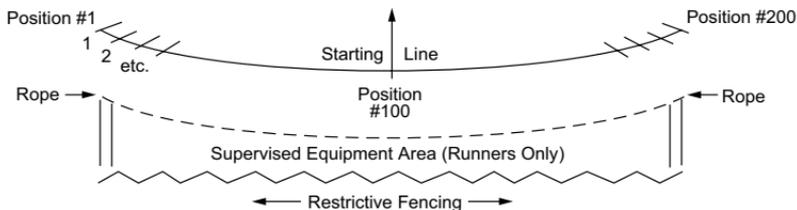


Figure 20—Starting Area

SECTION 4. The Finish

Finish Area

ARTICLE 1. It is recommended strongly that the finish area be relatively close to the start of the race and that extreme caution be observed to avoid confusion with the start line. The finish area shall be on fairly level ground.

Finish Line

ARTICLE 2. The finish line shall be at least 10 meters wide and located at right angles to the course line. It shall be marked brightly and be visible from a distance. The finish line is at the mouth of the finish chute or finish corral.

Finish Chute

ARTICLE 3. The use of a finish chute is recommended at all cross country meets that do not use the transponder (chip) system to aid in meet administration and to provide accuracy and fairness to the competitors.

Finish Corral

ARTICLE 4. The use of a finish corral to aid in meet administration is recommended at all cross country meets in which the transponder (chip) system is used.

Note: Specifications for Finish Chute and Finish Corral construction and their operation are located within the NCAA Men's and Women's Cross Country Championships Handbook when applicable.

SECTION 5. Officials and their Duties

Number and Type

ARTICLE 1. The number and type of officials necessary to conduct a cross country meet are listed in Rule 3-1.1. The games committee shall have the authority to make additions or reductions as it deems advisable upon review of factors such as the facility and automation. The following additional officials are recommended specifically for cross country:

- a. Surveyor;
- b. Course inspection committee.

Note: The duties of appropriate officials are described in Rule 3. Additions or exceptions regarding responsibilities pertaining specifically to cross country are described within this rule.

Referee

ARTICLE 2. The referee shall have the following additional responsibilities:

- a. Oversee the inspection of the course, start and finish. See applicable sections of Rule 5;
- b. Review and approve all final meet results.

Umpires

ARTICLE 3. The umpires shall have the following additional responsibilities:

- a. Observe the conduct and the course of the runners during the race;
- b. Position themselves at various points on the course in order to observe all areas, specifically at points where confusion may occur.

Announcers

ARTICLE 4. The announcers shall have the following additional responsibilities:

- a. Inform the competitors and spectators of special information related to the course and meet procedures;
- b. Call the runners to the start;
- c. Inform the spectators of the name, position and time of the leading runners during the progress of the race at each 1,000-meter or mile mark;
- d. Announce the leading two or three runners as they approach the finish; however, announcements should not be made while runners actually are crossing the finish line, since this would create confusion for the recorders;

- e. Announce the unofficial quick scores and follow up with the official scores if ascertained in a reasonable length of time; and
- f. Assist with the presentation of awards.

Clerks of Course

ARTICLE 5. The clerks of course shall have the following additional responsibilities:

- a. Obtain the official list of teams that identifies team members and their numbers. Using the official list, clear the starting and equipment area of everyone except the clerks, equipment marshals and runners on the official list;
- b. Begin in the middle of the starting line and line up the runners in consecutive order on either side of the middle, progressing to the outside starting position.

Note: To ensure a fair and equal start, every runner should be, if at all possible, placed on the front line. All starting positions or boxes should be numbered for ease in locating for the runners and the clerks.

Starters

ARTICLE 6. The starters shall have the following additional responsibilities: The head starter shall be responsible for starting the race in a prescribed manner that ensures an equal and fair start to all participants. With the cooperation of the assistant starters, the following procedures shall be followed:

- a. When all runners are lined up ready for the start, the head starter shall have a flag, pistol and whistle and take a position in the middle of and a minimum of 50 meters in front of the starting line.
- b. Give a brief and concise review of the starting commands and procedures to be used for the start with all competitors immediately before the race.
 - 1) One whistle blast indicates "Runners to the line" position. Both arms of the starter, with a pistol in one hand and a red flag in the other, shall be held straight out from the shoulder at shoulder height. The position is to be held until all runners are on the line and steady. See Figure 21.
 - 2) In the "Runner set" position, the pistol and flag are raised slowly to straight overhead.
 - 3) When all runners are steady, the pistol shall be fired. The start is a simultaneous act of firing the gun and pulling the flag down, providing both visual and auditory starting commands.

- 4) The recall is indicated with the head starter or assistant starters firing the pistol and the head starter waving the flag up and down vigorously. If a runner falls within the first 100 meters because of contact with another runner, the race shall be recalled by a shot. Competitors shall be disqualified for a second false start.
- c. The assistant starter should be stationed on an elevated platform located at one end of the starting line so the following duties can be performed:
 - 1) Have a complete view of the length of the starting line;
 - 2) Via access to the public-address system, turn over the runners to the head starter when the runners are ready; and
 - 3) Fire the pistol in case of a false start.

Note: If more than one assistant starter is used, they shall be stationed at each end of the starting line.

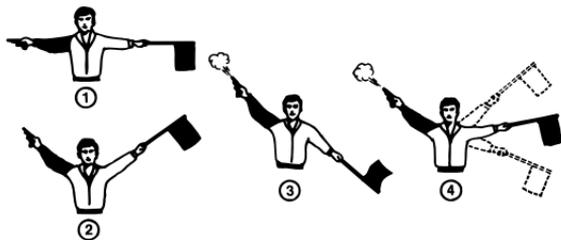


Figure 21—Starters' Signals

Manual or Automatic Timers

ARTICLE 7. The timers shall have the following additional responsibilities;

- 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 1,000-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.
- e. Fully automatic timing (FAT) system - When this system is being used for the official meet results, the times of all competitors shall be determined by viewing the official film from the FAT camera and reproduced on an official printout. Times shall be recorded to the slower 1/10th second. For meets in which congestion at the finish area may arise, finish line filming is recommended.
- f. Transponder (chip) system - When this system is being used for the official meet results, a ranked order list of times of all competitors shall be determined by reading the printout produced by the system, and recorded to the slower 1/10th second. The ranked order of competitors separated by not more than 1/10th second shall be verified.

Manual Judges of the Finish

ARTICLE 8. The finish judges shall have the following additional responsibilities:

- 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 ground judges shall be responsible for the actual placing of 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 numbering form. The use of an audio tape 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.

SECTION 6. Scoring

Team Composition

ARTICLE 1. A cross country team may consist of 12 runners or more if otherwise agreed upon.

Placing Finishers

ARTICLE 2.a. All runners who finish a race shall be given an overall-finish place.

- b. An officially designated video or photograph must be used to verify the order of finish in all cases in which the timing system indicates a one-tenth second or less differential.

Note: The method for placing finishers and the types of equipment required to properly place finishers for meets such as conferences, regions and championships shall be detailed in the appropriate handbook for the competition.

Team Scoring

ARTICLE 3.a. Only the first seven runners on any one team may be used in scoring places. An order for team-finish placing is established by removing all runners behind the top seven finishers on each team. Those teams not finishing at least five runners likewise shall not be included in the order of team finish.

- b. The score shall be determined by totaling the points of the first five runners of each team to finish. The team scoring the lower number of points shall be the winner.
- c. Although the sixth and seventh runners of a team to finish do not score points toward their team's total, their places, if better than those of any of the first five of an opposing team, serve to increase the team score of the opponents.
- d. Ties in team scoring shall not be broken, except for advancement to the championships finals.

Note: Advancement criteria to the NCAA national championships meets will be in the current year's NCAA Men's and Women's Cross Country Championships Handbooks.

SECTION 7. The Uniform and Logos

Uniform and logo rules contained in Rule 4-3.1, 4-3.2, 4-3.3, 4-3.4 and 4-3.5 shall apply.

SECTION 8. Disqualification

The referee, after consulting with the appropriate officials, shall disqualify a competitor who:

- a. Gains a meaningful advantage by failing to complete the prescribed course that is defined by a legal marking system;
- b. Jostles, cuts across or obstructs another competitor so as to impede the other runner's progress. Direct contact is not necessary; any action that causes another runner to break stride or lose momentum is grounds for disqualification;
- c. Veers to the right or to the left so as to impede a challenging runner or forces the challenging runner to run a greater distance;
- d. Tries to force a way between two leading runners and makes direct contact so as to impede the progress of either;
- e. Commits a flagrant foul;
- f. Is unduly aided by a coach, a teammate not in the race or a non-competitor associated with the team; or
- g. Clearly abandons the race and attempts to return.

RULE 9

Combined Events

SECTION 1. Order of Events

Decathlon—Men

ARTICLE 1. The decathlon consists of 10 events that shall be held on two consecutive days in the following order:

First Day

100 Meters
Long Jump
Shot Put
High Jump
400 Meters

Second Day

110-Meter Hurdles
Discus Throw
Pole Vault
Javelin Throw
1,500 Meters

Decathlon—Women

ARTICLE 2. The decathlon consists of 10 events that shall be held on two consecutive days in the following order:

First Day

100 Meters
Discus Throw
Pole Vault
Javelin Throw
400 Meters

Second Day

100-Meter Hurdles
Long Jump
Shot Put
High Jump
1,500 Meters

Heptathlon—Women (Outdoor)

ARTICLE 3. The heptathlon consists of seven events that shall be held on two consecutive days in the following order:

First Day

100-Meter Hurdles
High Jump
Shot Put
200 Meters

Second Day

Long Jump
Javelin Throw
800 Meters

Heptathlon—Men (Indoor)

ARTICLE 4. The heptathlon consists of seven events that shall be held on two consecutive days in the following order:

First Day

55/60 Meters
Long Jump
Shot Put
High Jump

Second Day

55-/60-Meter Hurdles
Pole Vault
1,000 Meters

Note: 60 meters is the recommended distance for the dash and hurdles.

Pentathlon—Men (Indoor and Outdoor)

ARTICLE 5. The pentathlon consists of five events that shall be held on the same day in the following order:

Indoor

55-/60-Meter Hurdles
Long Jump
Shot Put
High Jump
1,000 Meters

Outdoor

Long Jump
Javelin Throw
200 Meters
Discus Throw
1,500 Meters

Note: 60 meters is the recommended distance for the dash and hurdles.

Pentathlon—Women (Indoor and Outdoor)

ARTICLE 6. The pentathlon consists of five events that shall be held on the same day in the following order:

Indoor

55-/60-Meter Hurdles
High Jump
Shot Put
Long Jump
800 Meters

Outdoor

100-Meter Hurdles
High Jump
Shot Put
Long Jump
800 Meters

Note: 60 meters is the recommended distance for the dash and hurdles.

SECTION 2. Officials and Administration

Officials

ARTICLE 1. The officials for the combined events shall be the following, plus any other officials that the meet director deems necessary:

Games committee	Timers
Combined-events jury	Announcer
Referee	Scorer
Starter	Combined-events director
Clerk of the course	FAT operators
Field judges	Markers
Marshals	Medical doctor and/or certified trainer
Umpires (track)	
Wind Gauge Operator	

Applicable Rules

ARTICLE 2. The rules for each of the events constituting the **combined-event** competition shall apply, except:

- Each competitor shall be allowed only three attempts in the long jump and throwing events. These attempts must be taken one at a time in the listed order of competition.
- In the running events and hurdles, competitors shall be disqualified in any event in which they have made two false starts.
- Each competitor shall be independently timed by at least three timers, and the times shall be recorded in accordance with track and field rules. If FAT is used, it is suggested that two timing systems be used throughout the competition.
- If both FAT systems fail, hand times for all competitors in that event shall be used.
- If both FAT systems fail in any section of the 800 or 1,500 meters, the use of all hand times or a conversion is not required. The results for competitions timed electronically or timed manually for these events are strictly comparable.
- If separate but equal facilities are available for the decathlon events (pole vault, high jump and long jump) or pentathlon/heptathlon events (high jump and long jump), the games committee shall make the final determination for use of the facilities.

- g. In the high jump, each competitor shall be allowed two minutes between consecutive attempts even when they are the only remaining competitor.
- h. In the pole vault, each competitor shall be allowed three minutes between consecutive attempts even when they are the only remaining competitor.
- i. In the high jump and pole vault, the starting height of the crossbar shall be determined by the competitors. Each increment rise shall be constant and followed throughout the competition regardless of the number of competitors. The increment for the high jump shall be 3 centimeters and for the pole vault shall be 10 centimeters.

Note: It is recommended that all performances be measured with a device acceptable for record purposes.

Administration

ARTICLE 3. The administration of combined events always should provide competitive and equal competition for all events.

Grouping Field-Event Competitors

ARTICLE 4. All competitors shall compete in one or more flights as determined by the games committee. For total fields greater than 13, two flights should be considered. In the vertical jumps, the five-alive method of competition may be used. See Rule 6-4.3.

When more than one flight is used, the flights shall be concurrent when facilities are available. The competitors may be split into sections as equal in number as possible, by lot or based on past seasonal performance in that event, when available. When using two facilities, the conditions must be equal.

Forming Sections

ARTICLE 5. If sections are necessary in any running event, they may be determined by lot or by past seasonal performance in that event, when available. Sections shall be as equal in number of competitors as possible.

- a. For all laned-running events, assignment of lanes shall be drawn by the games committee by lot.
- b. It is recommended that not fewer than three competitors start in any section.
- c. When possible and practical, all competitors in the 800, 1,000 and 1,500 meters should run in one section. If the number of competitors in the 800 or 1,000 meters exceeds the number of lanes on the track, all groups shall use a waterfall start, which may be staggered. The referee shall designate

competitors for these groups. The current points leaders shall run in the final section. See Rule 5-1.7.

Hurdle Placement

ARTICLE 6. In order to assure equitable competition:

- a. Hurdles may be run in alternate or consecutive lanes, as determined by the games committee; and
- b. Hurdles must be placed in all lanes.

Competitors Fouling Another Competitor

ARTICLE 7. A competitor who fouls another competitor in any event shall lose all the points gained in that event but shall be permitted to compete in the remaining event(s), unless the referee shall rule that the loss of points is not sufficient penalty.

Scoring

ARTICLE 8. An athlete failing to start in any event of the combined-event competition shall be considered to have abandoned the combined-event competition and shall not be allowed to participate in any following event of the combined-event competition. The competitor shall be listed in the final results as having abandoned the competition with no total marks recorded.

The winner of the combined-events competition shall be the competitor who has scored the highest number of points in all events awarded on the basis of the International Association of Athletics Federations (IAAF) scoring tables. See Part II of these Rules.

Ties shall not be broken.

SECTION 3. Time Schedule

Intervals

ARTICLE 1. An interval of at least 30 minutes should be allowed between the time one event ends and the next event begins. Should circumstances dictate and at the discretion of the games committee, this interval may be altered.

Schedule

ARTICLE 2. a. The following guidelines should be used in preparing the combined-events time schedule (this is not to be confused with the official time allowable between events):

- 1) Forty-five seconds per shot put;

- 2) One minute per discus and javelin throw;
 - 3) One minute per high jump (average 10 jumps per competitor);
 - 4) One minute and 30 seconds per long jump;
 - 5) Two minutes per pole vault (average eight vaults per competitor);
 - 6) Eight minutes for one heat of any running event less than 800 meters;
and
 - 7) Ten minutes for one heat of the 800, 1,000 and 1,500 meters.
- b. The referee shall have the authority to designate an approximate starting time for each combined-event element.
 - c. Because of the nature of combined-events competition, it is advisable to take temperature and humidity into consideration when determining the appropriate starting time.
 - d. Whenever both men's and women's combined events are conducted together, it is advisable to start the decathlon at least one hour before the heptathlon on both days.

RULE 10

Indoor Track and Field

SECTION 1. General Statement

All provisions of Rule 1 through Rule 7, and Rule 9 apply to indoor track and field, except as provided within this rule. Procedures for indoor championships are established by games committees.

SECTION 2. The Indoor Facility

The Area

ARTICLE 1. Tracks, runways and takeoff areas should be covered with synthetic material or have a wooden surface. These surfaces should be able to accept 6 millimeter (1/4-inch) spikes for synthetic surfaces and 3 millimeter (1/8-inch) spikes for wood.

Where technically possible, runways shall have a uniform resilience.

Where possible, all events should be unobstructed by facility limitations (i.e., shortened runways, bleacher seats, overhead beams, etc.).

The Straightaways

ARTICLE 2. Lanes shall have the same width, with a recommended minimum of 1.067 (± 0.01) meters and a maximum of 1.22 (± 0.01) meters (42-48 inches), including the white line to the right. Lanes shall be marked on both sides by lines 5 centimeters wide. The lanes shall be numbered with lane one on the left when facing the finish line.

There should be a minimum of 3 meters behind the start line and 10 meters beyond the finish line free of any obstruction. It is recommended that clearance beyond the finish line be at least 20 meters.

With respect to grade or slope:

- The maximum lateral inclination permitted shall not exceed 1:100, one percent (1%).
- The maximum downward inclination permitted in the running direction shall not exceed 1:250, four-tenths of one percent (0.4%), at any point, and 1:1,000, one-tenth of one percent (0.1%), overall.

Oval Track and Lanes

ARTICLE 3. The standard indoor running track shall be 200 meters. This distance may be reduced or exceeded. Indoor tracks that are equal to or exceed the standard outdoor running track length, as defined by Rule 1-1.2, shall not be considered an indoor track. The length of any indoor track constructed after January 1, 2004, shall not exceed 300 meters.

The track shall consist of two horizontal straights and two curves with consistent radii, which may be banked. The curves may be bordered with a curb of suitable material approximately 5 centimeters in height and width.

Where the inside edge of the track is bordered by a white line, it shall be marked additionally with cones. The cones shall be at least 15 centimeters high. Cones shall be placed on the track so that the outward face of the cone coincides with the edge of the white line closest to the track when the track is surveyed based on the existence of a curb. Otherwise, cones shall be placed on the infield adjacent to the line. The cones shall be placed at distances not exceeding 2 meters on the curves and 10 meters on the straightaway.

The inside edge of the curb or lane line shall be horizontal throughout the length of the track. For a flat track, an inclination toward the inside lane shall not exceed 1:1,000, one-tenth of one percent (0.1%). Any facility that exceeds this inclination shall be defined as banked.

The track should have a minimum of six lanes. Lanes should have a recommended minimum of 0.914 meters (36 inches), including the lane line to the right. Lanes shall be marked by lines 5 centimeters wide. A section of the intersection of each lane line and the finish line shall be painted black in a pattern to assist photo-finish lane identification and camera alignment. Figure 3 is an example.

It is recommended that a maximum angle of banking should not be more than 18 degrees for a 200-meter track. This angle may vary based upon the size of a track. The angle of banking in all lanes should be the same at any cross section.

It is recommended that the inside radius of the curves on a 200-meter track should be not less than 18 meters and not more than 21 meters.

Portable indoor tracks shall be surveyed before the first competition each year. Permanent indoor tracks shall be surveyed after initial construction and after resurfacing.

Track Markings

ARTICLE 4. See Rule 1-1.4.

Measuring Distances

ARTICLE 5. See Rule 1-1.5.

Overhead Clearance

ARTICLE 6. It is recommended that a minimum of 9.14 meters (30 feet) overhead clearance be provided without obstruction (lights, beams, ceiling, etc.).

SECTION 3. Order of Events

Order of Events

The order of events for indoor meets should be:

One-Day Meet

With Preliminary Heats in Dashes and Hurdles

60 minutes before track events—Weight Throw	Dash Finals
30 minutes before track events—Pole Vault, High Jump, Long Jump and Shot Put	800 Meters
Triple Jump (immediately after Long Jump)	1,000 Meters
Hurdle Preliminaries	200 Meters/300 Meters
Dash Preliminaries	3,000 Meters/Two Miles or 5,000 Meters
Mile/1,500 Meters	1,600-Meter Relay/Mile Relay
Hurdles Finals	3,200-Meter Relay/Distance Medley Relay
400 Meters	
500 Meters	

One-Day Meet

Without Preliminary Heats

(For a two-day meet, this order of events should be followed as closely as possible.)

60 minutes before track events—Weight Throw	800 Meters
30 minutes before track events—Pole Vault, High Jump, Long Jump and Shot Put	1,000 Meters
Triple Jump (immediately after Long Jump)	200 Meters/300 Meters
Mile/1,500 Meters	3,000 Meters/Two Miles or 5,000 Meters
Hurdles Finals	1,600-Meter Relay/Mile Relay
400 Meters	3,200-Meter Relay/
500 Meters	Distance Medley Relay
Dash Finals	

Note 1: Changes from this order can be made by the games committee or mutual agreement of the competing teams, but not to accommodate competitors in multiple events. For example, blocking events by gender or specialty is permitted.

Note 2: Due to variances in facilities and events in indoor track, the games committee shall make decisions concerning the conduct of meets.

Note 3: Events of imperial measurement length, which are considered equivalent to those listed, may be substituted as appropriate.

SECTION 4. Race Conduct

ARTICLE 1. Races less than 800 meters shall:

- Have a separate lane at the start;
- Start and continue in lanes at least until the end of the second turn. On tracks of more than 200 meters, a one-turn stagger shall be used.

ARTICLE 2. The 800 meters, 1,000 meters and 3,200-meter relay shall start and continue in lanes or alleys until at least the end of the second turn. On tracks of more than 200 meters, these events shall start and continue in lanes or alleys until the end of the first turn.

ARTICLE 3. The 800 meters shall have not more than eight competitors per heat in the preliminaries or finals.

ARTICLE 4. In individual races longer than 1,000 meters and the distance medley relay, if the number of competitors or teams exceeds the number of lanes on the track, all groups shall use a waterfall start, which may be staggered. See Rule 5-1.7.

Relay Order

ARTICLE 5. The order of the distance medley relay shall be 1,200, 400, 800 and 1,600 meters, or the equivalent in imperial measure.

Recall Point

ARTICLE 6. The point for recall shall be not later than the end of the first turn.

Legal Running and Violations

ARTICLE 7. Competitors in races with staggered starts may place their hands outside their lanes, but not beyond the starting line extended.

Note 1: See appropriate sections of Rule 5.

Note 2: Due to the narrow lanes, indoor races are more subject to collisions and unintended obstructions than outdoor races. Umpire and referee discretion is advised.

SECTION 5. Regulations for Meets

In all meets the procedures in Rule 5-10 and Rule 5-11 shall be used, except for the following or unless extraordinary circumstances exist, including facility or scheduling conditions, which require alteration by the games committee:

ARTICLE 1. Races that may be run in single-round timed-section finals, or with preliminaries and finals with advancement based on time only, are the 200, 300, 400, 500 and 600 meters, and 800- and 1,600-meter relays.

- a. Preliminary rounds that have advancement to finals based on time only shall be formed by seeding competitors from the performance list, left to right throughout the heats.

Note: This seeding differs from seeding procedures in Rule 5-11 because advancement to the finals is based on time.

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

- b. On a track with fewer than eight lanes, when eight competitors advance to the finals in the races listed in this article, the competitors shall qualify to a two-section final on the basis of time from preliminary rounds. Two sections shall be formed by seeding competitors from the ranked list of times, left to right only for the two sections. See Rule 10-5.1a.
- c. In single-round timed-section finals, the sections shall be seeded slow to fast and shall compete in that order.
- d. In races that are run entirely in lanes (i.e., 55 meters, 60 meters, 55-meter hurdles, 60-meter hurdles), at least the heat winners shall advance to the final. All other qualifiers shall advance on the basis of time in the preliminary heats.

ARTICLE 2. If preliminaries are contested in the 400-, 500- and 600-meter dashes and six competitors advance to the finals, the heat winners plus the next fastest times shall qualify.

ARTICLE 3. If preliminaries are contested in the 800 meters, 1,000 meters or the 3,200-meter relay:

- a. Eight competitors/teams shall qualify to the finals. It is recommended that the top two from each heat advance; however, at least two must advance on the basis of time;
- b. Assignment to preliminaries will use the serpentine seeding procedure in Rule 5-11.2a; and
- c. The finals shall be run in alleys with qualifiers assigned to preferred alleys as determined by the games committee.

ARTICLE 4. a. If preliminaries are run in the 1,500 meters or mile, at least nine and not more than 12 competitors, as determined by the games committee, shall qualify to the final. It is recommended that the top three from each heat advance; however, at least two must advance on the basis of time.

b. If 12 or fewer competitors report for the 1,500 meters or mile, it is recommended that the event be run as a final.

ARTICLE 5. a. If preliminaries are run in the 3,000 meters, 12 competitors shall qualify to the final. It is recommended that the top four from each heat advance; however, at least two must advance on the basis of time.

b. If more than 16 competitors report for the 3,000 meters, it is recommended that the event be contested as a timed-section final.

SECTION 6. The Shot-Put Area

Circle

ARTICLE 1. See Rule 1-8.1.

Stopboard

ARTICLE 2. See Rule 1-8.2.

Sector

ARTICLE 3. See Rule 1-7.2.

Stop Barrier

ARTICLE 4. A stop barrier shall be used to contain the shot within the shot-put area.

SECTION 7. The Shot

Indoor Shot Material

ARTICLE 1. For indoor facilities, synthetic-covered implements shall be used. Internal movement may be allowed.

Shape

ARTICLE 2. The shot must be spherical and unalterable in shape, and the surface must be smooth so that an advantage is not gained by grip.

Specifications

ARTICLE 3. The shot shall conform to the following specifications:

	MEN'S	WOMEN'S
Weight (Minimum)	7.260 kg	4 kg
Diameter (Minimum)	110 mm	95 mm
(Maximum)	145 mm	130 mm

Foul Put

- ARTICLE 4. a. If the indoor shot breaks during the release or while in the air, the throw shall not count as an attempt, provided the attempt was made in accordance with the rules.
- b. If the indoor shot breaks upon contact with the impact area, a substitute attempt shall not be permitted and the attempt shall be measured, provided it was made in accordance with the rules.

SECTION 8. The Weight-Throw Area

Enclosure

ARTICLE 1. All weight throws shall be made from an enclosure or cage that shall be centered on the circle, complies with the safety and material provisions of Rule 1-9.1, including the Notes, and follows the guidelines for the hammer enclosure in Rule 1-9.1 except for the following:

- a. The rigid posts surrounding the circle shall be positioned to allow for panels of suitable material approximately 1.91 meters in width, at least 3.66 meters in height and at least 2.5 meters from the center of the circle. b. The two movable panels shall be not less than 1.30 meters in width and at least 3.66 meters in height. See Figure 22.

Note: Anchored drop-down nets may be used as a substitute cage in order to satisfy the safety of material provisions of the rule.

Circle

ARTICLE 2. The circle shall be constructed in accordance with Figure 11 and Rule 1-7.

Sector

ARTICLE 3. See Rule 1-7.2.

SECTION 9. The Weight

Head

ARTICLE 1. The head shall be a solid sphere made of metal not softer than brass, or with a shell made of plastic or other suitable material, designed to protect the landing surface. The maximum diameter of a sphere with a shell of plastic shall be not more than 15 millimeters larger in diameter than

the corresponding all-metal implement, and may only be used for indoor competitions.

Note: Rubber is not an acceptable material.

Handle

ARTICLE 2. The handle shall be made of a round steel rod bent into a triangular form with straight sides and no sides exceeding an inside measurement of 19 centimeters nor less than 10 centimeters. See Figure 23-A. A handle with no permanent connection point must have all sides of the same length. The handle must be rigid and not show evidence of elasticity or malformation after the implement has been thrown. Hammer handles are not allowed.

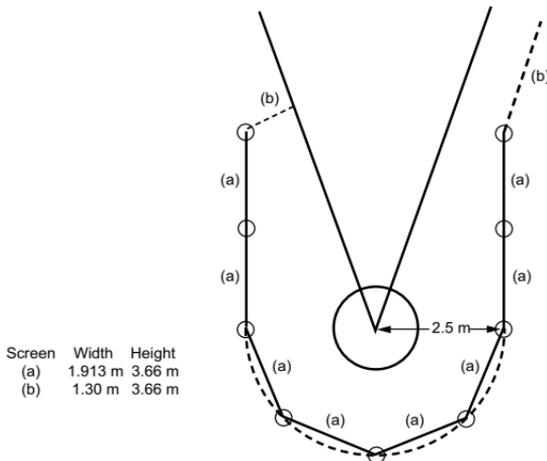


Figure 22—Construction of Weight Cage

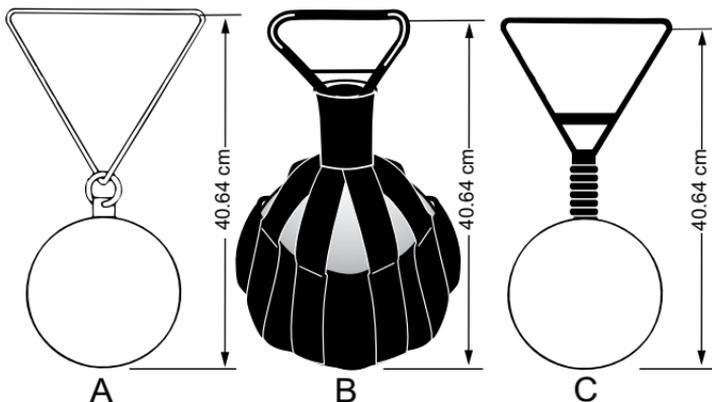


Figure 23—The Weight

Connection

ARTICLE 3. The grip shall be connected to the ball by means of a chain link, links or steel line, whose thickness shall be such that it cannot stretch while the implement is being thrown.

The grip shall be connected to the link(s) or steel line by means of a loop. A functional swivel may not be used.

The link(s) or steel line shall be connected to the ball by means of a swivel that may be either plain or ball-bearing.

Note: Where indoor facilities dictate, synthetic-covered implements with internal movement may be used. Homemade or modified implements are not allowed. Repair of broken implements may be made only with the original manufacturer's replacement parts.

Specifications

ARTICLE 4. The weight shall conform to the following specifications. See Figure 23.

	MEN'S	WOMEN'S
Weight (Minimum)	15.880 kg	9.080 kg
Minimum head diameter	145 mm	120 mm
Maximum head diameter (all metal)	165 mm	140 mm

Maximum head diameter (with plastic shell)	180 mm	155 mm
Length (complete as thrown, measured from inside of the grip) (Maximum)	40.64 cm	40.64 cm

Harness

ARTICLE 5. If the implement includes a harness, it shall be fabricated from a minimum of four straps sewn together to form a sling. Netting shall not be used for this purpose. The harness must not show evidence of elasticity or malformation after the implement has been thrown.

Competition

ARTICLE 6. The rules for the weight throw shall be the same as for the hammer throw. See Rule 6-11 and applicable sections of Rule 6-1.

Part II:

COMBINED-EVENTS SCORING FOR MEN AND WOMEN

The complete combined event tables are now available online at www.ncaa.org.

INDOOR TRACK EVENT SCORING TABLES

INDOOR COMBINED TRACK EVENT SCORING TABLES

Research conducted to determine equivalent performances for the same runner has produced conversion from 55-meter to 60-meter running events. To convert to the 60-meter equivalent from the:

Men's 55 meter dash: multiply by 1.0749

Men's 55 meter hurdles: multiply by 1.0766

Women's 55 meter hurdles: multiply by 1.0755

The scoring tables that follow show the point values for equivalent performances based on the above conversions.

The point values in these tables for 55-meter performances are valid for NCAA qualifying purposes only and are not a result of the IAAF scoring formulas for 55-meter events.

Combined Event Table -- Men's 55/60-Meter Dash
This table to be used exclusively for fully automatic times

55 m	60 m	Pts	55 m	60 m	Pts	55 m	60 m	Pts	55 m	60 m	Pts	55 m	60 m	Pts
5.10	5.48	1494	5.60	6.02	1261	6.10	6.56	1045	6.60	7.10	847	7.10	7.63	671
5.11	5.49	1490	5.61	6.03	1256	6.11	6.57	1041	6.61	7.11	844	7.11	7.64	668
5.12	5.50	1485	5.62	6.04	1252	6.12	6.58	1037	6.62	7.12	840	7.12	7.65	665
5.13	5.51	1481	5.63	6.05	1248	6.13	6.59	1033	6.63	7.13	837	7.13	7.66	662
5.14	5.53	1472	5.64	6.06	1244	6.14	6.60	1029	6.64	7.14	833	7.14	7.68	656
5.15	5.54	1468	5.65	6.07	1240	6.15	6.61	1026	6.65	7.15	830	7.15	7.69	653
5.16	5.55	1463	5.66	6.08	1236	6.16	6.62	1022	6.66	7.16	826	7.16	7.70	650
5.17	5.56	1459	5.67	6.10	1227	6.17	6.63	1018	6.67	7.17	823	7.17	7.71	646
5.18	5.57	1454	5.68	6.11	1223	6.18	6.64	1014	6.68	7.18	819	7.18	7.72	643
5.19	5.58	1450	5.69	6.12	1219	6.19	6.65	1010	6.69	7.19	816	7.19	7.73	640
5.20	5.59	1445	5.70	6.13	1215	6.20	6.66	1007	6.70	7.20	813	7.20	7.74	637
5.21	5.60	1441	5.71	6.14	1211	6.21	6.68	999	6.71	7.21	809	7.21	7.75	634
5.22	5.61	1436	5.72	6.15	1207	6.22	6.69	995	6.72	7.22	806	7.22	7.76	631
5.23	5.62	1432	5.73	6.16	1203	6.23	6.70	992	6.73	7.23	802	7.23	7.77	628
5.24	5.63	1428	5.74	6.17	1199	6.24	6.71	988	6.74	7.24	799	7.24	7.78	625
5.25	5.64	1423	5.75	6.18	1195	6.25	6.72	984	6.75	7.26	792	7.25	7.79	622
5.26	5.65	1419	5.76	6.19	1191	6.26	6.73	980	6.76	7.27	789	7.26	7.80	619
5.27	5.66	1414	5.77	6.20	1187	6.27	6.74	977	6.77	7.28	785	7.27	7.82	613
5.28	5.68	1406	5.78	6.21	1183	6.28	6.75	973	6.78	7.29	782	7.28	7.83	610
5.29	5.69	1401	5.79	6.22	1178	6.29	6.76	969	6.79	7.30	779	7.29	7.84	607
5.30	5.70	1397	5.80	6.23	1174	6.30	6.77	966	6.80	7.31	775	7.30	7.85	604
5.31	5.71	1393	5.81	6.25	1166	6.31	6.78	962	6.81	7.32	772	7.31	7.86	601
5.32	5.72	1388	5.82	6.26	1162	6.32	6.79	958	6.82	7.33	769	7.32	7.87	598
5.33	5.73	1384	5.83	6.27	1158	6.33	6.80	955	6.83	7.34	765	7.33	7.88	595
5.34	5.74	1380	5.84	6.28	1154	6.34	6.82	947	6.84	7.35	762	7.34	7.89	592
5.35	5.75	1375	5.85	6.29	1150	6.35	6.83	944	6.85	7.36	759	7.35	7.90	589
5.36	5.76	1371	5.86	6.30	1146	6.36	6.84	940	6.86	7.37	755	7.36	7.91	586
5.37	5.77	1367	5.87	6.31	1142	6.37	6.85	936	6.87	7.39	749	7.37	7.92	583
5.38	5.78	1362	5.88	6.32	1138	6.38	6.86	933	6.88	7.40	745	7.38	7.93	580
5.39	5.79	1358	5.89	6.33	1134	6.39	6.87	929	6.89	7.41	742	7.39	7.94	577
5.40	5.81	1349	5.90	6.34	1130	6.40	6.88	925	6.90	7.42	739	7.40	7.95	574
5.41	5.82	1345	5.91	6.35	1126	6.41	6.89	922	6.91	7.43	736	7.41	7.97	568
5.42	5.83	1341	5.92	6.36	1123	6.42	6.90	918	6.92	7.44	732	7.42	7.98	565
5.43	5.84	1337	5.93	6.37	1119	6.43	6.91	915	6.93	7.45	729	7.43	7.99	563
5.44	5.85	1332	5.94	6.39	1111	6.44	6.92	911	6.94	7.46	726	7.44	8.00	560
5.45	5.86	1328	5.95	6.40	1107	6.45	6.93	907	6.95	7.47	723	7.45	8.01	557
5.46	5.87	1324	5.96	6.41	1103	6.46	6.94	904	6.96	7.48	719	7.46	8.02	554
5.47	5.88	1319	5.97	6.42	1099	6.47	6.95	900	6.97	7.49	716	7.47	8.03	551
5.48	5.89	1315	5.98	6.43	1095	6.48	6.97	893	6.98	7.50	713	7.48	8.04	548
5.49	5.90	1311	5.99	6.44	1091	6.49	6.98	889	6.99	7.51	710	7.49	8.05	545
5.50	5.91	1307	6.00	6.45	1087	6.50	6.99	886	7.00	7.53	703	7.50	8.06	542
5.51	5.92	1303	6.01	6.46	1083	6.51	7.00	882	7.01	7.54	700	7.51	8.07	540
5.52	5.93	1298	6.02	6.47	1079	6.52	7.01	879	7.02	7.55	697	7.52	8.08	537
5.53	5.94	1294	6.03	6.48	1076	6.53	7.02	875	7.03	7.56	694	7.53	8.09	534
5.54	5.95	1290	6.04	6.49	1072	6.54	7.03	872	7.04	7.57	690	7.54	8.10	531
5.55	5.97	1281	6.05	6.50	1068	6.55	7.04	868	7.05	7.58	687	7.55	8.12	525
5.56	5.98	1277	6.06	6.51	1064	6.56	7.05	865	7.06	7.59	684	7.56	8.13	523
5.57	5.99	1273	6.07	6.53	1056	6.57	7.06	861	7.07	7.60	681	7.57	8.14	520
5.58	6.00	1269	6.08	6.54	1052	6.58	7.07	858	7.08	7.61	678	7.58	8.15	517
5.59	6.01	1265	6.09	6.55	1049	6.59	7.08	854	7.09	7.62	675	7.59	8.16	514

Combined Event Table -- Men's 55/60-Meter Dash (Continued)

This table to be used exclusively for fully automatic times

55 m	60 m	Pts	55 m	60 m	Pts									
7.60	8.17	511	8.00	8.60	398	8.40	9.03	298	8.80	9.46	210	9.20	9.89	137
7.61	8.18	509	8.01	8.61	396	8.41	9.04	295	8.81	9.47	208	9.21	9.90	135
7.62	8.19	506	8.02	8.62	393	8.42	9.05	293	8.82	9.48	207	9.22	9.91	134
7.63	8.20	503	8.03	8.63	391	8.43	9.06	291	8.83	9.49	205	9.23	9.92	132
7.64	8.21	500	8.04	8.64	388	8.44	9.07	289	8.84	9.50	203	9.24	9.93	131
7.65	8.22	498	8.05	8.65	386	8.45	9.08	287	8.85	9.51	201	9.25	9.94	129
7.66	8.23	495	8.06	8.66	383	8.46	9.09	285	8.86	9.52	199	9.26	9.95	128
7.67	8.24	492	8.07	8.67	381	8.47	9.10	282	8.87	9.54	196	9.27	9.96	126
7.68	8.26	487	8.08	8.69	376	8.48	9.12	278	8.88	9.55	194	9.28	9.98	123
7.69	8.27	484	8.09	8.70	374	8.49	9.13	276	8.89	9.56	192	9.29	9.99	122
7.70	8.28	481	8.10	8.71	371	8.50	9.14	274	8.90	9.57	190	9.30	10.00	120
7.71	8.29	478	8.11	8.72	369	8.51	9.15	272	8.91	9.58	188	9.31	10.01	119
7.72	8.30	476	8.12	8.73	366	8.52	9.16	270	8.92	9.59	187	9.32	10.02	117
7.73	8.31	473	8.13	8.74	364	8.53	9.17	268	8.93	9.60	185	9.33	10.03	116
7.74	8.32	470	8.14	8.75	362	8.54	9.18	266	8.94	9.61	183	9.34	10.04	115
7.75	8.33	468	8.15	8.76	359	8.55	9.19	264	8.95	9.62	181	9.35	10.05	113
7.76	8.34	465	8.16	8.77	357	8.56	9.20	261	8.96	9.63	180	9.36	10.06	112
7.77	8.35	462	8.17	8.78	354	8.57	9.21	259	8.97	9.64	178	9.37	10.07	110
7.78	8.36	460	8.18	8.79	352	8.58	9.22	257	8.98	9.65	176	9.38	10.08	109
7.79	8.37	457	8.19	8.80	350	8.59	9.23	255	8.99	9.66	174	9.39	10.09	108
7.80	8.38	454	8.20	8.81	347	8.60	9.24	253	9.00	9.67	173	9.40	10.10	106
7.81	8.39	452	8.21	8.82	345	8.61	9.25	251	9.01	9.68	171	9.41	10.12	103
7.82	8.41	447	8.22	8.84	340	8.62	9.27	247	9.02	9.70	168	9.42	10.13	102
7.83	8.42	444	8.23	8.85	338	8.63	9.28	245	9.03	9.71	166	9.43	10.14	101
7.84	8.43	441	8.24	8.86	336	8.64	9.29	243	9.04	9.72	164	9.44	10.15	99
7.85	8.44	439	8.25	8.87	333	8.65	9.30	241	9.05	9.73	163	9.45	10.16	98
7.86	8.45	436	8.26	8.88	331	8.66	9.31	239	9.06	9.74	161	9.46	10.17	97
7.87	8.46	434	8.27	8.89	329	8.67	9.32	237	9.07	9.75	159	9.47	10.18	95
7.88	8.47	431	8.28	8.90	327	8.68	9.33	235	9.08	9.76	158	9.48	10.19	94
7.89	8.48	428	8.29	8.91	324	8.69	9.34	233	9.09	9.77	156	9.49	10.20	93
7.90	8.49	426	8.30	8.92	322	8.70	9.35	231	9.10	9.78	154	9.50	10.21	91
7.91	8.50	423	8.31	8.93	320	8.71	9.36	229	9.11	9.79	153	9.51	10.22	90
7.92	8.51	421	8.32	8.94	318	8.72	9.37	227	9.12	9.80	151	9.52	10.23	89
7.93	8.52	418	8.33	8.95	315	8.73	9.38	226	9.13	9.81	149	9.53	10.24	88
7.94	8.54	413	8.34	8.96	313	8.74	9.39	224	9.14	9.82	148	9.54	10.25	86
7.95	8.55	411	8.35	8.98	309	8.75	9.41	220	9.15	9.84	145	9.55	10.27	84
7.96	8.56	408	8.36	8.99	306	8.76	9.42	218	9.16	9.85	143	9.56	10.28	83
7.97	8.57	406	8.37	9.00	304	8.77	9.43	216	9.17	9.86	142	9.57	10.29	81
7.98	8.58	403	8.38	9.01	302	8.78	9.44	214	9.18	9.87	140	9.58	10.30	80
7.99	8.59	401	8.39	9.02	300	8.79	9.45	212	9.19	9.88	138	9.59	10.31	79

Combined Event Table -- Men's 55/60-Meter Dash This table to be used exclusively for hand times									
55 m	Points	55 m	Points	55 m	Points	55 m	Points	55 m	Points
5.1	1380	6.1	947	7.1	592	8.1	313	9.1	115
5.2	1332	6.2	911	7.2	560	8.2	289	9.2	99
5.3	1290	6.3	872	7.3	531	8.3	266	9.3	86
5.4	1244	6.4	833	7.4	500	8.4	243	9.4	73
5.5	1199	6.5	799	7.5	470	8.5	224	9.5	61
5.6	1154	6.6	762	7.6	441	8.6	203	9.6	49
5.7	1111	6.7	726	7.7	413	8.7	183	9.7	40
5.8	1072	6.8	690	7.8	388	8.8	164	9.8	31
5.9	1029	6.9	656	7.9	362	8.9	148	9.9	23
6.0	988	7.0	625	8.0	336	9.0	131	10.0	15

Combined Event Table -- Men's 55/60-Meter Hurdles
This table to be used exclusively for fully automatic times

55 mH	60 mH	Pts	55 mH	60 mH	Pts	55 mH	60 mH	Pts	55 mH	60 mH	Pts	55 mH	60 mH	Pts
6.50	7.00	1249	7.00	7.54	1101	7.50	8.07	964	8.00	8.61	834	8.50	9.15	713
6.51	7.01	1246	7.01	7.55	1098	7.51	8.09	959	8.01	8.62	832	8.51	9.16	711
6.52	7.02	1243	7.02	7.56	1095	7.52	8.10	957	8.02	8.63	829	8.52	9.17	709
6.53	7.03	1240	7.03	7.57	1093	7.53	8.11	954	8.03	8.65	825	8.53	9.18	707
6.54	7.04	1237	7.04	7.58	1090	7.54	8.12	952	8.04	8.66	823	8.54	9.19	704
6.55	7.05	1235	7.05	7.59	1087	7.55	8.13	949	8.05	8.67	820	8.55	9.21	700
6.56	7.06	1232	7.06	7.60	1085	7.56	8.14	947	8.06	8.68	818	8.56	9.22	698
6.57	7.07	1229	7.07	7.61	1082	7.57	8.15	944	8.07	8.69	816	8.57	9.23	696
6.58	7.08	1226	7.08	7.62	1080	7.58	8.16	942	8.08	8.70	813	8.58	9.24	694
6.59	7.10	1221	7.09	7.63	1077	7.59	8.17	939	8.09	8.71	811	8.59	9.25	692
6.60	7.11	1218	7.10	7.64	1074	7.60	8.18	937	8.10	8.72	809	8.60	9.26	690
6.61	7.12	1215	7.11	7.65	1072	7.61	8.19	935	8.11	8.73	806	8.61	9.27	687
6.62	7.13	1212	7.12	7.67	1066	7.62	8.20	932	8.12	8.74	804	8.62	9.28	685
6.63	7.14	1209	7.13	7.68	1064	7.63	8.21	930	8.13	8.75	802	8.63	9.29	683
6.64	7.15	1207	7.14	7.69	1061	7.64	8.23	925	8.14	8.76	800	8.64	9.30	681
6.65	7.16	1204	7.15	7.70	1059	7.65	8.24	922	8.15	8.77	797	8.65	9.31	679
6.66	7.17	1201	7.16	7.71	1056	7.66	8.25	920	8.16	8.79	793	8.66	9.32	677
6.67	7.18	1198	7.17	7.72	1053	7.67	8.26	917	8.17	8.80	791	8.67	9.33	675
6.68	7.19	1196	7.18	7.73	1051	7.68	8.27	915	8.18	8.81	788	8.68	9.34	673
6.69	7.20	1193	7.19	7.74	1048	7.69	8.28	913	8.19	8.82	786	8.69	9.36	678
6.70	7.21	1190	7.20	7.75	1046	7.70	8.29	910	8.20	8.83	784	8.70	9.37	666
6.71	7.22	1187	7.21	7.76	1043	7.71	8.30	908	8.21	8.84	781	8.71	9.38	664
6.72	7.23	1185	7.22	7.77	1040	7.72	8.31	905	8.22	8.85	779	8.72	9.39	662
6.73	7.25	1179	7.23	7.78	1038	7.73	8.32	903	8.23	8.86	777	8.73	9.40	660
6.74	7.26	1176	7.24	7.79	1035	7.74	8.33	900	8.24	8.87	775	8.74	9.41	658
6.75	7.27	1174	7.25	7.81	1030	7.75	8.34	898	8.25	8.88	772	8.75	9.42	656
6.76	7.28	1171	7.26	7.82	1028	7.76	8.35	896	8.26	8.89	770	8.76	9.43	654
6.77	7.29	1168	7.27	7.83	1025	7.77	8.37	891	8.27	8.90	768	8.77	9.44	652
6.78	7.30	1165	7.28	7.84	1022	7.78	8.38	888	8.28	8.91	766	8.78	9.45	650
6.79	7.31	1163	7.29	7.85	1020	7.79	8.39	886	8.29	8.93	761	8.79	9.46	648
6.80	7.32	1160	7.30	7.86	1017	7.80	8.40	884	8.30	8.94	759	8.80	9.47	646
6.81	7.33	1157	7.31	7.87	1015	7.81	8.41	881	8.31	8.95	757	8.81	9.48	644
6.82	7.34	1154	7.32	7.88	1012	7.82	8.42	879	8.32	8.96	755	8.82	9.50	639
6.83	7.35	1152	7.33	7.89	1010	7.83	8.43	877	8.33	8.97	752	8.83	9.51	637
6.84	7.36	1149	7.34	7.90	1007	7.84	8.44	874	8.34	8.98	750	8.84	9.52	635
6.85	7.37	1146	7.35	7.91	1005	7.85	8.45	872	8.35	8.99	748	8.85	9.53	633
6.86	7.39	1141	7.36	7.92	1002	7.86	8.46	869	8.36	9.00	746	8.86	9.54	631
6.87	7.40	1138	7.37	7.94	997	7.87	8.47	867	8.37	9.01	744	8.87	9.55	629
6.88	7.41	1136	7.38	7.95	994	7.88	8.48	865	8.38	9.02	741	8.88	9.56	627
6.89	7.42	1133	7.39	7.96	992	7.89	8.49	862	8.39	9.03	739	8.89	9.57	625
6.90	7.43	1130	7.40	7.97	989	7.90	8.51	858	8.40	9.04	737	8.90	9.58	623
6.91	7.44	1127	7.41	7.98	987	7.91	8.52	855	8.41	9.05	735	8.91	9.59	621
6.92	7.45	1125	7.42	7.99	984	7.92	8.53	853	8.42	9.06	733	8.92	9.60	619
6.93	7.46	1122	7.43	8.00	982	7.93	8.54	851	8.43	9.08	728	8.93	9.61	617
6.94	7.47	1119	7.44	8.01	979	7.94	8.55	848	8.44	9.09	726	8.94	9.63	613
6.95	7.48	1117	7.45	8.02	977	7.95	8.56	846	8.45	9.10	724	8.95	9.64	611
6.96	7.49	1114	7.46	8.03	974	7.96	8.57	843	8.46	9.11	722	8.96	9.65	609
6.97	7.50	1111	7.47	8.04	972	7.97	8.58	841	8.47	9.12	720	8.97	9.66	607
6.98	7.52	1106	7.48	8.05	969	7.98	8.59	839	8.48	9.13	717	8.98	9.67	605
6.99	7.53	1103	7.49	8.06	967	7.99	8.60	836	8.49	9.14	715	8.99	9.68	603

Combined Event Table -- Men's 55/60-Meter Hurdles (Continued)

This table to be used exclusively for fully automatic times

55 mH	60 mH	Pts												
9.00	9.69	601	9.50	10.23	498	10.00	10.77	405	10.50	11.30	322	11.00	11.84	247
9.01	9.70	599	9.51	10.24	497	10.01	10.78	403	10.51	11.32	319	11.01	11.85	246
9.02	9.71	597	9.52	10.25	495	10.02	10.79	402	10.52	11.33	318	11.02	11.86	245
9.03	9.72	595	9.53	10.26	493	10.03	10.80	400	10.53	11.34	316	11.03	11.88	242
9.04	9.73	593	9.54	10.27	491	10.04	10.81	398	10.54	11.35	315	11.04	11.89	241
9.05	9.74	591	9.55	10.28	489	10.05	10.82	397	10.55	11.36	313	11.05	11.90	240
9.06	9.75	589	9.56	10.29	488	10.06	10.83	395	10.56	11.37	312	11.06	11.91	238
9.07	9.76	587	9.57	10.30	486	10.07	10.84	393	10.57	11.38	310	11.07	11.92	237
9.08	9.78	583	9.58	10.31	484	10.08	10.85	392	10.58	11.39	309	11.08	11.93	236
9.09	9.79	581	9.59	10.32	482	10.09	10.86	390	10.59	11.40	308	11.09	11.94	234
9.10	9.80	579	9.60	10.34	479	10.10	10.87	389	10.60	11.41	306	11.10	11.95	233
9.11	9.81	578	9.61	10.35	477	10.11	10.88	387	10.61	11.42	305	11.11	11.96	232
9.12	9.82	576	9.62	10.36	475	10.12	10.90	384	10.62	11.43	303	11.12	11.97	231
9.13	9.83	574	9.63	10.37	473	10.13	10.91	382	10.63	11.45	300	11.13	11.98	229
9.14	9.84	572	9.64	10.38	471	10.14	10.92	381	10.64	11.46	299	11.14	11.99	228
9.15	9.85	570	9.65	10.39	470	10.15	10.93	379	10.65	11.47	298	11.15	12.00	227
9.16	9.86	568	9.66	10.40	468	10.16	10.94	377	10.66	11.48	296	11.16	12.01	226
9.17	9.87	566	9.67	10.41	466	10.17	10.95	376	10.67	11.49	295	11.17	12.03	223
9.18	9.88	564	9.68	10.42	464	10.18	10.96	374	10.68	11.50	293	11.18	12.04	222
9.19	9.89	562	9.69	10.43	463	10.19	10.97	373	10.69	11.51	292	11.19	12.05	221
9.20	9.90	560	9.70	10.44	461	10.20	10.98	371	10.70	11.52	291	11.20	12.06	219
9.21	9.92	556	9.71	10.45	459	10.21	10.99	369	10.71	11.53	289	11.21	12.07	218
9.22	9.93	554	9.72	10.46	457	10.22	11.00	368	10.72	11.54	288	11.22	12.08	217
9.23	9.94	552	9.73	10.48	454	10.23	11.01	366	10.73	11.55	286	11.23	12.09	216
9.24	9.95	551	9.74	10.49	452	10.24	11.02	365	10.74	11.56	285	11.24	12.10	215
9.25	9.96	549	9.75	10.50	450	10.25	11.04	362	10.75	11.57	284	11.25	12.11	213
9.26	9.97	547	9.76	10.51	449	10.26	11.05	360	10.76	11.58	282	11.26	12.12	212
9.27	9.98	545	9.77	10.52	447	10.27	11.06	359	10.77	11.59	281	11.27	12.13	211
9.28	9.99	543	9.78	10.53	445	10.28	11.07	357	10.78	11.61	278	11.28	12.14	210
9.29	10.00	541	9.79	10.54	444	10.29	11.08	355	10.79	11.62	277	11.29	12.15	209
9.30	10.01	539	9.80	10.55	442	10.30	11.09	354	10.80	11.63	275	11.30	12.17	206
9.31	10.02	537	9.81	10.56	440	10.31	11.10	352	10.81	11.64	274	11.31	12.18	205
9.32	10.03	535	9.82	10.57	438	10.32	11.11	351	10.82	11.65	273	11.32	12.19	204
9.33	10.05	532	9.83	10.58	437	10.33	11.12	349	10.83	11.66	271	11.33	12.20	203
9.34	10.06	530	9.84	10.59	435	10.34	11.13	348	10.84	11.67	270	11.34	12.21	201
9.35	10.07	528	9.85	10.60	433	10.35	11.14	346	10.85	11.68	268	11.35	12.22	200
9.36	10.08	526	9.86	10.62	430	10.36	11.15	345	10.86	11.69	267	11.36	12.23	199
9.37	10.09	524	9.87	10.63	428	10.37	11.16	343	10.87	11.70	266	11.37	12.24	198
9.38	10.10	522	9.88	10.64	427	10.38	11.18	340	10.88	11.71	264	11.38	12.25	197
9.39	10.11	520	9.89	10.65	425	10.39	11.19	339	10.89	11.72	263	11.39	12.26	196
9.40	10.12	519	9.90	10.66	423	10.40	11.20	337	10.90	11.73	262	11.40	12.27	194
9.41	10.13	517	9.91	10.67	421	10.41	11.21	336	10.91	11.75	259	11.41	12.28	193
9.42	10.14	515	9.92	10.68	420	10.42	11.22	334	10.92	11.76	258	11.42	12.30	191
9.43	10.15	513	9.93	10.69	418	10.43	11.23	333	10.93	11.77	256	11.43	12.31	190
9.44	10.16	511	9.94	10.70	416	10.44	11.24	331	10.94	11.78	255	11.44	12.32	189
9.45	10.17	509	9.95	10.71	415	10.45	11.25	330	10.95	11.79	254	11.45	12.33	187
9.46	10.18	508	9.96	10.72	413	10.46	11.26	328	10.96	11.80	252	11.46	12.34	186
9.47	10.20	504	9.97	10.73	411	10.47	11.27	327	10.97	11.81	251	11.47	12.35	185
9.48	10.21	502	9.98	10.74	410	10.48	11.28	325	10.98	11.82	250	11.48	12.36	184
9.49	10.22	500	9.99	10.76	407	10.49	11.29	324	10.99	11.83	249	11.49	12.37	183

Combined Event Table -- Men's 55/60-Meter Hurdles**This table to be used exclusively for hand times**

55 mH	Points								
6.1	1297	7.1	1007	8.1	750	9.1	530	10.1	348
6.2	1268	7.2	979	8.2	726	9.2	511	10.2	331
6.3	1237	7.3	952	8.3	704	9.3	491	10.3	315
6.4	1207	7.4	925	8.4	681	9.4	471	10.4	299
6.5	1176	7.5	900	8.5	658	9.5	452	10.5	285
6.6	1149	7.6	874	8.6	635	9.6	435	10.6	270
6.7	1119	7.7	848	8.7	613	9.7	416	10.7	255
6.8	1090	7.8	823	8.8	593	9.8	398	10.8	241
6.9	1061	7.9	800	8.9	572	9.9	381	10.9	228
7.0	1035	8.0	775	9.0	551	10.0	365	11.0	215

Combined Event Table -- Women's 55/60-Meter Hurdles
This table to be used exclusively for fully automatic times

55 mH	60 mH	Pts	55 mH	60 mH	Pts	55 mH	60 mH	Pts	55 mH	60 mH	Pts	55 mH	60 mH	Pts
7.00	7.53	1240	7.50	8.07	1113	8.00	8.60	995	8.50	9.14	881	9.00	9.68	773
7.01	7.54	1238	7.51	8.08	1111	8.01	8.62	991	8.51	9.15	879	9.01	9.69	771
7.02	7.55	1235	7.52	8.09	1109	8.02	8.63	989	8.52	9.16	877	9.02	9.70	769
7.03	7.56	1233	7.53	8.10	1107	8.03	8.64	987	8.53	9.17	875	9.03	9.71	767
7.04	7.57	1231	7.54	8.11	1104	8.04	8.65	984	8.54	9.18	873	9.04	9.72	765
7.05	7.58	1228	7.55	8.12	1102	8.05	8.66	982	8.55	9.20	869	9.05	9.73	763
7.06	7.59	1226	7.56	8.13	1100	8.06	8.67	980	8.56	9.21	867	9.06	9.74	761
7.07	7.60	1223	7.57	8.14	1098	8.07	8.68	978	8.57	9.22	865	9.07	9.75	759
7.08	7.61	1221	7.58	8.15	1095	8.08	8.69	976	8.58	9.23	862	9.08	9.77	756
7.09	7.63	1216	7.59	8.16	1093	8.09	8.70	974	8.59	9.24	860	9.09	9.78	754
7.10	7.64	1214	7.60	8.17	1091	8.10	8.71	971	8.60	9.25	858	9.10	9.79	752
7.11	7.65	1212	7.61	8.18	1088	8.11	8.72	969	8.61	9.26	856	9.11	9.80	750
7.12	7.66	1209	7.62	8.20	1084	8.12	8.73	967	8.62	9.27	854	9.12	9.81	748
7.13	7.67	1207	7.63	8.21	1082	8.13	8.74	965	8.63	9.28	852	9.13	9.82	746
7.14	7.68	1204	7.64	8.22	1079	8.14	8.75	963	8.64	9.29	850	9.14	9.83	744
7.15	7.69	1202	7.65	8.23	1077	8.15	8.77	959	8.65	9.30	848	9.15	9.84	742
7.16	7.70	1200	7.66	8.24	1075	8.16	8.78	956	8.66	9.31	846	9.16	9.85	740
7.17	7.71	1197	7.67	8.25	1073	8.17	8.79	954	8.67	9.32	844	9.17	9.86	738
7.18	7.72	1195	7.68	8.26	1070	8.18	8.80	952	8.68	9.34	840	9.18	9.87	737
7.19	7.73	1193	7.69	8.27	1068	8.19	8.81	950	8.69	9.35	838	9.19	9.88	735
7.20	7.74	1190	7.70	8.28	1066	8.20	8.82	948	8.70	9.36	836	9.20	9.89	733
7.21	7.75	1188	7.71	8.29	1064	8.21	8.83	946	8.71	9.37	834	9.21	9.91	729
7.22	7.77	1183	7.72	8.30	1061	8.22	8.84	944	8.72	9.38	832	9.22	9.92	727
7.23	7.78	1181	7.73	8.31	1059	8.23	8.85	941	8.73	9.39	830	9.23	9.93	725
7.24	7.79	1178	7.74	8.32	1057	8.24	8.86	939	8.74	9.40	828	9.24	9.94	723
7.25	7.80	1176	7.75	8.34	1052	8.25	8.87	937	8.75	9.41	826	9.25	9.95	721
7.26	7.81	1174	7.76	8.35	1050	8.26	8.88	935	8.76	9.42	824	9.26	9.96	720
7.27	7.82	1171	7.77	8.36	1048	8.27	8.89	933	8.77	9.43	822	9.27	9.97	718
7.28	7.83	1169	7.78	8.37	1046	8.28	8.91	929	8.78	9.44	820	9.28	9.98	716
7.29	7.84	1167	7.79	8.38	1044	8.29	8.92	927	8.79	9.45	818	9.29	9.99	714
7.30	7.85	1164	7.80	8.39	1041	8.30	8.93	925	8.80	9.46	816	9.30	10.00	712
7.31	7.86	1162	7.81	8.40	1039	8.31	8.94	922	8.81	9.48	812	9.31	10.01	710
7.32	7.87	1160	7.82	8.41	1037	8.32	8.95	920	8.82	9.49	810	9.32	10.02	708
7.33	7.88	1157	7.83	8.42	1035	8.33	8.96	918	8.83	9.50	808	9.33	10.04	705
7.34	7.89	1155	7.84	8.43	1032	8.34	8.97	916	8.84	9.51	806	9.34	10.05	703
7.35	7.90	1153	7.85	8.44	1030	8.35	8.98	914	8.85	9.52	804	9.35	10.06	701
7.36	7.92	1148	7.86	8.45	1028	8.36	8.99	912	8.86	9.53	802	9.36	10.07	699
7.37	7.93	1146	7.87	8.46	1026	8.37	9.00	910	8.87	9.54	800	9.37	10.08	697
7.38	7.94	1143	7.88	8.47	1024	8.38	9.01	908	8.88	9.55	798	9.38	10.09	695
7.39	7.95	1141	7.89	8.49	1019	8.39	9.02	906	8.89	9.56	796	9.39	10.10	693
7.40	7.96	1139	7.90	8.50	1017	8.40	9.03	904	8.90	9.57	794	9.40	10.11	692
7.41	7.97	1136	7.91	8.51	1015	8.41	9.05	900	8.91	9.58	792	9.41	10.12	690
7.42	7.98	1134	7.92	8.52	1013	8.42	9.06	897	8.92	9.59	791	9.42	10.13	688
7.43	7.99	1132	7.93	8.53	1010	8.43	9.07	895	8.93	9.60	789	9.43	10.14	686
7.44	8.00	1130	7.94	8.54	1008	8.44	9.08	893	8.94	9.62	785	9.44	10.15	684
7.45	8.01	1127	7.95	8.55	1006	8.45	9.09	891	8.95	9.63	783	9.45	10.16	682
7.46	8.02	1125	7.96	8.56	1004	8.46	9.10	889	8.96	9.64	781	9.46	10.17	681
7.47	8.03	1123	7.97	8.57	1002	8.47	9.11	887	8.97	9.65	779	9.47	10.18	679
7.48	8.05	1118	7.98	8.58	1000	8.48	9.12	885	8.98	9.66	777	9.48	10.20	675
7.49	8.06	1116	7.99	8.59	997	8.49	9.13	883	8.99	9.67	775	9.49	10.21	673

Combined Event Table -- Women's 55/60-Meter Hurdles

This table to be used exclusively for fully automatic times

55 mH	60 mH	Pts												
9.50	10.22	672	10.00	10.75	578	10.50	11.29	490	11.00	11.83	408	11.50	12.37	333
9.51	10.23	670	10.01	10.77	575	10.51	11.30	488	11.01	11.84	407	11.51	12.38	332
9.52	10.24	668	10.02	10.78	573	10.52	11.31	487	11.02	11.85	405	11.52	12.39	331
9.53	10.25	666	10.03	10.79	571	10.53	11.33	484	11.03	11.86	404	11.53	12.40	329
9.54	10.26	664	10.04	10.80	570	10.54	11.34	482	11.04	11.87	402	11.54	12.41	328
9.55	10.27	662	10.05	10.81	568	10.55	11.35	480	11.05	11.88	401	11.55	12.42	327
9.56	10.28	661	10.06	10.82	566	10.56	11.36	479	11.06	11.90	398	11.56	12.43	325
9.57	10.29	659	10.07	10.83	565	10.57	11.37	477	11.07	11.91	397	11.57	12.44	324
9.58	10.30	657	10.08	10.84	563	10.58	11.38	476	11.08	11.92	395	11.58	12.46	321
9.59	10.31	655	10.09	10.85	561	10.59	11.39	474	11.09	11.93	394	11.59	12.47	320
9.60	10.32	653	10.10	10.86	560	10.60	11.40	473	11.10	11.94	392	11.60	12.48	319
9.61	10.34	650	10.11	10.87	558	10.61	11.41	471	11.11	11.95	391	11.61	12.49	318
9.62	10.35	648	10.12	10.88	556	10.62	11.42	470	11.12	11.96	389	11.62	12.50	316
9.63	10.36	646	10.13	10.89	555	10.63	11.43	468	11.13	11.97	388	11.63	12.51	315
9.64	10.37	644	10.14	10.91	551	10.64	11.44	466	11.14	11.98	387	11.64	12.52	314
9.65	10.38	643	10.15	10.92	550	10.65	11.45	465	11.15	11.99	385	11.65	12.53	312
9.66	10.39	641	10.16	10.93	548	10.66	11.46	463	11.16	12.00	384	11.66	12.54	311
9.67	10.40	639	10.17	10.94	546	10.67	11.48	460	11.17	12.01	382	11.67	12.55	310
9.68	10.41	637	10.18	10.95	545	10.68	11.49	459	11.18	12.02	381	11.68	12.56	309
9.69	10.42	636	10.19	10.96	543	10.69	11.50	457	11.19	12.04	378	11.69	12.57	307
9.70	10.43	634	10.20	10.97	541	10.70	11.51	456	11.20	12.05	377	11.70	12.58	306
9.71	10.44	632	10.21	10.98	540	10.71	11.52	454	11.21	12.06	375	11.71	12.59	305
9.72	10.45	630	10.22	10.99	538	10.72	11.53	453	11.22	12.07	374	11.72	12.60	303
9.73	10.46	629	10.23	11.00	537	10.73	11.54	451	11.23	12.08	373	11.73	12.62	301
9.74	10.48	625	10.24	11.01	535	10.74	11.55	450	11.24	12.09	371	11.74	12.63	300
9.75	10.49	623	10.25	11.02	533	10.75	11.56	448	11.25	12.10	370	11.75	12.64	298
9.76	10.50	621	10.26	11.04	530	10.76	11.57	447	11.26	12.11	368	11.76	12.65	297
9.77	10.51	620	10.27	11.05	528	10.77	11.58	445	11.27	12.12	367	11.77	12.66	296
9.78	10.52	618	10.28	11.06	527	10.78	11.59	444	11.28	12.13	366	11.78	12.67	295
9.79	10.53	616	10.29	11.07	525	10.79	11.60	442	11.29	12.14	364	11.79	12.68	293
9.80	10.54	614	10.30	11.08	523	10.80	11.62	439	11.30	12.15	363	11.80	12.69	292
9.81	10.55	613	10.31	11.09	522	10.81	11.63	438	11.31	12.16	362	11.81	12.70	291
9.82	10.56	611	10.32	11.10	520	10.82	11.64	436	11.32	12.17	360	11.82	12.71	290
9.83	10.57	609	10.33	11.11	519	10.83	11.65	435	11.33	12.19	357	11.83	12.72	288
9.84	10.58	607	10.34	11.12	517	10.84	11.66	433	11.34	12.20	356	11.84	12.73	287
9.85	10.59	606	10.35	11.13	515	10.85	11.67	432	11.35	12.21	355	11.85	12.74	286
9.86	10.60	604	10.36	11.14	514	10.86	11.68	430	11.36	12.22	353	11.86	12.76	283
9.87	10.62	601	10.37	11.15	512	10.87	11.69	429	11.37	12.23	352	11.87	12.77	282
9.88	10.63	599	10.38	11.16	511	10.88	11.70	427	11.38	12.24	351	11.88	12.78	281
9.89	10.64	597	10.39	11.17	509	10.89	11.71	426	11.39	12.25	349	11.89	12.79	280
9.90	10.65	595	10.40	11.19	506	10.90	11.72	424	11.40	12.26	348	11.90	12.80	279
9.91	10.66	594	10.41	11.20	504	10.91	11.73	423	11.41	12.27	347	11.91	12.81	277
9.92	10.67	592	10.42	11.21	503	10.92	11.74	421	11.42	12.28	345	11.92	12.82	276
9.93	10.68	590	10.43	11.22	501	10.93	11.76	418	11.43	12.29	344	11.93	12.83	275
9.94	10.69	589	10.44	11.23	499	10.94	11.77	417	11.44	12.30	343	11.94	12.84	274
9.95	10.70	587	10.45	11.24	498	10.95	11.78	415	11.45	12.31	341	11.95	12.85	273
9.96	10.71	585	10.46	11.25	496	10.96	11.79	414	11.46	12.33	339	11.96	12.86	271
9.97	10.72	583	10.47	11.26	495	10.97	11.80	412	11.47	12.34	337	11.97	12.87	270
9.98	10.73	582	10.48	11.27	493	10.98	11.81	411	11.48	12.35	336	11.98	12.88	269
9.99	10.74	580	10.49	11.28	491	10.99	11.82	410	11.49	12.36	335	11.99	12.90	267

Combined Event Table -- Women's 55-Meter Hurdles									
This table to be used exclusively for hand times									
55 mH	Pts	55 mH	Pts	55 mH	Pts	55 mH	Pts	55 mH	Pts
6.6	1281	7.6	1032	8.6	806	9.6	607	10.6	433
6.7	1257	7.7	1008	8.7	785	9.7	589	10.7	417
6.8	1231	7.8	984	8.8	765	9.8	570	10.8	402
6.9	1204	7.9	963	8.9	744	9.9	551	10.9	387
7.0	1178	8.0	939	9.0	723	10.0	535	11.0	371
7.1	1155	8.1	916	9.1	703	10.1	517	11.1	356
7.2	1130	8.2	893	9.2	684	10.2	499	11.2	343
7.3	1104	8.3	873	9.3	664	10.3	482	11.3	328
7.4	1079	8.4	850	9.4	644	10.4	466	11.4	314
7.5	1057	8.5	828	9.5	625	10.5	450	11.5	300

Part III:

NCAA Championship Qualifying

The following information can be found in the sport-specific championships handbooks for each division, all of which are available online at www.ncaa.org:

- 1. Men's and Women's National Championships Qualifying Procedures**
- 2. Track and Field Qualifying Standards**
- 3. Track Altitude Adjustments**

Track and Field Case Book

The Case Book has been removed from the rules book and is now available online at www.ncaa.org. A link for current interpretations is also available online.

Concussions

A concussion is a brain injury that may be caused by a blow to the head, face, neck or elsewhere on the body with an “impulsive” force transmitted to the head. **Concussions can occur without loss of consciousness or other obvious signs.** A repeat concussion that occurs before the brain recovers from the previous one (hours, days or weeks) can slow recovery or increase the likelihood of having long-term problems. In rare cases, repeat concussions can result in brain swelling, permanent brain damage and even death.

Recognize and Refer: To help recognize a concussion, watch for the following two events among your student-athletes during both games and practices:

1. A forceful blow to the head or body that results in rapid movement of the head.

-AND-

2. Any change in the student-athlete’s behavior, thinking or physical functioning (see signs and symptoms).

SIGNS AND SYMPTOMS

Signs Observed By Coaching Staff

- Appears dazed or stunned.
- Is confused about assignment or position.
- Forgets plays.
- Is unsure of game, score or opponent.
- Moves clumsily.
- Answers questions slowly.
- Loses consciousness (even briefly).
- Shows behavior or personality changes.
- Can’t recall events before hit or fall.
- Can’t recall events after hit or fall.

Symptoms Reported By Student-Athlete

- Headache or “pressure” in head.
- Nausea or vomiting.
- Balance problems or dizziness.
- Double or blurry vision.
- Sensitivity to light.
- Sensitivity to noise.
- Feeling sluggish, hazy, foggy or groggy.
- Concentration or memory problems.
- Confusion.
- Does not “feel right.”

An athlete who exhibits signs, symptoms or behaviors consistent with a concussion, either at rest or during exertion, should be **removed immediately from practice or competition** and should not return to play until cleared by an appropriate health care professional. Sports have injury timeouts and player substitutions so that student-athletes can get checked.

IF A CONCUSSION IS SUSPECTED:

1. **Remove the student-athlete from play.** Look for the signs and symptoms of concussion if your student-athlete has experienced a blow to the head. Do

not allow the student-athlete to just “shake it off.” Each individual athlete will respond to concussions differently.

2. **Ensure that the student-athlete is evaluated right away by an appropriate health care professional.** Do not try to judge the severity of the injury yourself. Immediately refer the student-athlete to the appropriate athletics medical staff, such as a certified athletic trainer, team physician or health care professional experienced in concussion evaluation and management.
3. **Allow the student-athlete to return to play only with permission from a health care professional with experience in evaluating for concussion.** Allow athletics medical staff to rely on their clinical skills and protocols in evaluating the athlete to establish the appropriate time to return to play. A return-to-play progression should occur in an individualized, step-wise fashion with gradual increments in physical exertion and risk of contact. Follow your institution’s physician supervised concussion management protocol.
4. **Develop a game plan.** Student-athletes should not return to play until cleared by the appropriate athletics medical staff. In fact, as concussion management continues to evolve with new science, the care is becoming more conservative and return-to-play time frames are getting longer. Coaches should have a game plan that accounts for student-athletes to be out for at least the remainder of the day.

For further details please refer to the “NCAA Sports Medicine Handbook Guideline on Concussions” or online at www.NCAA.org/health-safety and www.CDC.gov/Concussion.

Reference to any commercial entity or product or service on this page should not be construed as an endorsement by the Government or its products or services.

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