



2019 and 2020 NCAA Men's and Women's Track and Field/Cross Country Rules Changes

The following rules changes were approved by the NCAA Men's and Women's Track and Field Rules Committee and the Playing Rules Oversight Panel. They will be incorporated into the rules book for the 2019 and 2020 seasons.

Rule	Page	Rule Change and Rationale
1-1.6	16	<p>To change cone placement for indoors from 1.5 meters to 4 meters. This change would mirror the current rule for outdoor cone placement which states that cones shall be placed at intervals not exceeding 4 meters.</p> <p>Rationale: The indoor placement of 1.5 meters is too cumbersome to manage during competition. It is difficult to remove all the cones in a timely manner before the competitors make it around the track for their second lap. There are concerns with interference issues by officials trying to remove the cones, and on some occasions not all cones have been removed in time.</p>
1-1.6	16	<p>Beginning January 1, 2021, all newly constructed or resurfaced outdoor tracks shall be surveyed for a curb and shall have a regulation curb in place for competition.</p> <p>Rationale: To conform with the indoor rule and to establish a consistent standard for outdoor facilities and eliminate the constant speculation regarding the proper placement and maintenance of cones or the officiating of the race.</p>
1-9.f	25	<p>To delete the following language from Rule 1-9.f regarding hammer or discus cages:</p> <p>Cage configurations that are more restrictive than the minimums set forth in this rule may be used only with the consent of each participating institution.</p> <p>Rationale: To allow more restrictive cages that are commonly manufactured and installed for increased facility safety without seeking approval from visiting institutions.</p>
2-2.2	33	<p>To require starters to use the information provided from IAAF-approved start information systems, if such a system is used, and rule accordingly to detect false starts.</p> <p>Rationale: Current rules allow starting blocks to include an IAAF-approved false-start detection apparatus to assist the starter. This proposal would require the starter to use the information provided by the apparatus to determine a</p>



2019 and 2020 NCAA Men’s and Women’s Track and Field/Cross Country Rules Changes

The following rules changes were approved by the NCAA Men’s and Women’s Track and Field Rules Committee and the Playing Rules Oversight Panel. They will be incorporated into the rules book for the 2019 and 2020 seasons.

		legal start. With more record performances being achieved, this would allow the start information system to be utilized to its fullest capabilities, thus enhancing the chances of record ratification.
3-2.y (NEW)	45	To add as a duty of the games committee to approve official video review equipment. Rationale: With the recent and common use of video equipment for competition review, this function has been overlooked and omitted by the games committee.
3-2.z (NEW)	45	To add as a duty of the games committee to approve the use of the start information system to determine a false start. Rationale: To provide the games committee with the authority to direct the starters to use the information provided by the start information system.
4-3.1	63	To implement a penalty for competitors who are not in compliance with the uniform rule. The new penalty prohibits competitors who are not in proper uniform compliance from competing until a compliant uniform is worn. The competition will not be delayed to accommodate compliance with the rule. Rationale: Currently, there is no clearly defined penalty for violations of the uniform rule. This proposal provides an enforcement structure for officials and aligns with other sports that require competitors to wear compliant uniforms.
4-3.1 and 4-3.2	63	To clarify the uniform rule by adding the following underlined language to Rules 4-3.1.a and 4-3.2.a: All team members must wear uniforms clearly indicating through <u>the same primary</u> color, logo and combination of all outer garments worn as a uniform, that they are from the same team. In addition, a new note will be added that states, “ <u>If single color body suits are worn, it shall be the primary color and</u>



2019 and 2020 NCAA Men’s and Women’s Track and Field/Cross Country Rules Changes

The following rules changes were approved by the NCAA Men’s and Women’s Track and Field Rules Committee and the Playing Rules Oversight Panel. They will be incorporated into the rules book for the 2019 and 2020 seasons.

		<p><u>have the same institutional logo of the top garment of the entire team on any given day.”</u></p> <p>Rationale: To provide further clarity to the existing rule.</p>
5-8.4	72	<p>To allow self-adhering, affixed tape (or suitable material as determined by meet management) on the track. When conditions dictate, the use of tacks may be used to assure that the markers stay in place.</p> <p>Rationale: To better clarify acceptable markers in an exchange zone.</p>
5-8.5	72	<p>To adjust the relay exchange zone as follows:</p> <p>Passing the Baton: In all relays around the track, the baton must be passed between teammates within the defined exchange zone. In the 4x100 meters and the 4x200 meters, each exchange zone shall be 30 meters long. For the sprint medley relays (200, 200, 400, 800), the first exchange zone shall be 30 meters. The second and third exchange zones shall be 20 meters in length. For the 4x400 meter relay and longer relays each zone shall be 20 meters long. The zones shall start and finish at the edges of the zone nearest the start line on the direction of the run.</p> <p>Rationale: To align with IAAF and USA Track and Field rules. There is no cost associated with this proposal as current track markings can be used.</p>
6-1	84	<p>To adjust the time limits for field events as follows:</p> <p>ARTICLE 2. In the throwing events, a competitor shall be charged with a foul if he or she does not initiate a trial within one minute <u>30 seconds</u> after his or her name has been called, in addition to the event judge making a visual indication. In caged events, the time clock starts when the athlete steps onto the concrete pad prior to initiating their attempt.</p>



2019 and 2020 NCAA Men's and Women's Track and Field/Cross Country Rules Changes

The following rules changes were approved by the NCAA Men's and Women's Track and Field Rules Committee and the Playing Rules Oversight Panel. They will be incorporated into the rules book for the 2019 and 2020 seasons.

		<p>ARTICLE 3. In the horizontal jumping events and the High Jump, a competitor shall be charged with a foul if he or she does not initiate a trial within one minute <u>30 seconds</u> after his or her name has been called, in addition to the event judge making a visual indication.</p> <p>ARTICLE 4 (NEW). In the Pole Vault, a competitor shall be charged with a foul if he or she does not initiate a trial within one minute after his or her name has been called, in addition to the event judge making a visual indication.</p> <p>ARTICLE 5. In the High Jump and Pole Vault, when there are two or three competitors remaining in the competition at the start of a bar height, or when a competitor is taking consecutive attempts at the same bar height while other competitors remain in the competition, high jumpers shall have two minutes <u>one and one-half minutes</u> and pole vaulters three minutes <u>two minutes</u> to initiate a trial.</p> <p>Except for the combined events, after all other competitors have failed, a competitor who has won the event shall be allowed four minutes <u>three minutes</u> for the High Jump and five minutes for the Pole Vault to initiate a trial. However, in all cases, one minute will be allowed for the first trial of a competitor first entering the competition.</p> <p>Rationale: To align with IAAF and USA Track and Field rules.</p>
6-1.8.a.5 (NEW)	86	<p>To prohibit a thrower from having anything in their non-throwing hand during the course of a throw.</p> <p>Rationale: An object in the non-throwing hand can provide an advantage to the competitor by acting as a counterweight. This proposal allows for more equitable competition.</p>
6-10.2	97	<p>To reduce the number of required landing sector judges for the javelin from two to one. It is recommended that two judges be used if enough trained personnel are available.</p> <p>Rationale: To allow for current practice. The requirement to have two landing sector judges for the javelin is a rule</p>



2019 and 2020 NCAA Men's and Women's Track and Field/Cross Country Rules Changes

The following rules changes were approved by the NCAA Men's and Women's Track and Field Rules Committee and the Playing Rules Oversight Panel. They will be incorporated into the rules book for the 2019 and 2020 seasons.

		<p>which is consistently ignored. The legality and landing point of the javelin, especially the women's javelin, is arguably the area requiring the most judgement in track and field officiating. To find one skilled javelin landing official can be difficult, and to find two could compromise the proper evaluation of the competitive efforts. A good javelin official can both determine the legality of the landing as well as the spot of touch down, since both processes are being tracked at the same time. A large majority of meets currently ignore this two-official stipulation, with no decrease in judging effectiveness.</p>
--	--	--