

2015/2016
NCAA MEN'S AND WOMEN'S TRACK
AND FIELD AND CROSS COUNTRY
RULES UPDATE



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Points of Emphasis

Follow the Rules as Written. NCAA member institutions are required to conduct their contests according to the 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. A rule that provides a recommendation or indicates that a provision should be followed is one where the Rules Committee believes that the provisions of the rule are expected to be followed except where extraordinary, normally noncontrollable, circumstances exist.

The Competition. The description of a competition, Rule 4-4, has been reorganized and expanded to include the events of a track and field competition and the prescribed order in which they are to be contested. The revised rule also includes restrictions regarding variations to the schedule, time intervals between events and allowable participation within an event.

Throwing Aids. Acceptable and non-acceptable aids for use in throwing events are now consolidated in Rule 6-1.8.

RULE 2-11.3

Equipment ~ The Hammer

Handle

ARTICLE 3. The handle shall have a symmetrical design, 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.)

RULE 3-4.1

Meet Personnel ~ The Referee(s)

Primary Role

ARTICLE 1. The primary responsibility of a referee shall be to render a ruling on all rules violations reported by meet officials or protests filed by coaches of competing teams once the competition starts until the protest period of the competition has ended. 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 not serve as any other official or as a member of the jury of appeal or games committee.

RULE 4-3.4

The Meet ~ Competitor Attire

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 while 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))~~) **shall be on the hip or outer upper leg.** Institution and sponsor logos shall not be obscured and uniform requirements (~~((are))~~) **shall be** observed.

RULE 4-4.8

The Meet ~ The Competition

Mixed Gender

ARTICLE 8. Mixed gender competition is permitted in any field event. Mixed gender competition is permitted in any Combined Event. Mixed gender competition is not permitted in any running event except the 10,000 Meters.

RULE 5-5.2

Track Events ~ Running Violations

In Lanes

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

- a. **Flagrantly** 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~~) **either both feet or a single 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.

RULE 5-5.3

Track Events ~ Running Violations

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 **flagrantly** 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 **flagrantly** 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; or
- e. Steps on or over the curb with two consecutive steps of ~~((the left foot))~~ **either both feet or a single foot;**

RULE 5-6

Track Events ~ Hurdling Violations

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

- a. Advances or trails a leg or foot **outside the hurdle width and** below the top horizontal plane or plane extended of the hurdle;
- b. ~~((Runs around or under a hurdle))~~ **Does not hurdle each hurdle within the competitor's lane;**
- c. ~~((Runs over a hurdle not in the hurdler's lane; or~~ **Deliberately knocks down any hurdle; or**
- d. Knocks down any hurdle by hand.

RULE 5-7

Track Events ~ The Steeplechase

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

- a. Advances or trails a leg or foot **outside the hurdle width and** below the top horizontal plane of the hurdle;
- b. (~~Runs around a hurdle;~~) **Does not traverse over each hurdle; or;**
- c. (~~Does not attempt every hurdle; or~~) **Does not go over or through the water.**

RULE 6-1.8

Field Events ~ General Rules

Throwing Aids

ARTICLE 8. a. For the purpose of this rule, the following shall be considered assistance, and therefore not allowed:

- 1) The use of gloves except in the Hammer Throw and the Weight Throw. For these two events, the gloves shall be smooth on the back and on the front. The tips of the glove fingers, other than the thumb, shall be open. An additional layer of leather may be affixed to the palm of the glove for additional protection.
- 2) The taping of two or more fingers together. If taping is used on the hands and fingers it may be continuous provided that, as a result, no two or more fingers are taped together in such a way that the fingers cannot move individually. The taping must be shown to the head event judge before the event starts.
- 3) The spraying or spreading by a competitor of any substance onto the throwing surface of the circle or onto the bottom of their shoes, except for water as a cleaning agent.
- 4) The altering of the surface of the circle, except as part of allowable procedure.

b. For the purpose of this rule, the following shall not be considered assistance, and therefore allowed:

- 1) The use, in order to obtain a better grip, of a suitable substance on the hands only, or in the case of the Hammer Throw and Weight Throw, on the gloves. Such substances may be used on the neck in the Shot Put.
- 2) The use of chalk or a similar substance applied directly on the implement. Any such substances shall be easily removable using a wet cloth and shall not leave any residue.
- 3) The use of taping on the hands and fingers that is not in contravention of section a.(2) of this article.

RULE 6-1.9

Field Events ~ General Rules

Warm-Up Restrictions

ARTICLE 9. 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 the preliminary and final rounds, 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, except as scheduled, competitors are not allowed to use for practice purposes the runway, ring, ((~~or~~)) takeoff area or throwing implements associated with the competition. ((~~except as scheduled~~))

RULE 6-1.14

Field Events ~ General Rules

Recording Performances

ARTICLE 14.

- a. Performances (~~((that result in a pass or a foul shall be recorded as: P=Pass, F=Foul))~~) on a scorecard shall be a distance or an 'O' for a successful trial, an 'X' for any type of foul/failure or a dash (-) to indicate a pass.
- b. Metrics is the system of measurement. Distances measured shall be recorded to the nearest lesser centimeter (that is, 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.