



2023-2024 Rules Presentation

2023-2024 Major Rule Changes

- **Rules 5-4.3 and 13-4.3;** Eliminate the five alive option for administering vertical jump competitions
- **Rules 1-45 and 9-45;** Eliminate mixed-gender competition, in any event
- **Rules 5-5.7 & 13-5.7;** As an option, a tie for first place in all vertical jumps is now allowed, provided all tied participants agree upon the outcome.
- **Rules 7-2.2d & 15-2.1d;** During the starting sequence, utilize the green, yellow and red card system as a method of communication.

2023-2024 Major Rule Changes

- **Rules 8-1.2 and 16-1.2;** In all throwing events, horizontal jumping events, and the high jump, the time limit to initiate a trial or attempt is one minute
- **Rules 9-1.10b & 16-1.10b;** If an official video review system is available, the video review system may be used by the official to determine whether an infraction or violation has occurred.
- **Rules 8-2.3c and 16-2.3c;** In the field events, a competitor shall be warned or disqualified if they make an attempt out of competition order without the official's permission

Significant Editorial Changes

- **Rules 6-2c and 14-2c;** Clarify that at the time of abandonment the athlete will receive a Did Not Finish (DNF) and zero points for the competition.
- **Rules 8-1.1d and 16-1.1d;** Clarify that all legal trials (horizontal jump and throw) shall be measured and recorded.
- **Rules 8-1.4e and 16-1.4e;** Clarify that chalk is not an acceptable marker.
- **Rules 8-4.4a and 16-4.4a;** Clarify that it's a foul jump if the takeoff foot (shoe) breaks the vertical plane of the take-off line with their foot (shoe) during the planting action of the foot.

Points of Emphasis

- **Follow the Rules as Written.** NCAA member institutions are required to conduct their contests according to these rules. Violations are subject to NCAA enforcement procedures. While 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 for which the rules committee believes the provisions of the rule are expected to be followed except when extraordinary, normally noncontrollable, circumstances exist.
- **Failure to Participate (Rules 6-2 and 14-2).** The rules committee feels strongly that this rule is to be applied throughout the entire season, as are all written rules. The committee also recognizes that during regular-season competitions this rule is difficult to adjudicate. The new modification to this rule will assist with the difficulty. Time schedule changes preventing competitor(s) from fulfilling their obligation is not considered failure to participate.

Points of Emphasis

- **Javelin Throw - Judging Throws (Rules 16-7.1 16-7.2).** The javelin must fall metal headfirst within the sector or the attempt is deemed a foul. Two judges are recommended to be used. One judge shall rule on the legality of the landing of the throw. This judge shall be outside the sector, perpendicular to 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 determine 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.
- **Measuring and Recording Legal Trials (Rules 8-1.1.d and 16-1.1.d).** As a result of removing Rule 6-3.3 (Guaranteed Measurement) from the 2019 and 2020 rules book, new Rules 8-1.1.d and 16-1.1.d state that all legal trials (horizontal jumps and throws) shall be measured and recorded.
- **Eliminations of 5-Alive & Mixed Gender Competitions**

A Few Differences of Note

- Starters have complete autonomy over the start of a race. No protests are allowed.
- Running lane violations – two consecutive steps on or over the inside lane line. Does not carry over from one round to another.
- Official video review is currently not allowed by the athlete or coach at any time.
- Shoe sole thickness regulations differ

Running Event Advancement

Rule 7.10-5 & 15-10.5 For outdoor races run entirely in lanes and for indoor races 55M/60M – 600M and 4x200M & 4x400M

- (b) “When the number of advancers to a final round is less than or equal to the number of lanes, or for any round outdoors, at least the heat winner shall advance to the next round. All other qualifiers in the qualifiers shall advance on the basis of time.”
- (d) “In races that start in lanes but do not finish in lanes, the first 2 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.”

Advancement Indoor Exception

Rule 7.9.5(d) “When an indoor facility has fewer than 8 useable lanes and 8 competitors/teams advance to the final, the competitors/teams shall qualify on the basis of time from the preliminary rounds.

Advancement based on time only is not permitted for any other circumstance.”

Apply Rule 7.10-3 when utilizing Rule 7-10.5(d) for preliminary seeding assignments and for final heat and lane assignments.

Advancement simplified

- Always advance the heat winners at a minimum, unless indoor exception 7.9-5(d) is applied.
- On an 8-lane track it is legal to run eight (8) preliminary heats advancing eight (8) heat winners only to the final.
- The charts in Rule 7.10-2 are not all inclusive
- For very large fields where advancing heat winners is more than the number of lanes on the track. When this occurs refer to “Guidelines for Staging NCAA Track and Field Events” found at . <http://www.ncaa.org/playing-rules/cross-country-and-track-and-field-rules-competition>

Code of Conduct

Coaches and Institutional Representatives

“Doing the utmost within the rules to help athletes perform their best, placing honor and team well-being above victory. Acts of dishonesty, unsporting conduct or unprofessional behavior are unacceptable in track and field and cross country and subject to reprimand and/or removal by the referee or meet management.”

Misconduct – Rule 1-44; 9-44 & 17-20

“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 removal by the referee or meet management.”

How to Submit a Rule Proposal

- **State current rule**
- **Proposed rule change**
- **Include rationale for the proposed change**
- **The proposal must be submitted by a member institution sponsor. (coach or administrator)**
- **Deadline: May 1, 2024**

Looking Ahead to 2025-2026

- Coach and/or Athlete Video Review prior to filing a protest.
- More stringent shoe regulations
- Allowance of running under protest

Questions or Concerns

Please don't hesitate to contact me:

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