

Track and Field/ Cross Country Rules Changes for 2009-2010

Amend Rule 1-1.1 as follows:

- 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 1:1000, 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.

Amend rule 1-1.2 by adding the following to the end of the first paragraph:

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

Amend Rule 1-1.9 as follows:

~~((Note:))~~ To assist competitors in identifying the break line, small cones (~~((may))~~) shall be placed at the intersection of the lane lines and the break line.

Amend Rule 1-11.1 as follows:

The runway shall be marked by two parallel lines 5 centimeters in width. ~~((For new construction after January 2006, the))~~ The minimum length shall be 33.5 meters ~~((, the maximum length shall be 36.5 meters,))~~ and the width shall be 4 meters between the inside edges of the marked parallel lines. ...

Amend Rule 2-1 as follows:

Starting Blocks

~~((Starting blocks must be made without devices that could provide artificial aid in starting. They may be adjustable but must be constructed entirely of rigid materials. They should be set in place easily and quickly and be removed without damage to the track.))~~

ARTICLE 1. Starting block 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.

Amend Rule 2-8.3, 2-9.3, 2-10.5, 2-11.6 as follows:

The specifications below are reprinted for reference purposes only, and may not be all inclusive.

Amend Rule 2-9.3 as follows:

Thickness at 6mm from outer edge		
(Minimum)	12mm	12mm
(Maximum)	13mm	13mm

Amend Rule 2-10.3 as follows:

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 ~~((appreciably while being thrown))~~ more than 3millimeters under a tension load of 3.8kN. 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 width of 130 millimeters and))~~ a maximum inside perimeter length of 110 millimeters. The sides of the handle may be straight or ~~((slightly curved where the sides meet the grip))~~ curved but cannot exhibit any loss of rigidity which would result in an increase in the overall length while being thrown.

Amend Rule 4-2.2a as follows:

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.

Add a note to Rule 4-2.2b as follows:

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.

Amend Rule 4-2.2d as follows:

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.

Amend Rule 4-1 as follows:

(add new second sentence)

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.

Amend Rule 4-2.3 as follows:

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.

Amend 3-3.2d

Provide full ~~((and early))~~ information to all competing schools including entry marks.

Amend Rule 4-3.1c as follows and delete Rule 4-3.1d:

- c. ~~((Bare midriff tops are not allowed. That is, the))~~ 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 ~~((ing))~~ for competitors' numbers to be placed above the waist, front and back.
- d. ~~((Uniform briefs must have a side panel of sufficient depth to accommodate the placement of hip numbers without being affixed to the leg or thigh.))~~

Replace Rule 4-3.2 and Rule 8.8 as follows:

Relay Uniforms

In addition to Article 1 the following shall apply:

- a. All relay team members must wear uniforms clearly indicating, through color, logo and combination of all worn outer garments, that members are from the same team. ~~((with components (i.e., top and bottom) that are of the identical primary color among team members. Body suits are considered to be comprised of top and bottom components. The relay team members may choose to wear pants, shorts, briefs or body suits, the length of which may vary.))~~
- b. ~~Components (i.e., top and bottom) shall be of the identical primary color among team members. Body suits are considered to be comprised of top and bottom components.~~
- c. ~~Relay team members may choose to wear pants, shorts, briefs or body suits, the length of which may vary.~~

- b. Visible undergarments on top (e.g. t-shirts) worn by team members must be of an identical solid color. Visible undergarments on the bottom (e.g. tights of any length) must be of an identical solid color.

(replace current 8-8 with the following)

Section 8. ~~The Uniform~~ Uniforms and Logos

Uniforms and Logos

Uniform and logo rules contained in Rule 4-3.1, 3, 4, 5 shall apply, in addition the following:

- a. All cross country team members must wear uniforms clearly indicating, through color, logo and combination of all worn outer garments, that members are from the same team. ~~((with components (i.e., top and bottom) that are of the identical primary color among team members. Body suits are considered to be comprised of top and bottom components. The relay team members may choose to wear pants, shorts, briefs or body suits, the length of which may vary.))~~
- ~~b. Components (i.e., top and bottom) shall be of the identical primary color among team members. Body suits are considered to be comprised of top and bottom components.~~
- ~~c. Cross country team members may choose to wear pants, shorts, briefs or body suits, the length of which may vary.~~
- b. Visible undergarments on top (e.g. t-shirts) worn by team members must be of an identical solid color. Visible undergarments on the bottom (e.g. tights of any length) must be of an identical solid color.

Amend Rule 4-3.5 as follows:

... Spikes shall have a maximum diameter of 4 millimeters for the one-half of their total length closest to the tip.

Add Rule 4-3.9 as follows: (moved from Rule 4-5)

Competition Area

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.

Add Rule 4-3.10 as follows:

Competition Area Access

Governing access to any area of competition is a function and responsibility of the games committee.

An area within the normal area of competition shall not be set aside for coaches in any championship competition, unless authorized by the games committee. An area outside the competition area, as close as feasible to the competition, shall be reserved for coaches.

Add Rule 4-3.11 as follows: (moved from Rule 4-5)

Electronic Devices

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.

Amend Rule 4-4.4 Note and Rule 10.3 Note 1 as follows:

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.

Amend Rule 5-1 as follows:

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 when there are questions concerning the start. (*5-2 Note 3)

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

Starting Blocks

ARTICLE 3. The games committee may restrict starting block usage 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 races, or for the first leg of a relay, shorter than 800 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 – 500 Meters and Longer

ARTICLE 5. (~~Where appropriate~~) When 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 if blocks are used in 500 or 600 meters races.

Amend Rule 5-2 as follows:

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 cancelled the start. (~~If the start was not fair in the judgment of the starter, the starter must recall the competitors with a second 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.~~)
- 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 (Rule 5-4.2c).

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. (*5-2c)

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. (*5-2 Note 2)

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: 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 3: The starter shall confer only with the officials assigned to the starting line [assistant starter(s) and starting area marshal] in cases when there are questions regarding the start.))

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

Amend Rule 5-4.1 as follows:

In all races run in lanes, each competitor((s)) shall ((start and finish)) keep within their assigned lane((s)) 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 their lane on a curve.

((Note: It is not a violation of this rule if a runner runs outside the assigned lane in the straightaway or runs outside the outer line on the curve, without material advantage gained and no other runner obstructed.))

Amend Rule 5-5.2c as follows:

Does not comply with the provisions of Rule 5-4.1 ((start and finish within the assigned lane (Rule 5-4.1))); or

Amend Rule 5-9b as follows:

... (e.g. gloves, tape or adhesive substance);

Amend Rule 6-1.6b as follows:

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 their return, with the remaining number of attempts at the height 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.

Amend Rule 6-1.9b as follows:

A foot pattern may be used by officials to indicate the takeoff mark ((in the jumping events)) in any runway event during warm-up periods only.

Amend Rule 6-1.9 as follows:

- 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. ((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.))
- d. ((For additional runway or approach restrictions, see Rule 6-5.5 and Rule 6-6.4.)) A maximum of one 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.

Amend Rule 6-1.11 as follows:

... In vertical jumps, a competitor who has not taken ((a)) 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 area without the crossbar (~~(at a height change)~~) at the change of the bar to the height they enter the competition (~~(with the permission of the event official)~~).

Replace Rule 6-2 by reorganizing and modifying as follows: (*current rule reference)

Purpose of Qualifying / Preliminaries

ARTICLE 1. The games committee should reduce the number of competitors in the final rounds to a workable size through the use of a separate qualifying competition and/or preliminary rounds. (*5-11.1)

When a competitor who has earned advancement to a subsequent round is unable to compete, another competitor shall not advance. (*6-2.1)

Field event competitors who first report after the first competitive attempt has been made shall not be allowed to compete in the event. (*6-2.2)

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. Performances made in the qualifying competition shall not be considered part of the competition proper nor count in deciding the final placing in the event. (*6-3.4)

Preliminary Competition and Advancement

ARTICLE 3. In the throwing events and the horizontal jumps, each competitor shall be allowed three trials. One 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. (*6-2.1 & 6-2.2) 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. (*6-2.2)

Automatic advancement

ARTICLE 4. The games committee, before the competition commences, 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 preliminary. (*6-2.1)

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. (*6-1.7)

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. (*6-2.2)

Amend Rule 6-4.1 as follows:

~~((It is recommended that competitors))~~ Competitors shall be arranged in flights not larger than ~~((42))~~ 16 and not smaller than five.

~~((Assignment to flights may be random or based on entry performances.))~~ 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.

Amend Rule 6-4.3 as follows:

... When there are large fields in the high jump or pole vault, ~~((as determined by the games committee))~~ greater than 15, it is advisable for the games committee to establish continuing flights of five competitors (five-alive method).

Amend Rule 6-7.4 by adding a new paragraph as follows:

To insure 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.

Amend Rule 6-8.1 as follows:

... A competitor must start from a stationary position inside the circle. Cartwheeling techniques are not permitted.

Amend Rule 6-11.1 as follows:

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 other restrictions on the positions and actions of the thrower. A competitor may interrupt...

Amend Rule 7-1.6c as follows:

... If it concerns first place, the competitors tying shall have one more jump at each height, starting at the ~~((lowest height attempted by any of the tied competitors))~~ next height in the original progression above the tying height and, if a decision is not reached, the bar shall be...

Add Rule 8-9g as follows:

Clearly abandons the race and attempts to return.

Amend Rule 9-2.2a as follows:

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 the competition.

Delete Rule 9-2.2j:

~~((Metric measure shall be used.))~~

Amend Rule 9-2.8 as follows:

An athlete failing to ~~((report and))~~ start in any event~~((s))~~ 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. ...

Amend Rule 10-5.1b as follows:

When eight competitors advance to the finals in the races listed in this article, on a facility with less than eight lanes, the competitors shall qualify...

Amend Rule 10-7.1 as follows:

For ~~Where~~ indoor facilities, synthetic covered implements shall be used. Internal movement may be allowed. ~~((dictate, synthetic covered implements with internal movement may be used.))~~

Add a table after Rule 6-1.5

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