

COMBINED EVENTS INSTRUCTIONS TO ATHLETES & RULES (USATF & NCAA)

(USATF Rules 180 & 200; NCAA Rule 9)

All normal rules for the conduct of running & field events apply, except the following.

1. The Combined Events Referee will announce the start time for each event. After the first event, the start of each succeeding event will be 30 minutes after the conclusion of the preceding event. (200.4a; 9-3.1)
2. Competitors failing to attempt to start or to take a trial in any event of the combined events competition shall be considered to have abandoned the competition and shall not be allowed to participate in any following events. A competitor withdrawing from the competition shall immediately inform the referee of his or her decision to do so. (200.8; 9-2.8)
3. Competition numbers must be worn, on the front **or** back of the uniform. (143.4/5/6; 4-3.1/4)
NCAA - Athletes must wear an official team uniform at all times.
4. Electronic audio or video devices of any kind (phones, radios, computers, iPods, etc.) are not permitted in the field of play. Athletes may be assisted or coached in the competition area only by another teammate in the event; they may not leave the competition area or cross the track to speak with a coach unless permitted by the Games Committee. USATF - Athletes must be escorted by an official to and from the restroom. (144.3/5; 6-1.8)
5. In the throws and horizontal jumps, each competitor is allowed 3 trials only. (200.3a; 9-2.2a)
6. In the vertical jumps, the increments for raising the bar are:
USATF - constant throughout the competition at 3 cm for the high jump, and 10 cm for the pole vault. (200.6)
NCAA – determined by the games committee, and are constant throughout the competition; the recommended increments are 3 cm for the high jump, and 10 cm for the pole vault. (9-2.2i)
7. The time limit for initiating an attempt is (minutes):

	<u>USATF (180.8d)</u>			<u>NCAA (9-2.2h & g)</u>		
	<u>HJ</u>	<u>PV</u>	<u>Other</u>	<u>HJ</u>	<u>PV</u>	<u>Other</u>
More than 3 competitors	1	1	1	1	1	1
2 or 3 competitors	1.5	2	1	2	3	1
1 competitor or consecutive attempts	2	3	2	2	3	1
8. USATF - We will conduct the competition with one group // two groups of xx competitors. These groupings will remain constant thru the first seven events (decathlon) // until the last event (all other combined events). (200.5a)