

2011 and 2012 Track and Field/Cross Country Major Rules Changes

The following rules-change proposals have been approved by the NCAA Men's and Women's Track and Field/Cross Country Committee and the Playing Rules Oversight Panel.

Text within double parenthesis ((-)) is to be deleted. Underlined text is to be added. * Items approved in 2010.

Amend Rule 1-1.2 by adding to the first paragraph as follows:

No lane around a curve with a radius in excess of 50m shall be eligible for a record or championship qualifying.

Amend Rule 1-1.5 as follows:

... For world, American and NCAA meet records, a regulation curb (~~or cones~~) must be in place. For championship qualifying, a regulation curb, on tracks designed for a curb, or cones for all others, must be in place. Cones may be used to replace a curb temporarily when the curb interferes with other events, but not as a substitute for a curb. ...

Amend Rule 1-1.7 as follows:

A visible finish line, 5 centimeters wide, shall be marked on the track just outside the measured distance so that its edge nearer the start is identical with the exactly measured and true finish line. See Figure 1.

Lane numbers of reasonable size shall be placed at least 15 centimeters from the common finish line.

A section of the intersection of each lane line and the finish line shall be painted black in a pattern to assist photo-finish lane identification and camera alignment. Figure 3 is an example.

--- *Modify Figure 3 so that only one-half of the intersection closest to the finish is solid black.*

Amend Rule 1-5.3 as follows:

The center of the runway, when marked after January 1, 2011, shall be marked with seven permanent lines in the pattern shown in figure 6. Each line is (~~5 centimeters~~) 2 inches in width and (~~30 centimeters~~) 12 inches from an adjacent line. Each short line is (~~30 centimeters~~) 12 inches in length. The long line is (~~90 centimeters~~) 36 inches in length. The distance from the edge of the long line furthest from the landing pit to the point where the back of the vaulting box meets the runway is (~~3.70 meters~~) 12 feet.

--- *Modify Figure 6 to show dimensions in imperial.*

Amend Rule 1-7.5 as follows:

An insert may be used to convert a throwing circle from a 2.5-meter diameter to a 2.135-meter diameter. The insert shall be made of metal or suitable extremely rigid material (malleable rubber is not suitable) and be flush with the throwing surface. The height of the insert shall be 19 (\pm 6) millimeters.

Amend Rule 1-9.1 as follows:

All hammer and discus throws shall be made from an enclosure or cage that shall be centered on the circle and with the sector centered on the non-movable cage opening, designed in such a way to provide adequate control of the implement landing and a fair venue for the throwers. Cage design is acknowledged to provide limited protection for spectators, officials and competitors. It does not ensure their safety. Exact measurements and pole placements may vary based on local conditions and cage design, but (~~must~~) should provide for the minimum distances specified.

The following specifications are for the hammer or discus when thrown outside the stadium while spectators are present, or inside the stadium while other events are in progress, and should be considered a minimum configuration. The dimensions listed, while not absolute, are considered acceptable for achieving the overall purpose of a cage. All possible efforts shall be made to achieve the minimum configuration in the construction of new facilities after January 2006. Figures 12 and 13 provide illustrations of possible cage designs.

Amend Rule 3-2q as follows:

Designate field event site or runway, including direction, at least one hour before event competition begins;

Add new Rule 3-2r as follows and renumber:

Designate running event direction at least one-half hour before event competition begins;

Add new Rule 3-2x as follows:

Keep all jury members and pertinent officials at the championship site at least 30 minutes after the final results from the last race are posted.

Amend Rule 3-4.2b as follows:

To have the authority to act upon apparent violations of the conduct rules, see Rules Organization, that are observed in meets in which a (~~games committee~~) jury of appeal has been established;

Amend Rule 3-7.1e as follows:

Positively informing all competitors, officials, meet management and spectators of cancellations, warnings and/or disqualifications through the use of green, yellow or red cards and verbal communication.

Amend first paragraph of Rule 4-2.1 as follows:

~~((Before competition, a))~~ A competitor shall be responsible for checking implements and equipment with officials, wearing the proper uniform as prescribed within Rule 4-3 and displaying the correct number as ((described)) assigned by meet management. ~~((and reporting on time.))~~ A competitor shall report to the Clerk of Course, or the Chief Judge for a field event if so instructed, no later than the check-in time designated by the Games Committee, and shall promptly be at the starting point of each competition in which entered.

Amend Rule 4-2.1 as follows:

... Competitors are to abide by the letter and spirit of the rules and shall be responsible for conducting themselves in an honest and sporting fashion at all time towards opponents, officials and spectators. This includes competing to the best of their ability for a given circumstance (i.e., honest effort).

Amend Rule 4-3.2 by adding a note as follows: *

Note: The effect of this rule is that no imagination shall be required to justify a clear sense of belonging to a team.

Amend Rule 4-3.4a as follows:

~~((Unless decided otherwise by the games committee, a competitor shall not be allowed to start and compete without a competitor's number.))~~ In meets in which competitors' numbers are prescribed officially, the competitor must wear the competitor's number assigned by meet management; shall not be allowed to start and compete without a competitor's number; and, the number must be visible without alterations when the athlete is competing.

Amend Rule 4-3.4b as follows:

The use of additional numbers usually affixed to the uniform to aid in the placing of competitors in a race shall be at the direction of the clerk of the course so that proper logos are not obscured and uniform requirements are observed. ~~((These numbers must be affixed wholly to a part of the uniform.))~~

Amend Rule 4-3.6a as follows:

Protests relating to matters that develop during the conduct of the meet should be made at once and not later than 30 minutes after the results have been announced or posted. For cross country, not later than 30 minutes after the last race of the meet has been posted. All implicated coaches must be notified of the protest.

Amend Rule 4-3.9 as follows: *

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 and it may include the warm-up area.

Amend Rule 4-3.10 as follows: *

Governing access to any competition area is a function and responsibility of the games committee. A portion of the normal competition area shall not be set aside for coaches in any championship competition, unless authorized by the games committee. When authorized, this area remains part of the competition area. An area outside the competition area, as close as feasible to the competition, shall be reserved for coaches.

Add new Rule 4-4.5 as follows: *

An event is all groupings, divisions or sections pertaining to one running or field event discipline per gender.

Amend Rule 5-1.5 as follows:

... The provisions of Rule 5-1.4 shall be followed for all event sections if starting blocks are used in any 500 or 600-meter race within the event.

Amend Rule 5-1.7 as follows:

In races run in lanes around at least one turn, the starts and relay exchange zones must be staggered so that competitors or teams run the same distance. If the number of competitors exceeds the number of lanes on the track, all groups shall use a waterfall start, which may be staggered, or a staggered in-lane alley start. If there are two or more heats, all heats

must use the same starting procedure. When using a staggered waterfall, two-thirds of the competitors should be placed on the main waterfall and one-third on the stagger.
The first leg of the 1,600-meter (mile) relay shall be run with a three-turn stagger. The 800-meter run ~~((may))~~ shall be run ~~((with the use of lanes or alleys))~~ with one person per lane or with in-lane alleys, each utilizing a one-turn stagger.
The staggers for each lane shall be measured by a certified engineer.

Amend Rule 5-2.1 as follows:

Note 3: An intentional false start is considered misconduct.

Amend Rule 5-4.1 as follows:

In all races run in lanes, each competitor shall keep within their assigned lane 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. See Rule 5-5.2.

Amend Rule 5-5.2c as follows:

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

Amend Rule 5-5.4a as follows: *

On the report of an official ~~((a warning or disqualification shall be ruled by the referee when a competitor has been aided. This includes aid provided by a coach, a teammate not in the race or a non-competitor connected with the competitor's team, directly or indirectly, who is on the track or within the infield track area))~~ or from a properly filed protest, the referee shall warn or disqualify a competitor determined to have been directly or indirectly aided from inside the competition area by a coach, a teammate not in the race or a non-competitor connected with the competitor's team.

Delete Rule 5-6d:

~~((Impedes another hurdler, or))~~

Amend Rule 5-8.2 as follows:

The games committee shall set the relay alternate and substitution ((rule)) policy. However, the maximum number of replacements on any team, which has qualified to compete, is two.

Amend Rule 5-8.5 as follows:

In all relays around the track, the baton must be passed between teammates within a 20-meter zone. The zone lines are inclusive in the measurement and are drawn 10 meters on each side of a measured centerline. The baton must be passed, not thrown, by each runner to the succeeding runner. Passing of the baton commences when the baton is first touched by the outgoing runner, and is completed when the baton is solely in the possession of the outgoing runner. If, in a genuine attempt to pass the baton, it is dropped within the passing zone, either runner may retrieve it. A baton dropped outside the passing zone must be recovered by the person who dropped it. The runner recovering the baton may leave the assigned lane or track provided no other runner is impeded and the distance to be covered is not lessened. A member of a relay team may not run outside the passing zone for the purpose of taking the baton from a faltering or fallen teammate.

Restructure Rule 5-10 and 5-11 as follows:

Rule 5-10: All articles relating to event procedure and advancement from one round to another.

Rule 5-11: All articles relating to the formation of heats/sections and lane assignments.

Rule 5-10: Running Event Procedure and Qualifying

ARTICLE 1. The games committee may use the following methods in order to administer running events.

- a. The number of contestants in any large meet may be reduced to a workable size by establishing qualifying standards or by requiring qualifying heats, conducted under specified conditions and preceding the competition proper.
- b. If the limits of time or facilities require, to ensure safety and equity of competition, races (including relays) may ~~((shall))~~ be run as a final in timed sections. When used, the structure for running finals as timed sections shall be determined by the games committee and must be consistent throughout the meet. In addition, no race shall have fewer than two competitors.
- c. A series of rounds with advancement procedures may be conducted leading to an event final.

ARTICLE 2. In cases in which a competitor has qualified for the ~~((final))~~ next round and is unable to compete, another competitor shall not be moved into the ~~((final))~~ next round.

Canceling Heats

ARTICLE 3. If heats are drawn for a race but the number of competitors who report to run is small enough to be run in one race, the heats shall be canceled and the race shall be run as a final at the originally scheduled final time.

Redrawing Heats

ARTICLE 4. Whenever the referee determines that the number of entries or scratches reduces the number of competitors in any heat so as to eliminate the element of competition, the games committee shall, as appropriate, redraw the heats, reduce the number of qualifiers from each heat ~~((to a number that will guarantee competition,))~~ and select any additional qualifiers on a time basis in order to restore the element of competition.

Tie for Last Qualifying Position

ARTICLE 5. In the event of a tie for the last qualifying place for a subsequent race, after applying rule 5-12.2d, and assuming positions on the track are available, the tying runners all shall qualify. If enough ~~((lanes))~~ positions are not available, ~~((the position(s) shall be determined by reading the phototiming device to the 1/1,000th of a second or lesser fraction, whenever possible, and then))~~ the advancer shall be determined by a runoff or drawn by lot, based on a decision before the meet by the games committee.

Qualifying

- ARTICLE 6. a. In races run entirely in lanes, at least the heat winners shall advance to the next round. ~~((final))~~ All other qualifiers in the round shall advance on the basis of time ~~((in the preliminary heats)).~~ Finals shall include eight or nine qualifiers, of which eight may score (100-200-400-400 relay-hurdles). ~~((When more than one qualifying round is run, see Rules 5-11.3b and c.))~~
- b. In those events in which more than two rounds are contested, it is preferred that at least two qualifiers from each heat advance to the next round.
- c. In races that start in lanes but do not finish in lanes, the first two 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.

Requirements for Heats / Finals

- ARTICLE 7. The following criteria ~~((procedures))~~ shall be used ~~((to form))~~ for all heats/finals, unless extraordinary circumstances exist, including facility or scheduling conditions, which require alteration. ~~((otherwise determined))~~ by the games committee. ~~((See Rule 5-10.))~~
- a. The number of runners or teams shall not exceed the number of lanes available for the race in any heat or final of the 100, 200, 400 and 800 meters, 100/110 hurdles, 400 hurdles, and 400 and 1,600 relays, except that the games committee may authorize, with consistency, an alley start ~~((the use of alleys))~~ with a maximum of 12 competitors in the first non-final round of the 800 meters ~~((with consistency in all heats and rounds)).~~
- b. In all races started in lanes, if there is the same number of or fewer entries than there are lanes on the track, the event shall be run as a final.
- c. When more than one section is scheduled, if 15 or fewer competitors report for the 1,500 meters, the event shall be run as a single race final. The maximum number that ~~((may))~~ shall qualify for the final is 12.
- d. When more than one section is scheduled, if 18 or fewer competitors report for the 3,000 or 5,000 meters, or steeplechase, the event shall be run as a single race final. The maximum number that ~~((may))~~ shall qualify for the final is 14 in the 3,000 and steeplechase, and 16 in the 5,000.
- e. ~~((If preliminaries are run))~~ In the 1,500, 3,000 or 5,000 meters, or steeplechase, ~~((the maximum number that may qualify for finals would be 12 in the 1,500, 14 in the 3,000 and steeplechase, and 16 in the 5,000.))~~ it is recommended that at least four places from each preliminary heat advance; however, at least two qualifiers must advance on the basis of time. If there are three heats, at least three competitors must advance on place and at least two must advance on the basis of time.

Rule 5-11: Formation of Heats / Assignment of Lanes

Responsibility

ARTICLE 1: The games committee shall be responsible for the ~~((drawing))~~ original formation of heats and the assignment of lanes.

Regulations for Forming Heats

ARTICLE 2. The heats in running events shall be formed according to the following regulations, unless extraordinary circumstances exist, including facility or scheduling conditions, which require alteration ~~((otherwise determined))~~ by the games committee:

- a., b., and c. (*Current Rule 5-11.3a, 5-11.3b and 5-11.3d*).

Regulations for Assigning Lanes

ARTICLE 3. The following procedures shall be used in drawing/assigning lanes:

- a. through b. and Note (*Current Rule 5-11.4a through 5-11.4b and Note*).

Alternating Lanes for Duals, Triangulars

ARTICLE 4. When track conditions permit, lanes shall be drawn and alternated by schools for each individual event. School A might draw lanes 1-4-7; school B, 2-5-8; and school C, 3-6-9. Each school then shall place its runners in its lanes.

Amend Old Rules 5-11.4b2 and 5-11.4b3 as follows:

Delete Rule 5-11.4b2. *New Rule 5-11.3b*

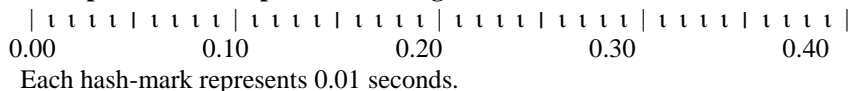
Amend Rule 5-11.4b3 and renumber: Races starting (~~run completely~~) in lanes, assign ... *New Rule 5-11.3b*

Replace Rule 5-12.1 as follows:

ARTICLE 1. The methods of timing are listed in the order of preference. See Rule 5-12.2 for recording each method. See Rule 2-12 for accuracy certification.

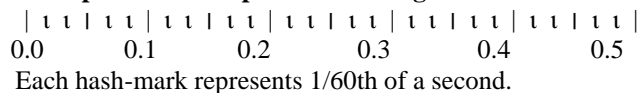
- a. Fully automatic timing (FAT), such as film or digital slit-camera photo-timing.
 - 1) Shall utilize camera equipment that is properly aligned with the finish line.
 - 2) Shall utilize equipment that is started automatically by an electronic starting device or by the energy of the shell exploding in the starter's gun, so that the overall delay between the report from the starting device and the effective start of the timing system is constant and measurable to less than 1/1000th of a second (Zero Control).
 - 3) Shall, by an electronic or optical device, automatically record the finish of each competitor in a continuous image or a composite comprised of not less than 100 images per second. The displayed image shall be synchronized with a time scale of at least 1/100th of a second.
 - 4) Shall determine times and places by the use of equipment that identifies the instant the first part of each runner's torso reaches the finish line and guarantees perpendicularity of the indicator line to the time scale when moved horizontally to the precise point of finish for each runner.
 - 5) Actual places and times shall be read and determined based on the position of the indicator line.
 - 6) Official times shall be the next highest 1/100th of a second based on the position of the reading line.
 - 7) A negative indication that an automatic start occurred shall be indicated by an accuracy of not more than 1/10th second.
 - 8) Shall be capable of producing a printed picture that shows all the above conditions with a time scale graduated in 1/100th second, when applicable, and synchronized to the image. See Rule 5-12.2.

Example for 1/100th per second image rate:



- b. Automatic timing (AT), such as videotape.
 - 1) Must utilize camera equipment that is properly aligned with the finish line.
 - 2) Must utilize equipment that is started automatically by an electronic starting device or by the energy of the shell exploding in the starter's gun.
 - 3) Must, by an electronic or optical device, automatically record the finish of each competitor in a composite comprised of not less than 50 images per second. The displayed image shall be synchronized with a time scale that is not greater than the number of images recorded per second.
 - 4) The recording accuracy and an indication of a positive automatic start shall be displayed, i.e. AT-1/60.
 - 5) Places shall be determined based on the recorded frame when the torso of the runner is positioned at or immediately after the fixed perpendicular read line representing the finish.
 - 6) Official time shall be the time on the recorded frame, to the accuracy of the image record rate, when the torso of the runner is positioned at or immediately after the fixed perpendicular read line representing the finish.
 - 7) Must be capable of producing a printed picture that shows all of the above conditions with a time scale that is not graduated greater than the number of images recorded per second and synchronized to the image. See Rule 5-12.2.

Example for 1/60th per second image rate:



- c. Manual timing (MT). All other methods of timing are manual timing.

~~(1) Photoelectric timing:~~

- ~~a) Must utilize equipment that is started automatically by an electronic starting device or by the energy of the shell exploding in the starter's gun.~~

- b) ~~Must, by an electronic or optical device, determine the instant the first part of each runner's torso reaches the finish line, and record the finish time automatically on film or print out which is synchronized with a time scale graduated in 1/100ths of a second.~~
 - e) ~~Should determine times and places by the use of equipment that guarantees perpendicularity between the time scale and the precise point of finish for each runner.~~
 - d) ~~Times should be read to the next highest 1/100th of a second.~~
 - 2) ~~Videotape/Software. Videotape or computer software may be used as long as it complies with the provisions of photoelectric timing and:~~
 - a) ~~It uses a camera aligned with the finish line.~~
 - b) ~~It uses videotape that produces 50 frames/second.~~
 - e) ~~The official time is read from the time of the frame when the runner is positioned at, or immediately after, the finish line.~~
 - d) ~~Is capable of producing a printed picture that shows a time for each runner and whether the timing device has started automatically by the starter's gun.~~
 - 3) ~~Certification. See Rule 2-12.)~~
- b. ~~Manual timing (MT). All other methods of timing are manual timing.~~

Amend Rule 5-12.2 as follows:

- a. When fully automatic timing (FAT) is used, results must be recorded in 1/100th of a second and shall be the next slower 1/100th of a second based on the position of the reading line. Final results shall indicate FAT with the time in 1/100ths, such as 10.33. No method of timing other than FAT shall report results with two decimal places, i.e. 1/100th.
- (~~(b. When fully automatic timing (FAT) is used, and the timing system allows, ties will be broken by reading the picture to the 1/1,000th of a second.)~~)
- b. When automatic timing (AT) is used, results must be recorded with an indicated accuracy not greater than image record rate of the equipment. The use of two decimal places is strictly forbidden. Final results shall indicate AT in a format such as 10-15/60, for an accuracy rate of 60 frames per second. If converted to a decimal, the result shall be rounded to the next slower available decimal less than the accuracy rate, and may be noted with an 'A'. The decimal result recorded for 10-15/60 is 10.3A.
- c. When manual timing (MT) is used, times must be rounded to the slower 1/10th of a second. Watches recording in hundredths of a second must be rounded up to the next tenth. After each race, the head timer shall be responsible for recording the results from the timers. If two timers agree, their time shall be the official time. If all three watches disagree, the middle watch shall be the official time. If only two timers record the time, the slower time shall be official. Final results shall indicate MT with a decimal time in 1/10th of a second. A manual time result shall be recorded in the format 10.4 or 10.4H.
- d. (~~(When fully automatic timing (FAT) is used, and the timing system allows, ties will be broken)~~) Ties shall be broken for the purpose of determining place or advancement in FAT or AT by reading the picture to the ((1/1,000th of a second)) accuracy available, but not greater than 1/1,000th of a second. Ties based on recorded MT shall remain.
(~~(Final results must indicate method of timing (FAT 10.33 or MT 10.4) and wind velocity in meters per second (e.g., 2.0 mps))~~)
- e. Wind velocity in meters per second (e.g., 2.0 mps) shall be recorded on the final results and should be recorded for the 100 and 200 meters, and 100 and 110 hurdles.

Amend Rule 5-12.3 as follows:

The following are minimum requirements (~~(, unless otherwise agreed upon by the games committee)~~):

Amend Rule 5-12.4 as follows:

((Fully Automatic)) Conversions to Fully Automatic Timing for Seeding

- a. The conversion method between automatic timing (AT) and fully automatic timing (FAT) shall only be used for championship meets in order to determine seed times. Automatic times (AT) must be recorded in 1/10th decimal format using Rule 5-12.2d before converting to FAT. The conversion method between fully automatic timing (FAT) and automatic timing (AT) is to add a zero to the automatic time stated as a 1/10th decimal (i.e., 10.3A = 10.30).
- b. Manual ((Hand)) times (MT) must be rounded using Rule 5-12.2c before adding a conversion factor. The conversion factor of .24 seconds between fully automatic timing (FAT) and manual timing (MT) must be used when conversions are desired (i.e., MT + .24 = FAT; 10.3H = 10.54). In championships meets, .24 shall be used for MT to FAT conversion in all events to determine seed times.

Amend Rule 6-1.1 as follows by adding:

A Pass may be used to forego an attempt and is not a trial.

Amend Rule 6-1.4 as follows:

... Except for the Combined Event, after all other competitors have failed, a competitor who has won the event (~~has the right to continue vaulting or jumping at a height the competitor chooses until elimination by three consecutive failures. The competitor~~) shall be allowed four minutes for the high jump and five minutes for the pole vault to initiate a trial. ** *Edit chart: Consecutive Trials* * *-within a height for individual, always for combined.

Amend Rule 6-1.6a paragraph one as follows:

Reassignment to another flight may not be made to accommodate such an absence.

Amend Rule 6-1.9b as follows: *

A foot pattern may be used by officials to indicate the takeoff mark in any runway event as assistance to all competitors during warm-up periods or upon request.

Amend Rule 6-1.10 as follows:

Taping Aids / Gloves

Restrictions and allowed items are detailed ...

Amend Rule 6-1.11 as follows: *

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. ...

Amend Rule 6-1.13a as follows:

Uses an implement (shot, discus, javelin, hammer, weight (~~(, vaulting pole)~~) or (~~(jumping)~~) shoe) that has been altered to become illegal after having been inspected officially;

Amend Rule 6-1.18 as follows:

The games committee shall designate the official site or runway, including direction, to be used at least one hour before the event competition begins. ...

Amend Rule 6-2.2 as follows: *

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. A competitor who has achieved the qualifying mark shall not be allowed to continue in the qualifying competition. Field event tie breaking procedures shall be used in determining the qualifiers. Performances made in the qualifying competition shall not be considered part of the competition proper and shall not (~~(not)~~) count in deciding the final placing in the event.

Amend Rule 6-4.3 as follows: *

In the high jump and pole vault, each competitor is allowed an attempt in the order in which the competitor's name has been drawn by lot ...

When there are large fields in the high jump or pole vault, greater than 15, it is advisable for the games committee to establish continuing flights of five competitors (five-alive method) as a replacement to the normal order of competition. Once a competitor has cleared ...

Amend Rule 6-5.2 and Rule 6-6.1 as follows:

Rule 6-5.2: The starting height of the crossbar and except for the Combined Event each successive height shall be determined by the games committee (~~(and/or jury)~~). It is recommended that the crossbar be initially raised in increments of 5 centimeters (~~(, but never)~~). The increment shall never be increased and shall never be less than 3 centimeters (~~(or)~~) except as provided in Rule 7-1.6 or as chosen by the single competitor who has won the competition and decides to continue jumping. ...

Rule 6-6.1: The starting height of the crossbar and except for the Combined Event each successive height shall be determined by the games committee (~~(and/or jury)~~). It is recommended that the crossbar be initially raised in increments of 15 centimeters (~~(, but never)~~). The increment shall never be increased and shall never be less than 5 centimeters (~~(or as provided in Rule 7-1.6)~~) or as chosen by the single competitor who has won the competition and decides to continue vaulting. ...

Amend Rule 6-5.4b as follows:

It is not considered a failed attempt if a competitor clears the crossbar, lands in the pit and, while exiting (~~(under control)~~), accidentally displaces the crossbar.

Amend Rule 6-6.2a as follows:

After the vault, the bar does not remain supported by the pegs on which it originally rested because of any direct action of the competitor while vaulting.

Amend Rule 6-6.2c as follows: *

Without first clearing the bar, any part of the competitor's body or the pole touches the ground or the landing area beyond the vertical plane of the inside edge of the top of the box;

Amend Rule 6-6.3c as follows:

It is not considered a failed attempt if a competitor clears the crossbar, lands in the pit and, while exiting (~~(under control)~~), accidentally displaces the crossbar.

Amend Rule 6-8.1 and Rule 6-9.1 as follows by adding:

A competitor may interrupt an attempt once started, return to a stationary position, and begin again.

Amend Rule 6-8.2, 6-9.2 and 6-10.2 as follows:

The use of gloves or taping of any part of the hand, thumb or fingers shall not be ... ,except the use of tape to cover or protect an open wound. ...

Amend Rule 6-10.1 as follows:

The javelin must be held by the grip and throw made from behind the arc. The javelin must fall metal head first within the sector. The metal head is the entire cone attached to the shaft.

If the metal head of the javelin makes the first contact within the legal sector, the throw shall be legal and shall be measured even though the shaft of the javelin then swings and makes contact with the ground outside the sector.

Notwithstanding any other provisions of this section, a javelin making obvious and irrefutable first contact with the ground other than with the metal head shall be ruled a foul. ...

~~((The thrower must not permit the body to rotate through a full turn at any time during the approach or delivery. If a competitor aborts a throw, the approach ends and the thrower may return to the starting position.))~~ At no time during the approach or delivery, until the javelin is in the air, may the competitor turn completely around so that their back is toward the throwing area. The competitor may interrupt an attempt once started, turn completely around, return to stationary position at the starting position and begin again. ...

Amend Rule 6-10.3 by adding as follows:

... A judge positioned inside the sector shall not rule on the legality of the landing other than those deemed irrefutable.

Amend Rule 8-2.1 as follows:

ARTICLE 1. The variances of course lengths shall be:

- a. Men— The length of a cross country race shall be at least 4,000 meters (~~((from 8,000 to 10,000 meters, unless otherwise mutually agreed upon by coaches or determined by the games committee)).~~) The distances for any championship race shall not be shorter than 8,000 meters or longer than 10,000 meters.
- b. Women— The length of a cross country race shall be at least 3,000 meters (~~((from 5,000 to 8,000 meters, unless otherwise mutually agreed upon by the coaches or determined by the games committee)).~~) The distances for any championship race shall not be shorter than 5,000 meters or longer than 6,000 meters.

Amend Rule 8-2.2 as follows:

- b. Turns in the first 800 meters shall be as minimal and gradual as possible. The first turn shall not be less than 200 meters and preferably not less than 400 meters from the start.
- c. Narrow gaps shall be not less than 2 meters and preferably 5 meters in width for non-championships courses (~~(and)~~) . The width for championship courses is not less than 10 meters (~~((in width for championships courses))~~) after the first 600 meters and the last 200 meters of the race. Obstacles and other hindrances shall be avoided throughout the course (~~((; and any narrowing of the course must be avoided for the first 600 to 800 meters and the last 200 to 300 meters of the race.))~~) However, for championships with field sizes of less than 30 teams or 210 individuals, the narrow gaps shall not be less than 5 meters in width after the first 600 meters.
- d. The last 200 meters of the race must be straight and at least 10 meters in width to the finish line.

Amend Rule 8-2.2e as follows:

- e. Turns (~~(must)~~) shall be gradual. If a course layout requires a sharp turn, any such turn shall be clearly marked. The runner shall be provided with a distinct barrier through that turn.

Amend Rule 8-2.3 as follows:

ARTICLE 3. (~~((The course shall be properly measured along the shortest possible route that a runner may take and must be marked clearly by a white or colored line on the ground for the entire route of the course.))~~)

- a. The entire course shall be clearly marked using either natural or artificial boundary markers.
- b. The boundary markers shall be continuous throughout the entire length of the course clearly designating both the inside and outside boundaries.
- c. The course shall be properly measured along the shortest possible route that a runner make take.
- d. The course shall have kilometer and/or mile markings throughout the course.
- e. Only official markings are permissible on or near the course.

Amend Rule 8-3a as follows:

The middle of the starting arc should be marked with a perpendicular line. The arc should be described so that it passes through this point and the end points of the start line, all of which are equidistant from the initial significant point on the course (i.e., turn or narrowing). Additional points along the arc should be measured to ensure accuracy. ((all starting positions are equal distance from the focal point not less than 400 meters from the starting time that marks the most desirable route.))

Delete Rule 8-3b.

Amend Rule 8-3c as follows:

... The starting line shall be wide enough to provide at least a 50-centimeter space for each of ~~((five))~~ four front-line team starters and a 50-centimeter space for each individual starter.

Amend Rule 8-4.4 and 8-4.5 as follows:

Maintain the first sentence of each rule and delete all other language and figures.

Amend Rule 8-6. as follows:

These articles should be amended to eliminate duplications found in Rule 3 and better define duties specific to cross country officials. Modification to appropriate section of Rule 3 may occur.

Amend Rule 8-9a as follows:

- a. Gains a meaningful advantage by failing to complete the prescribed course that is defined by a legal marking system;

Amend Rule 9-2.2 as follows:

The rules for each of the events constituting the combined event competition shall apply, except:

Amend Rule 9-2.2i as follows:

In the high jump and pole vault, the starting height of the crossbar shall be determined by the competitors. Each increment rise ~~((shall be determined by the games committee and such increment raises))~~ shall be constant and followed throughout the competition regardless of the number of competitors. The ~~((recommended))~~ increment for the high jump shall be 3 centimeters and for the pole vault shall be 10 centimeters. ~~((When one competitor remains, only increments of 3 centimeters in the high jump and 10 centimeters in the pole vault may be used.))~~

Amend Rule 9-2.5c as follows:

When possible and practical, all competitors in the 800, 1,000 and 1,500 meters should run in one section. If the number of competitors in the 800 or 1,000 meters exceed the number of lanes on the track, all groups shall use a waterfall start, which may be staggered. ~~((i.e., alleys). When using alleys, two thirds of the competitors should be placed on the inside and one third on the outside.))~~ The referee shall designate competitors for these groups. The current points leaders shall run in the final section. See Rule 5-1.7.

Amend Rule 9-4 as follows:

All competitors shall compete in one or more flights as determined by the games committee. For total fields greater than 13 ~~((14))~~, two flights should be considered. In the vertical jumps, the five-alive method of competition may be used. See Rule 6-4.3

When more than one flight is used, the flights shall be concurrent when facilities are available. The competitors may be split into sections as equal in number as possible, by lot or based on past seasonal performance in that event, when available. When using two facilities, the conditions must be equal.

Amend Rule 10-2.3 as follows:

The track should have a minimum of six lanes. Lanes should have a recommended minimum of 0.914 meters (36 in.), including the lane line to the right. Lanes shall be marked by lines 5 centimeters wide. A section of the intersection of each lane line and the finish line shall be painted black in ((accordance with Figure 3)) a pattern to assist photo-finish lane identification and camera alignment. Figure 3 is an example.

Amend Rule 10-4.2 as follows:

The 800 meters, 1,000 meters and 3,200-meter relay shall start and continue in lanes or alleys until the end of the ~~((first))~~ second turn. On tracks of more than 200 meters, ~~((a one turn stagger shall be used.))~~ these events shall start and continue in lanes or alleys until the end of the first turn.

Amend Rule 10-4.4 as follows:

In individual races longer than 1,000 meters~~(,)~~and the distance medley relay, if the number of competitors or teams exceeds the number of lanes on the track, all groups shall use a waterfall ~~((or staggered alley))~~ start, which may be staggered. ~~((if the number of competitors or teams exceeds the number of lanes on the track.))~~ See Rule 5-1.7.

Amend Rule 10-5 as follows:

In all meets with preliminary rounds (including championships meets), the procedures in Rule 5-11 shall be used ~~((to form all finals))~~, except for the following or unless extraordinary circumstances exist, including facility or scheduling conditions, which require alteration ~~((otherwise determined))~~ by the games committee:

Amend Rule 10-5.1b as follows:

On a track with fewer than eight lanes, when eight competitors advance to the finals in races listed in this article, ~~((on a track with fewer than eight lanes,))~~ the competitors shall qualify to a two section final on the basis of time from preliminary rounds. ~~((The competitors with the four slowest times shall run in the first heat and the competitors with the four fastest times shall run in the second heat.))~~ Two sections shall be formed by seeding competitors from the ranked list of times, left to right only for the two sections. See Rule 10-5.1a.

Amend Index to Rules as follows:

Add the word 'combined-event' to the index, in addition to decathlon, etc.