

**CLERK OF THE COURSE -- NCAA RULES**

**Uniforms**

- An official team uniform must be worn; parts of it may not be removed in the competition area; the design must not be objectionable/offensive. The top must meet the briefs/shorts when standing. (4-3.1)
- Relay team uniforms must clearly indicate thru color, logo, & all worn outer garments they're from the same team. Visible undergarments - t-shirts or tights worn by team members must be an identical solid color. (4-3.2)
- Only one manufacturer's logo, max 2 ¼ sq. in. is permitted per piece of apparel (4-3.3)

**Numbers**

- All athletes must wear assigned numbers when competing; they must be visible, without alteration. (4-3.4)

**Shoes**

- Runners may run in bare feet or with shoes on one or both feet; no more than 11 spikes per shoe (4-3.5).
- Max spike length for synthetic surfaces - 9mm (12mm for HJ & JT) or as further limited by meet mgmt; for non-synthetic surfaces - 25mm; no devices that artificially enhance performance. Max sole thickness: 13 mm HJ & LJ, max heel thickness: 19mm for HJ. (4.3.5) All other events, shoes may be any thickness.

**Electronic Devices**

- No audio/video devices in the competition area-cameras, phones, headphones, computers, iPods, etc. (4-3.11)

**Starting Positions and Commands**

- Starting blocks may only be used in races shorter than 800m, or in relays w/ first leg shorter than 600m (5-1.3)
- In races of less than 500m, runners may use either a crouch start (with or without blocks) or a standing start. The commands are: "On your marks," "Set," and then the gun. (5-1.4)
- In races of 500m or more, runners are placed 3m behind their starting line. The commands are: "On your marks" (runners then advance to the starting line for a standing start) and then the gun. (5-1.5)

**Recall of Start**

- In a race not run in lanes, if a runner falls within the first 100m due to contact with another runner, the race is recalled by means of a second gun. (5-1.6)

**Practice Starts**

- Practice starts in immediate area of starting line not allowed in conjunction with the starter's commands (5-1.1)

**Staggered Starts**

- If more runners in a race than lanes, use waterfall start or staggered in-lane alley start with 2/3 on main waterfall at start line and 1/3 on waterfall at stagger; all heats use same procedure. (5-1.7)
- 800m run: 1-turn stagger; 4x200m relay: 4-turn stagger; 4x400m relay: 3-turn stagger; sprint medley relay: 3-turn stagger. The 800m may be run in lanes or in-lane alleys with 1 turn stagger. (5-1.7, 5-8.3)

**Medley Relay Legs** Sprint medley: 200-200-400-800m; Distance medley: 1200-400-800-1600m (5-8.3)

**Relays - Positions Receiving Positions Baton**

- If incoming leg is 200m or less, international/fly zones (10m ahead of passing zone) may be used (max 2 marks (tape). All other relays, outgoing runner must be within the 20m passing zone (no marks allowed). (5-8.4)
- When exchanges do not occur in assigned lanes, teams are aligned in the zone in the order of the incoming runners (5-8.4) (Note: normally determined by their teammate's position entering the straightaway).

**Relays – Batons, Baton Exchange, Dropped Batons**

- Baton must be smooth, rigid, hollow, 1 piece, at least 50 grams, no tape or other material on it or hands. (2-4.2)
- The baton must be carried by hand (5-9), and be passed not thrown, within the zone;. (5-8.5)
- The receiving runner must take a position entirely within the passing zone. (5-8.4)
- If the baton is dropped within the passing zone, either runner may retrieve it; if dropped outside the zone, it must be retrieved by the runner who dropped it. (5-8.5)
- Passing of the baton commences when the baton is first touched by, and is completed when solely in possession of, the outgoing runner. (5-5)

**Relays - Positions After Passing the Baton**

- Incoming & outgoing runners must remain in their lane or established path until the course is clear. (5-8.6)