

***NCAA***

**Highlighted Major Rules Changes for 2019 and 2020**

## **Rule 1-1.6 Cones and Curbing**

Revise cone placement requirements for indoor track from 1.5 meters to 4 meters. Require newly constructed or resurfaced outdoor tracks to have a curb beginning Jan. 1, 2021.

# Competitor Attire

## Rule 4-3.1 Uniform

Implemented a penalty for competitors who are not in compliance with the **uniform** rule:

Competitors who are not in proper uniform compliance shall not compete until a compliant uniform is worn. Competition will not be delayed to accommodate....

## Clarification of Uniform Rule

### Rule 4-3.1.a Uniform

On any single day of competition, all team members must wear uniforms clearly indicating through **the same primary** color.....

**Note 3:** If single color body suits are worn, they shall be the same primary color and have the same institutional logo of the top garment of the entire team on any given day.

### Rule 4-3.2.a Relay/Cross Country Team Uniforms

All relay and cross country team members must wear uniforms clearly indicating, through **the same primary** color.....

# Running Events – Relays

## Rule 5-8.4 Positions for Receiving the Baton

In sprint relays, outgoing runners, while waiting for the baton, must be positioned entirely inside **the 30-meter exchange zone** within the runner's lane.

**Clarifies the use of self-adhering tape:** Out going runners may place two separate pieces of **self-adhering, affixed tape...** and use of tacks **when conditions dictate** as relay markers to assure markers stay in place.

## Rule 5-8.5 Passing the Baton

**Revises the relay exchange zone:** In all relays around the track, the baton must be passed between teammates within the defined exchange zone. In the 4x100 and 4x200 Meter Relays, each exchange zone shall be 30 meters. For the Sprint Medley Relay (200,200,400,800), the first exchange zone shall be 30 meters, and the second and third exchange zones shall be 20 meters.

The 4x400 Meter and longer relays, each exchange zone shall be 20 meters.

**\* Aligns with IAAF and USATF Competition Rules**

# Field Events – Time Limit

## Rule 6-1.2 Throws

In the throwing events, a competitor shall be charged with a foul if he or she does not initiate a trial within **30 seconds**.....

**Note:** As a guide, and in an effort to ensure all competitors in the discus, hammer and weight throw have equal time per event, the time clock will start when the athlete steps onto the concrete pad prior to initiating their attempt.

## Rule 6-1.3 Horizontals and High Jump

A competitor shall be charged with a foul if he or she does not initiate a trial within **30 seconds**....

## Rule 6-1.4 Pole Vault

A competitor shall be charged with a foul if he or she does not initiate a trial within one minute....

**Time Limit in High Jump and Pole Vault has changed when there are 2 or 3 competitors remaining and when an athlete has won the event.**

**\* Aligns with IAAF and USATF Competition Rules**

# Field Events

## Rule 6-1.9.a.5 Throwing Aid

Prohibits a thrower from having anything in their non-throwing hand during an attempt.

## Rule 6-10.2 Javelin Throws – Judging Throws

Reduces the number of **required** landing sector judges for the javelin from two to one. It is recommended that two judges be used if enough personnel are trained.

*Thank You*

**Contact Mark Kostek, NCAA Secretary Editor  
For any questions and/or clarifications**