

Rules Changes for 2019

High School

- 1 The biggest change was to the uniform rules. The first of those expanded the definition of foundation garments. Any item worn under the uniform is considered a foundation garment and the color and logo rules do not apply. The logo rule only applies to the uniform proper. That means that uniform checks only apply to the singlet and shorts or body suit.
- 2 A second part of that is for relay or cross country teams. Those uniforms must, through predominant color, school logo and color combination indicate that the athletes are on the same team. Minor differences in accent colors are not a problem. Those are allowed.
- 3 In the long throws, if the throw was measured in metric, the even centimeter was taken out so this now matches all other rules books.
- 4 The cross-country rule on flags marking the course was clarified.
- 5 The finish order of a cross country race is determined by the torso and not the chip on the first shoe.
- 6 There were some changes to the dimensions of the long jump pit. I will refer any questions to the Pre-Meet Notes when that publication comes out.
- 7 The Official's Manual was revised to give new officials better guidance on running events. Much of that came from Pacific Northwest Track & Field's Event Specific Instructions.

NCAA

1. Cone placement for indoor tracks is now 4 meters instead of 1.5 meters. Cones are not required on the straightaway.
2. The Games Committee may require electronic false start detecting blocks and the starters would be required to use them. (This would likely only be in cases where a world record might be set.)
3. Competitors not in proper uniform will not be allowed to compete until the uniform is changed. (This can only apply to NCAA athletes, not open athletes.)
4. Uniforms must be the same primary color. In other words, Blue is Blue and not Robin's Egg Blue or some such.
5. Tacks may be used in wet weather for relay zone markers.
6. The relay zone for the 4x100 is now 30 meters. If a track is not repainted, the acceleration zone marker is now the beginning of the zone.
7. A thrower may not have something in the non-throwing hand during the throw.
8. If there are not enough officials, the javelin landing sector may get by with one judge doing both the calling flats and marking.
9. In an editorial change, accidentally knocking down a hurdle with the hand is not a cause for DQ. The action must be deliberate.

USATF

1. The Junior age group is now known as Under 20.
2. Open Race Walkers must be at least 14. All other Open athletes must be at least 16.
3. In hot weather, long distance runners may compete without a singlet if the referee so rules and the Games Committee approves.
4. A shuttle relay is now defined.
5. If the baton is dropped during and exchange the runner may leave the track to retrieve it so long as the distance is not shortened. (I know, we thought this was the rule, but it had never been stated so, if a runner left the track it came under 170.15 which states that a runner who leaves the track voluntarily will be disqualified.)
6. In Combined Events a change may be allowed in any round of trials.
7. When using a transponder (chip) system, the finish line mat must be a different color than the surface
8. To set an American record, the athlete must be eligible to represent the USA in international competition.
9. The indoor hurdles have been added for youth.
10. Master's teams do not require matching uniforms so team identification may be accomplished through issuing items such as letters or distinguishing numbers.
11. Honest Effort does not apply to Masters.
12. Chips or other devices for lap counting must be used at National Championships.
13. In the vertical jumps, athletes who have not entered the competition after one hour from the start may have one jump at a bar change.
14. Masters race walk shall not use the pit lane (aka penalty box)