

Rules Changes for 2016

High School

1. Starting blocks need to be checked by the starter (or designee) rather than the implement inspector.
2. Red and white flags may be used by field event officials. Once an attempt has been ruled fair, it is fair, unless corrected immediately.
3. There has been some confusion between the definitions of attempt and trial. The confusion comes with the time limit. The rule was changed to reflect what we have been doing. The athlete must start the purposeful action of the event within the time limit. Attempt and trial are now considered synonyms.
4. Video backup in cross country is advised. The video must be checked if the difference in time is less than one tenth of a second.
5. Finish corrals should be used when chip timing is being used.
6. Rule 7 has been reordered to keep rules relating to the same events together.

NCAA

This is not a rules year for NCAA and there are no changes to report. The 2017-2018 book will be done by November 2016. The rules on cross country, combined events and indoor track will be folded into the other rules and will not be in the book starting with the next book.

USATF

1. The Aero-Jav was approved for Youth. The youngest age groups will throw the mini jav, 11-12 year olds will throw the Aero-Jav and the older groups will throw the regular javelin.
2. Assistance by authorized medical staff is not considered illegal assistance under Rule 144.6.
3. Rule 144.5 about leaving the event to confer with a coach will only apply to Youth.
4. The color of cards used by starters have been specified and will follow the international scheme.
5. Runway markers may only be one piece and each athlete is allowed three markers.

6. A wind sock should be placed near the take-off in all jumping events and near the discus and javelin.
7. In the vertical events the athlete may not touch the crossbar or uprights without jumping. An example would be a high jumper who runs up to the bar and then touches a standard.
8. The length of the throwing weight was standardized to the international length. Also the complete implement is measured for length.
9. If a race walker has been disqualified during a race and refuses to leave the track, they are subject to further disciplinary action.