

## Rules Changes 2018

### High School

- 1¶ School approved has been added to the requirements for uniforms. The wording is “school issued or approved.”
- 2¶ Some penalties were left off when Rules 6 & 7 were combined. Those were added back.
- 3¶ Cross Country uniform rule now refers to the relay uniform rule.

### NCAA

This was not a rules year for NCAA, but the requirement for curbs on all indoor tracks has been changed to new tracks only.

### USATF

1. The referee may overrule a decision of a judge.
2. Judges may reconsider any ruling made by them and, in particular, change the flag in case of an error.
3. In all jumping events, the athlete may choose to wear only one bib and it is their choice as to front or back.
4. An athlete helping another to their feet is not considered assistance. Helping with forward motion is assistance.
5. Refreshments may be provided at water stations in long distance races.
6. If a runner is excluded from a race due to a false start and that is later reversed, that athlete may run the race alone to try to qualify on time.
7. Events such as relays in which men and women compete on the same team are allowed.
8. The one step on the line on the curve has been changed to “a material advantage is gained . . .”
9. In 800 meter races where there are more competitors than there are lanes, the Games Committee will determine which lanes have two runners.

10. For those relays in which an acceleration zone is used, the exchange zone is enlarged to include the acceleration zone. In other words, that zone is now 30 meters long. THIS IS A MAJOR CHANGE.
11. The referee may not allow a competitor to take a trial out of order in the final, but may do so in preliminary rounds.
12. Time limits have been changed to 30 seconds from one minute in all field events except for the pole vault. The extended times for few athletes in the vertical jumps has not changed. This does not apply to Youth meets. THIS IS A MAJOR CHANGE.
13. Ties in combined events will not be broken. THIS IS A MAJOR CHANGE.
14. In distance races athletes, may pass refreshments from a station to other athletes.
15. In Cross Country Relays, the exchange zone shall be marked and is 20 meters wide. Physical contact between teammates is allowed in lieu of a baton pass.
16. There were some changes to the definition of a mountain running course.
17. In the horizontal jumps the mark is determined by anything that makes a mark while attached to the body, so if a hat falls off during the jump, that is not marked.
18. Consecutive jumps mean consecutive even if a height change takes place between them.
19. A note has been added that indicates touching the top of the back half of the circle outside of the circle without any propulsion during the first rotation in a throwing event is not a foul. In other words, during the first rotation we don't have to judge if the foot touches the area outside the circle as long as there is no pushing off.