



2025 NCAA Rules Changes

INDIANA STATE UNIVERSITY
TERRE HAUTE, INDIANA
NOVEMBER 21

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Rule 3 & 11 Equipment - Indicator Line

HJ - A white line 50mm wide shall be placed on the ground (usually with adhesive tape or similar material). The edge of the line nearest to the takeoff area is placed along the vertical plane through the edge of the crossbar nearest to the take-off area, and extends for three meters on either side of the uprights.

- PV - a. A white line 1cm wide shall be placed on the ground at a right angles to the axis or the runway, in line with the back end of the box (“zero” line).
- ~~b. A similar line up to 5cm wide shall appear on the surface of the landing area and be prolonged as far as the outside edge of the uprights.~~
- c. The edge of the line nearer to the approaching competitor shall coincide with the back end of the box, facilitating the determination of the zero point and the checking of the uprights.

Rule 3 - Equipment - Shot Put

Composition - Synthetic covered implements shall be used. ~~Internal movement within the shot is not permitted.~~

Rule 3 & 11 Equipment - Weight

Handle - 1) The handle for the filled head weight shall have sides that do not exceed 160 mm or are not smaller than 100 mm inside measurement. A handle with no permanent connection point shall have all three sides of equal length.

2) The handle for the all-metal head weight shall have sides that do not exceed 190 mm or smaller than 100 mm inside measurement.

Harness - The harness, if the implement includes a harness, shall be fabricated from a minimum of four structural straps sewn together to form a sling, with the four structural straps of webbing crossing underneath the head of the implement.

1) Netting shall not be used for this purpose.

2) The harness must not stretch or show evidence of elasticity or malformation before, during or after the competition.

Legal Harness on the right



Rule 3 & 11 Calibration of Measuring Devices

Effective December 1, 2026:

- a. It is required that all timing equipment be recalibrated every four years.
- b. It is required that all equipment used for implement inspection and weighing be recalibrated every year.
- c. It is required that all equipment used for distance measurements be recalibrated every year.

An appropriate testing agency must recalibrate for accuracy in accordance with methods specified by the manufacturer before the first competition each year and preferably before each major competition to comply with Rules 8-1.7 and 8-1.10.

Verification of the accuracy of devices used to measure distance can be accomplished by comparison to an available surveyed distance.

Rule 4 & 12 Meet Personnel

Terminology change - Games Committee is now Meet Management

Meet Management - is responsible for all aspects of the competition if no meet management team/staff is not established all responsibilities become the responsibility of the meet director

Competition Manager - role is now defined as the position has been used during the past 2 championship cycles.

Medical Doctor/Athletic Trainer - The meet management-appointed/approved medical doctor/athletic trainer shall perform the following duties:

a. Examine injured or ill competitors and advise the competitor, the competitor's coach and the representative of any sponsoring organization regarding the continued participation in the meet.

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Such recommendations shall be considered when applying the failure to participate rule.

b. If a competitor is to be withdrawn from an event, an in-person evaluation by the appointed/approved medical doctor/athletic trainer shall occur before the start of the event.

c. Should the decision be made to withdraw from or abandon an event, the competitor shall be scratched from any subsequent event(s) in the meet.

Article 2.a. However, a subsequent examination that results in a re-entry recommendation by the appointed/approved medical doctor/athletic trainer of the competition shall be final and without protest.

b. The appointed/approved medical doctor/athletic trainer shall notify the referee and other appropriate meet administration personnel of the competitor's re-entry into the competition.

c. For transparency purposes, the re-entry notification shall be posted.

d. Combined Event competitors shall be exempt from this rule.

Rule 5 & 13 Competition Procedures - Automatic Advancement

Before the competition begins, meet management may allow automatic participation of each competitor in the final rounds in the throwing events and horizontal jumps when the number of competitors at the start of the preliminaries is not greater than the maximum number in the final rounds allowed in Rule 5-2.5. In order to advance, each competitor **must have a valid mark** in the preliminary rounds.

Rule 5 & 12 Competition Procedures

Challenges

Challenges - At the conclusion of a trial, the field event competitor or the competitor's coach may verbally register a challenge to the event official regarding any action or ruling pertaining to their competitor's current attempt.

- a. A challenge shall only be allowed from the time the competitor is called up and the countdown clock starts to the time the next competitor is called up and their countdown clock starts.
- b. Physical evidence related to a competitor's performance shall be measured, recorded, unannounced, and preserved until the referee renders a decision.

The immediate verbal protest is not longer a term.

Only the active competitor may challenge. All other requests are a protest and proper written protocol must be followed.

Rule 5 & 12 Competition Procedures

Protests

Protests relating to singular matters that develop during the conduct of the meet shall be made in writing at once and shall not be later than 15 minutes after the results have been deemed official and time stamped.

Review of Challenges and Protests

The referee shall review each challenge or written protest: a. The referee shall review all evidence and circumstances regarding the challenge or protest.

- 1) The written protest.
- 2) The officials report of a perceived rule violation by a competition official.
- 3) Official meet video as designated by meet management prior to the start of the meet.
- 4) Official photo-timing images.

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b. The referee(s) shall render a decision.

1) The concurrence of two referees is required when no jury of appeal is appointed.

c. Coaches of competitors affected by any referee's decision shall be notified by a referee.

d. Results revised because of a referee's decision due to a challenge, protest or disqualification shall be posted and announced.

e. Protests relating to Rule 6-1.4 shall not interrupt an event, nor result in a disqualification, once the event begins

Appeals

If a jury of appeal has been appointed by meet management prior to the start of the meet....

The result of an appeal shall be posted, and the affected coaches shall be notified by a member of the jury of appeals.

Rule 5 & 12 - Video

Official Meet Video - Video declared by meet management as official meet video prior to the start of the meet shall be the only video used by any competition official.

Official Meet Video Review - Video review, when available, shall be used by the referee for the sole purpose of either confirming or denying a perceived rule violation reported by a competition official; or used by the referee(s) and/or jury of appeals to address a submitted protest or appeal regarding the referee's decision on a perceived rule violation reported by a competition official or a decision rendered by a competition official.

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Official Meet **Field** Video Review - Video placed at the competition site of a field event by meet management, shall be used by the competition official assigned to that respective event with the responsibility to confirm either a legal or foul attempt by the competitor in the respective event.

a. Video confirmation may be displayed for view to athletes, coaches, and spectators, if approved by meet management prior to the start of the meet.

Rule 6 & 14 - The Competitors

Failure to Participate

The language has changed and is now in effect for all team scored contests.

Assistance

For the purpose of this rule, the following shall not be considered assistance, and therefore allowed:

In non-scored competitions, meet management may allow for pacing by individuals legally entered into a race or by the use of pacing light technology.

Rule 6 & 14 - The Competitor

Shoes

Any type of shoe must be reasonably available and listed on the World Athletics approved list.

<https://certcheck.worldathletics.org/>

Shoe control procedure must be in place with a minimum of 5%-10% of the competition field or each event verified.

Shoe Check Form

Meet Name:

Host:

Date:

Shoe Control Official:

The current list of approved shoes can be found at the below link

<https://certcheck.worldathletics.org/>

First Name	Last Name	School	Event	Gender	Brand	Model	Approved
EXAMPLE: John	Smith	University A	200M	M	Nike	Maxfly	Yes

Rule 7 & 15 Track Events

Running Violations

In Lanes - b. In a race run on a curve, steps on or over the lane line to the left with more than one step anywhere on any curve for the entirety of the race.

Not in Lanes - g. Steps on or over the curb with ~~two consecutive steps of either both feet or a single foot~~ **more than one step on and curve for the entirety of the race**

Rule 7 and 15 - Track Events

All of the following sections have been rewritten - Formation of Heats ; Formation of Sections; Assignment of Lanes & Starting Positions and Qualifying.

Rule 8 & 16 Field Events

Time Limit

In the High Jump and Pole Vault, when there are two or three competitors remaining in the competition at the start of a bar height ~~(or when a competitor is taking consecutive attempts at the same bar height while other competitors remain in the competition)~~, **high jumpers shall have one and one half (1.5) minutes and pole vaulters shall have two (2) minutes to initiate a trial.** When a competitor is taking consecutive attempts at the same bar height while other competitors remain in the competition, high jumpers shall have two (2) minutes and pole vaulters shall have three (3) minutes to initiate a trial.

The Time in Minutes for Initiating Attempts in Field Events chart is accurate.

Rule 8 and 16 Field Events

Warm - Up

Meet management determines the length of all warm-up periods. All warm-ups in the jumping events shall be run in the direction the event will be contested.

a. A maximum of 15 minutes, with consistency, shall be set aside for flight specific warm-up before each flight when a general warm-up period is provided.

1) In the high jump, all competitors shall have their measured marks in place a minimum of 30 minutes prior to the start of competition.

a) From a time period of 30 minutes prior to the start of the event, until the start of the event, no tape measures or measuring devices shall be allowed on the high jump apron for a competitor to measure or establish a mark.

Note: Combined Events HJ is exempt

Rule 8 & 16 Field Events

HJ & PV Starting Height/Increments

Except for the Combined Event, meet management shall determine the starting height of the crossbar and each successive height.

High Jump - a) The crossbar shall be initially raised in increments of 5 centimeters.

Pole Vault - a) The crossbar shall be initially raised in increments of 15 centimeters

Reminder

Please check this website frequently for communication:

Online version of the NCAA Rulebook

<https://www.ncaa.org/sports/2013/11/26/cross-country-and-track-and-field-rules-of-competition.aspx>

IF YOU HAVE RULES QUESTIONS

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text or call.**

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END PRESENTATION