

TIME LIMITS - FIELD EVENTS (minutes)

Event	Rules	Event Type	Total # of Athletes Remaining at the Start of a Height or Round ¹			Consecutive Attempts	1st Attempt in the Competition	Notes
			4 or More	2 or 3	1			
High Jump	USATF	Individual	1	1.5	3 [#]	2	1	1. Athletes remaining in competition include those who could be involved in a 1st place jump-off * "1 remaining" applies only if the athlete has <u>won</u> the competition ** 1st attempt at new bar height is <u>not</u> "consecutive" # Add one minute if athlete has won the competition <i>and</i> is attempting a World Record or record relevant to the competition NA -- Not addressed All events - Athletes may pass an attempt before, but not after, the start of their time limit
		Combined	1	1.5	2	2	1	
		Masters	0.5	1.5	3	2	0.5	
		Youth	1	1.5	3	2	1	
	NCAA	Individual	1	1.5	3 *	2 **	1	
		Combined	1	1.5	2	2	1	
NFHS	All	1	3	5 *	2	1		
Pole Vault	USATF	Individual	1	2	5 [#]	3	1	
		Combined	1	2	3	3	1	
	NCAA	Individual	1	2	5 *	3 **	1	
		Combined	1	2	3	3	1	
	NFHS	All	1	3	5 *	3	1	
Throws & Horizontals	USATF	Masters	0.5	1	1	2	1	
		All Other	1	1	1	2	0.5	
	NFHS	All	1	1	1	2	1	
			1	1	1	2	1	

ABSENCE FROM COMPETITION - FIELD EVENTS

If an Athlete has been Excused	And the Event is	And the Rules are		And you're Conducting	Then the Head Official Shall
No	Any	USATF		Prelims or	Call athlete "Up" in order, allow time to expire, record a "Pass"(180.10c)
		NCAA & NFHS		Finals	Call athlete "Up" in order, allow time to expire, record a failure or miss (8-1.2.c; 16-
Yes	Vertical Jumps	USATF & NCAA		Finals	Allow attempts out of order or in succession. If not present for a trial before the bar is raised, call the athlete "Up" in order, allow time to expire, & record a "Pass". Competition continues in the excused athlete's absence, and they shall compete at the existing height upon their return, being allowed the number of attempts they had remaining when excused. Youth: same as above plus Games Committee sets time limits for excused athletes. (180.10.a/c & 302.5; 8-1.3.b & 16-1.3.b)
		NFHS			Allow attempts out of order, including in succession. Excuse the athlete for the time limit set by the Games Committee; do not call the athlete "Up" while excused. If the authorized absence time has expired, record a "Pass" for remaining attempts; then raise the bar or close and score the event. (6-2-3b)
	Throws or Horizontal Jumps	USATF	Open & Masters	Prelims or Finals	Allow an attempt out of the regular order for one round at a time (but no more than one attempt in any round). If not present for a trial, call the athlete "up", allow time to expire, and record a "Pass" (180.9.a/c; 180.4.a)
			Youth		Allow attempts out of order/in succession before excusal or after return. Athlete must return before conclusion of all other prelim. attempts if excused during prelims, or before conclusion of all other final attempts if excused during finals; if not, trials are forfeited and the prelims or finals are closed. (302.5.o)
		NCAA	Prelims	Allow attempts out of order or in succession within the designated flight (reassignment to another flight is not allowed). If not present for a trial after all others are complete, call athlete "up", allow time to expire, record a "Pass" for remaining attempts, & close prelims for that flight or close event (8-1.3.a, 16-1.3.a)	
				Finals	Call the athlete "up" in order, allow time to expire, & record a Foul." There are no excusals during finals; athletes leave the venue at their own risk. (8-1.3.a, 16-1.3.a)
		NFHS	Prelims or Finals	Allow attempts out of order, including in succession. Excuse the athlete for the authorized time limit set by the Games Committee. If the absence time has expired, call the athlete "up", allow time to expire, and record a "Pass" for remaining attempts; then close the prelims and set up the finals, or close the finals and score the event. (6-2-3 thru 5)	
				Allow the athlete to compete, but with no warm-ups at the venue. May take remaining trials, but not trials missed. May not compete in throws or horiz. jumps if arrival is after completion of prelims. In vertical jumps may take trials at the height of the bar at the time of arrival. (180.10.a,b)	
If an athlete does not report prior to the 1st athlete's attempt in the competition	Any Open Field Event	USATF		Prelims or Finals	Not allow the athlete to compete (NCAA 5.2.2 & 13-2.2; NFHS 4-1-3)
	Combined Events	All			See info directly above. Call athlete up, allow time to expire & record a Pass. After 3 consecutive passes - athlete has abandoned competition & may not compete in any following C.E. events; notify Referee (200.8; 4.2.2c)

USATF Officials Best Practices								
Throws Implement Specifications								
Key	Shot Put		Discus		Javelin		Hammer	
WA - World Athletics	Men	Women	Men	Women	Men	Women	Men	Women
NCAA	7.26 kg	4 kg	2 kg	1 kg	800 g	600 g	7.26 kg	4 kg
USATF	7.26 kg	4 kg	2 kg	1 kg	800 g	600 g	7.26 kg	4 kg
World Athletics	7.26 kg	4 kg	2 kg	1 kg	800 g	600 g	7.26 kg	4 kg
NFHS	5.443 kg/12 lb	4 kg/ 8.818 lb	1.6 kg	1 kg	800 g	600 g	*N/A	*N/A
USATF Youth								
8 & Under	2 kg	2 kg	N/A	N/A	300 g Mini-Jav	300 g Mini-Jav	N/A	N/A
9-10	6 lb	6 lb	N/A	N/A	300 g Mini-Jav	300 g Mini-Jav	N/A	N/A
11-12	6 lb	6 lb	1 kg	1 kg	450 g Aero Jav	450 g Aero Jav	N/A	N/A
13-14	4 kg	6 lb	1 kg	1 kg	600 g	600 g	N/A	N/A
15-16	12 lb	4 kg	1.6 kg	1 kg	800 g	600 g	12 lb	4 kg
17-18	12 lb	4 kg	1.6 kg	1 kg	800 g	600 g	12 lb	4 kg
*NFHS Rules state that special events should be conducted under USATF Youth Rules.								

Throws Implement Specs, USATF Best Practices, Feb 22 (Credit: I. Ikstrums)
 NFHS Revised, Jan 23

HORIZONTAL JUMPS RULES COMPARISON

GOVERNING BODY	World Athletics	USATF	NCAA	NFHS
<u>EQUIPMENT/FACILITIES</u>				
Pit size (L x W x H)	10m-Bd to pit end x 2.75-3m	10m-Bd to pit end x 2.75-3m	10m - Bd to pit end x 2.75-3m wide	23' x 9'
Runway size (L x W)	>40m x 1.22m	>40m x 1.22m	Min. 40m x 1.22m	130' x 42-48"
Distance - Take-off board to pit				
Long jump	1 - 3m	Open: 1 - 3m; Youth: 1-4.5m	1 - 3m	Boys - 12' Girls - 8'
Triple Jump - Men	Appropriate to lvl of compet.	Open:>13m; Youth:7-13m	11m - 12.5m recommended	32'
Triple Jump - Women	Appropriate to lvl of compet.	>10m	8.5m	24'
Wind gauge placement	20m from take-off board	20m from take-off board	20m from take-off board	20m from take-off board
<u>ATHLETE MATTERS</u>				
Marks beside runway	1 or 2 markers; no chalk/indelible marks	1 or 2 markers; no chalk/indelible marks	1 or 2 markers, 7x15cm max; no shoes, chalk or indelible markers	1 or 2 markers
Electronic devices & viewing video images	Not allowed for athletes in the competition area	Not allowed for athletes in the competition area	Not allowed during event competition. Ok to view images outside of competition area in designated area.	Allowed only in unrestricted areas & coaches boxes
Warm ups at venue after competition starts	Games Committee	Games Committee	Length-Games Cmte, max 15min; finals same as prelim	Not addressed
Athlete arrives after competition starts	Not addressed	Take remaining trials - if entered	Can't compete	Can't compete
Athletes competing in another event	Not addressed	For 1 round at a time may jump out of order. If not at venue, call "up" record "pass" after time expires	May jump out of order in prelims. In finals, if not at venue call "up" & record "foul" after time expires	May jump out of order- prelims & finals; if leave venue, excusal time set by Games Cmte
<u>TIMING FOR ATTEMPTS</u>				
4 or more at start of a round	1 Min.	1 Min. (Masters: 0.5 min)	1 Min.	1 Min.
2 or 3 at start of a round	1 Min.	1 Min.	1 Min.	1 Min.
Consecutive jumps	2 Min.	2 Min.	2 Min.	2 Min.
Athlete's 1st attempt in the competition	1 Min.	1Min.	1 Min.	Not addressed
Time expiration - warning method	Clock, or hold up yellow flag w/15 seconds left	Clock and hold up yellow flag w/15 seconds left, at end drop flag, verbal	Clock, or hold up yellow flag w/15 seconds left at end drop flag	Not addressed
<u>CONDUCTING THE EVENT</u>				
Athlete touches runway lines	No foul	No foul	Not addressed	Not addressed
Leaving pit - athlete touches ground outside it	Foul	Foul	Foul	Foul
Change takeoff board	Not addressed	Not addressed	No	Yes if prior notif. to official
Use flights in prelims	Games Committee	Yes if > 15 jumpers	Yes if > 16 jumpers	Yes
Number to finals	8	8/9	Scoring places + 1, plus ties if tie breaking is not predetermined	Scoring places + 1, plus ties
Finals order	Reverse of perform. in trials	Reverse of perform. in	Reverse of perform in trials	Reverse of perform in trials
Recording distance	To next lowest full cm	To next lowest full cm	To next lowest full cm	To next lowest 1/4 inch
Number of jumps				
More than 8 or 9 in competition	3 prelims; 3 finals	3 prelims; 3 finals	3 prelims; 3 finals	3 prelims; 3 finals
8 or 9 or fewer in competition	6 - finals	6 - finals	6 - finals	3 prelims, 3 finals/4 finals
Combined events	3	3	3	Not addressed
<u>Score sheet markings</u>				
Foul; Pass	X; Dash	X; Dash	X; Dash	X; Dash
		Also see below:		
	Did not start: DNS	Did not finish: DNF	Disqualified: DQ	No valid trial/no height: NM
	Qualified by standard in field events – Q		Qualified without standard in field events – q	
	Horiz. Jumps Rules Compar., USATF Best Practices, Jan 20			
	NFHS Revised, Jan 23			

RULES COMPARISON - HIGH JUMP

GOVERNING BODY	World Athletics	USATF	NCAA	NFHS
EQUIPMENT/FACILITIES				
Pad surface (L x W x H)	6 m x 4 m x 0.7m		4.88m x 2.44m x 66cm	16' x 8' x 24"
Crossbar length	3.98 - 4.02 m			12' - 14' 10"
Distance between standards	4.00 - 4.04m			12' minimum
Dist. Between stds. & pad	10 cm		Not addressed	
ATHLETE MATTERS				
Marks on apron	1 or 2 markers; no chalk/indelible marks	1 or 2 markers (Youth-3); no chalk/indelible marks	1 or 2 markers, 7x15cm max; no shoes, chalk or indelible markers; not within 2m of standards	Allowed, Games Committee decision
Electronic devices & viewing video images	Not allowed for athletes in the competition area		Not allowed in competition area; OK to view images outside competition area	Allowed only in unrestricted areas & coaches boxes
Shoe restrictions	Heel-19 mm; Sole-13 mm; Spikes-12 mm / 25Non-Syn			Shoes shall be worn w/upper, sole and heel. fastened to foot, spikes no longer than 1", games committee decision
TIMING FOR ATTEMPTS				
Time expiration - warning method	Clock, or hold up yellow flag w/15 seconds left	Clock and hold up yellow flag w/15 seconds left, at end drop flag, verbal		Not addressed
Indiv. Event - 4 or more athletes	1 Min	1 Min # (Masters 0.5 min)	1 Min *	1 Min
Indiv. Event - 2-3 athletes	1.5 Min *	1.5 Min *	1.5 Min *	3 Min
Indiv. Event - 1 athlete	3 Min * @	3 Min * @	3 Min* if has won event	5 Min if has won event
Indiv. Event - Consecutive jumps	2 Min (any consec. att.)	2 Min (any consec. att.)	2 Min (within a ht. only)	2 Min (within a ht. only)
Combined events - 4 or more	1 Min	1Min #	1Min	1 Min
Combined events - 2 or 3	1.5 Min *	1.5 Min *	1.5 Min *	3 Min
Combined events - 1 athlete	2 Min *	2 Min *	2 Min *	5 Min
Combined events - consecutive	2 Min (any consec. att.)	2 Min (any consec. att.)	2 Min (any consec. att.)	2 Min
* 1st attempt in competition - all	1 Min	1Min	1 Min	1
@ Add 1 min. if attempt at World record or record relevant to the competition # Youth 1 Min.				
CONDUCTING THE EVENT				
Athlete arrives after competition starts	Start at current height - if entered		Cannot compete	
Warm ups at venue after competition starts	Not allowed	Open: not allowed. Youth: 1 jump w/o bar after 3 passed hts; Master: 1 min w/o bar after 1 hr, at entry height	After 1 hour, w/o bar, at entry height, 1.5 min for each individual athlete	After 3 consec. passed hts, 1 jump per athlete w/o bar, at entry height
Athletes competing in another event	Not addressed	For one trial at a time may jump out of order. If not at venue, call "up" & record "pass" after time expires	May jump out of order. If not at venue and round is otherwise complete, call "up"; record "pass" after time expires, & raise bar	May jump out of order in prelims & finals if excused; max absence time set by Games Cmte
Passes	Pass height		Pass attempt(s)	
Use of 5 alive	Not used		Not Used	Games Committee decision abandon when 8 or fewer remain at a height
Increments - Open	Min. 2 cm, never increase		3-5 cm; never increase	Games Committee decision
Increments - combined events	3 cm	3 cm, Youth 5 cm	3 cm	Not addressed
1st place ties: Where to start; increments to raise & lower	At next height in progression after tied height; 2 cm			At next height in progression after tied height, 1 inch
Score Sheet Marks				
Make; Miss; Pass	Make = O; Miss = X; Pass = Dash			
	Addt'l USATF markings:			
	Did not start: DNS Did not finish: DNF Disqualified: DQ No valid trial/no height: NM			

RULES COMPARISON - POLE VAULT

GOVERNING BODY	World Athletics	USATF	NCAA	NFHS
EQUIPMENT/FACILITIES				
Pad surface (L x W x H)	8 m x 6 m x 0.8 m	6.15 m x 6 m x 0.813 m	6.5 m x 6 m x 0.813 m	20' 2" x 19' 8"
Box collar required	No	Youth - box collar per ASTM std req'd. All others - "suitable padding" req'd	Yes, per ASTM standard	Yes, per ASTM standard
Crossbar length	4.48 - 4.52 m	4.48 - 4.52 m	4.48 - 4.52 m	14' 8" - 14'10" (4.47-4.52 m)
Crossbar end pieces	Circular or semi-circular w/1 smooth flat surface	Circular or semi-circular w/1 smooth flat surface	Circular or semi-circular w/1 smooth flat surface	Circular or semi-circular w/1 or 4 flat surfaces
Distance between pegs	4.28 - 4.37 m	4.28 - 4.37 m	4.30 - 4.37 m	13' 8"-14' 8" (4.16-4.48 m)
Bar support peg length	Max 55 mm	Max 55 mm	Max 55 mm	Max. 3" (76 mm)
ATHLETE MATTERS				
Marks beside runway	1 or 2 marks; no chalk/indelible marks	1 or 2 marks (Youth-3); no chalk/indelible marks	1 or 2 marks, 7x15cm max; no shoes, chalk/indelible markers	Allowed; Games Committee decision
Electronic devices & viewing video images	Not allowed for athletes in the competition area	Not allowed for athletes in the competition area	Not allowed in comp.area; OK to view images outside comp. area	Allowed only in unrestricted areas & coaches boxes
Tape on pole	Uniform layers grip end, OK at bottom	Uniform layers grip end, OK at bottom	Uniform layers grip end, OK at bottom	Uniform layers grip end, OK at bottom
Tape on hands/fingers	Allowed	Allowed	Not addressed	Not allowed
Wear gloves, substance on hands/pole	Allowed	Allowed	Allowed	Gloves - no; Substance - yes
TIMING FOR ATTEMPTS				
Time expiration - warning method	Clock, or hold up yellow flag w/15 seconds left	Clock and hold up yellow flag w/15 seconds left, at end drop flag, verbal	Clock, or hold up yellow flag w/15 seconds left, at end drop flag	Not addressed
Open - 4 or more athletes	1 Min	1 Min	1 Min *	1 Min
Open - 2-3 athletes	2 Min *	2 Min *	2 Min *	3 Min
Open - 1 athlete	5 Min *	5 Min * @	5 Min (if has won event)	5 Min (if has won event)
Open - Consecutive jumps	3 Min	3 Min	3 Min (within a ht. only)	3 Min (within a ht. only)
Combined events - 4 or more	1 Min	1 Min	1 Min	1 Min
Combined events - 2 or 3	2 Min *	2 Min *	2 Min *	3 Min
Combined events - 1 athlete	3 Min *	3 Min *	3 Min *	5 Min
Combined events - consecutive	3 Min	3 Min	3 Min	3 Min
** 1st attempt in competition - 1 min. @ Add 1 min. if attempt at World record or record relevant to the competition				
CONDUCTING THE EVENT				
Warm-up direction of run	Not addressed	Only in difrection event is conducted		
Warm ups at venue after competition starts	Not allowed	Open: not allowed. Youth: 1 jump w/o bar after 3 passed hts; Master:1 min w/o bar after 1 hr, at entry height	After 1 hour, w/o bar, at entry height - 2 min. for each individual athlete	After 3 concsec. passed hts, 2 min. per athlete, w/o bar, at entry height, may combine times
Athlete arrives after competition starts	Start at current height - if entered	Start at current height - if entered	Can't compete	Can't compete
Athletes excused competing in another event	Not addressed	For one trial at a time may jump out of order. If not at venue, call "up" & record "pass" after time expires	May jump out of order. If not at venue and round is otherwise complete, call "up"; record "pass" after time expires, & raise bar	May jump out of order in prelims & finals; max absence time set by Games Cmte
Passes at a height	Pass height	Pass height	Pass 1, 2, or all attempts	Pass 1, 2, or all attempts
Use of 5 alive			Not allowed	Games Committee decision, abandon when 8 or fewer remain at a height
Standards positioning (from zero line)	0-80 cm	0-80 cm (Youth 45-80)	45-80 cm	18-31.5 inches (45-80 cm)
Athlete steadies bar	Not allowed with hands	Not allowed with hands	Not allowed	Not allowed w/hands or arms
Athlete leaves the ground but does not complete the vault	Allowed	Allowed	Allowed	Aborted runup allowed Aborted attempt not allowed
Increments - Open	Min. 5 cm, never increase	Min. 5 cm, never increase	5-15 cm, never increase	Games Committee
Increments - combined events	10 cm	10 cm, Youth 15 cm	10 cm	Games Committee
1st place ties: Where to start; increments to raise & lower	At next ht in progression after tied height; 5 cm	At next ht in progression after tied height; 5 cm	At next ht in progression after tied height; 5 cm	At next height in progression after tied height, 3 inches
Score sheet markings	Make = O; Miss = X; Pass = Dash			
	Addt'l USATF markings:			
	Did not start: DNS Did not finish: DNF Disqualified: DQ No valid trial/no height: NM			

USATF Officials Best Practices

Hurdle Heights and Placement

Organiz./ Age Group	Race Length	# of Hurdles	Height	To 1st Hurdle	Between	Last Hur. to Finish	Typical Mark
MEN - OUTDOOR							
Jr. High	110	10	33"	13.72m	9.14m	14.02m	Blue
NFHS	110	10	39"	13.72m	9.14m	14.02m	
NCAA, USATF, WA	110	10	42"	13.72m	9.14m	14.02m	
Jr. High	200*	5	30"	50m	35m	40m	Green
NFHS	300	8	36"	45m	35m	10m	Red
NCAA, USATF, WA	400	10	36"	45m	35m	40m	Green
NCAA, USATF, WA	3000 SC	4 barriers, 1 water jump/lap	36"	No barrier until past finish line 1st time			Black
MEN - INDOOR							
NFHS	55	5	39"	13.72m	9.14m	4.72m	Blue
NCAA, USATF, WA	55/60	5	42"	13.72m	9.14m	4.72/9.72m	
USATF	50	4	42"	13.72m	9.14m	8.86m	
USATF	55/60	5	42"	13.72m	9.14m	4.72/9.72m	
World Athletics-WA	50/60	4/5	42"	13.72m	9.14m	8.86/9.72m	
*Locations of the 200m hurdles are the same as the last 5 hurdles of the 400m hu							

Organiz./ Age Group	Race Length	# of Hurdles	Height	To 1st Hurdle	Between	Last Hur. to Finish	Typical Mark
WOMEN - OUTDOOR							
Jr. High	100	10	30"	13m	8.5m	10.5m	Yellow
NFHS	100	10	33"	13m	8.5m	10.5m	
NCAA, USATF, WA	100	10	33"	13m	8.5m	10.5m	
Jr. High	200*	5	30"	50m	35m	40m	Green
NFHS	300	8	30"	45m	35m	10m	Red
NCAA, USATF, WA	400	10	30"	45m	35m	40m	Green
NCAA, USATF, WA	3000 SC	4 barriers, 1 water jump/lap	30"	No barrier until past finish line 1st time			Black
WOMEN - INDOOR							
NFHS	55	5	33"	13m	8.5m	8m	Yellow
NCAA, USATF, WA	55/60	5	33"	13m	8.5m	8/13m	
USATF	50	4	33"	13m	8.5m	11.5m	
USATF	55/60	5	33"	13m	8.5m	8/13m	
World Athletics	50/60	4/5	33"	13m	8.5m	11.5/13m	
**Locations of the 300m hurdles are the same as the last 7 hurdles of the 400m hurdles.							

Hurdle Hts and Plcmt, USATF Best Practices, Mar 21 (Credit: I. Ikstrums, R. Schornstein)

NFHS Revised, Jan 23