

CLERK OF THE COURSE -- NCAA RULES**Uniforms**

- An official team uniform must be worn; parts of it may not be removed in the competition area; the design must not be objectionable/offensive. The top must meet the briefs/shorts when standing. (4-3.1)
- Relay team uniforms must clearly indicate thru color, logo, & all worn outer garments they're from the same team. Visible undergarments - t-shirts or tights worn by team members must be an identical solid color. (4-3.2)
- Only one manufacturer's logo, max 2 ¼ sq. in. is permitted per piece of apparel (4-3.3)

Numbers

- All athletes must wear assigned numbers when competing; they must be visible, without alteration. (4-3.4)

Shoes

- Runners may run in bare feet or with shoes on one or both feet; no more than 11 spikes per shoe (4-3.5).
- Max spike length for synthetic surfaces - 9mm (12mm for HJ & JT) or as further limited by meet mgmt; for non-synthetic surfaces - 25mm; no devices that artificially enhance performance. Max sole thickness: 13 mm HJ & LJ, max heel thickness: 19mm for HJ. (4.3.5) All other events, shoes may be any thickness.

Electronic Devices

- No audio/video devices in the competition area-cameras, phones, headphones, computers, iPods, etc. (4-3.11)

Starting Positions and Commands

- Starting blocks may only be used in races shorter than 800m, or in relays w/ first leg shorter than 600m (5-1.3)
- In races of less than 500m, runners may use either a crouch start (with or without blocks) or a standing start. The commands are: "On your marks," "Set," and then the gun. (5-1.4)
- In races of 500m or more, runners are placed 3m behind their starting line. The commands are: "On your marks" (runners then advance to the starting line for a standing start) and then the gun. (5-1.5)

Recall of Start

- In a race not run in lanes, if a runner falls within the first 100m due to contact with another runner, the race is recalled by means of a second gun. (5-1.6)

Practice Starts

- Practice starts in immediate area of starting line not allowed in conjunction with the starter's commands (5-1.1)

Staggered Starts

- If more runners in a race than lanes, use waterfall start or staggered in-lane alley start with 2/3 on main waterfall at start line and 1/3 on waterfall at stagger; all heats use same procedure. (5-1.7)
- 800m run: 1-turn stagger; 4x200m relay: 4-turn stagger; 4x400m relay: 3-turn stagger; sprint medley relay: 3-turn stagger. The 800m may be run in lanes or in-lane alleys with 1 turn stagger. (5-1.7, 5-8.3)

Medley Relay Legs Sprint medley: 200-200-400-800m; Distance medley: 1200-400-800-1600m (5-8.3)

Relays - Positions Receiving Positions Baton

- If incoming leg is 200m or less, international/fly zones (10m ahead of passing zone) may be used (max 2 marks (tape). All other relays, outgoing runner must be within the 20m passing zone (no marks allowed). (5-8.4)
- When exchanges do not occur in assigned lanes, teams are aligned in the zone in the order of the incoming runners, as determined by their teammate's position as the leader enters the straightaway. (5-8.4)

Relays – Batons, Baton Exchange, Dropped Batons

- Baton must be smooth, rigid, hollow, 1 piece, at least 50 grams, no tape or other material on it or hands. (2-4.2)
- The baton must be carried by hand (5-9), and be passed not thrown, within the zone;. (5-8.5)
- The receiving runner must take a position entirely within the passing zone. (5-8.4)
- If the baton is dropped within the passing zone, either runner may retrieve it; if dropped outside the zone, it must be retrieved by the runner who dropped it. (5-8.5)
- Passing of the baton commences when the baton is first touched by, and is completed when solely in possession of, the outgoing runner. (5-5)

Relays - Positions After Passing the Baton

- Incoming & outgoing runners must remain in their lane or established path until the course is clear. (5-8.6)