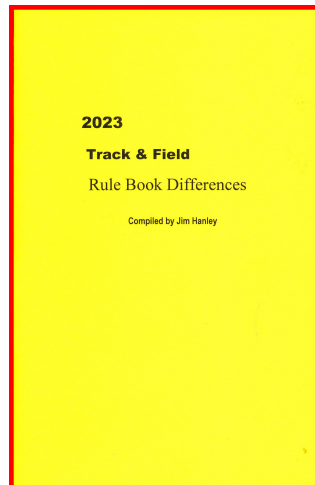


# 2023 Track & Field Rule Book Differences



HORIZONTAL JUMPS- continued				
High School	NFHS	NCAA	USATF	IAAF
Take-off Board, Changing	May be changed during the competition. An athlete's shoe modification is most judges.	7-6.7	For T-1, a maximum of two boards allowed per gender. Before the event starts, the competition must decide which will be used throughout the competition.	6-7.2
Take-off Board, Fenced	On both outdoor seasons, a fenced board may be used instead of a take-off board.	7-6.3	Not allowed for L, J, or T. It may be permitted on other L, J, and T.	6-7.3
Take-off Board, Specifications	Board of synthetic material 12' x 24' wide and 42-48" long.	7-6.3	Board of synthetic material 12' x 24' wide and 42-48" long, not more than 10 cm thick.	6-7.3
Take-off Board, Too Beyond Foul Line	Foul	7-6.5(a)	Foul	6-7.5(a)
Time Limit	1 minute	7-20(b)	1 minute	6-15
Time Limit Warning	Not addressed	When visible clocks are not used, an official must announce the time up to 15 seconds remaining.	6-15	6-15
Video Measurement, Beginning	Not addressed, but video technique is allowed. Clock from the front back of the L and T.	7-17.2	Two-second time commences when athlete crosses track after final take-off from L and T and then starts T (or when on start if he has then distance allowed).	7-2.1
THROWING EVENTS				
High School	NFHS	NCAA	USATF	IAAF
Adhesive Substances	Adhesive or resin is OK on hands, but cannot be used on the foot if it is flapping at all moments.	6-2.15	OK on hands, neck (JPF, gloves (HT), not on feet or on equipment of throwing circle.	6-2.2, 6-2.3, 6-2.4, 6-2.5
Ball, support	OK for Discus, SP, Javelin	6-2.7	OK for Discus, SP, Javelin, HT	6-2.2, 6-2.3, 6-2.4, 6-2.5
Controlling Technique	Not addressed	6-2.15	Not permitted	6-2.15
Club	OK on hands for throwing events	6-2.15	OK on hands or equipment	6-2.2, 6-2.3, 6-2.4, 6-2.5
Discus/hammer this cage	Placed if this cage is anything smaller before landing in sector	6-2.16	Placed if this cage before landing in sector	6-2.16
Gloves	Not allowed in Discus, SP, Javelin	6-2.7	OK for Hammer & Weight. Finger tips must be clean & glove may be taped on the wrist.	6-2.12, 6-2.3, 6-2.4, 6-2.5

---Do you work track meets at different levels and sometimes wonder if a certain rule is a high school, NCAA or USATF rule? Would you like to know who allows pacing by LED lights, has strict restrictions on visible undergarments, or does not allow the use of aerial drones?

--Do you sometimes need to look up a rule quickly?

---Do you hate to carry around five rulebooks and find that some contain very poor indexes?

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Rules are organized by category (general rules, combined events, running events, relays, general field events, horizontal jumps, vertical jumps, throwing events, race walks and record requirements.) For this reason, one can find a particular rule almost instantly by simply scanning the appropriate category. The actual rule number is cited next to each rule so the book can be used as an index for all four rulebooks. Included are up-to-date implement and hurdle charts, which are especially useful for Masters, Junior, and Age Group competitions.

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