2023 Track & Field Rule Book Differences

		HORSZONTAL JUMPS - continued							
		High Scheel	HS Rub	e NCAA	NGAA Rule	USATEF	USATE R.	In laaf	UAAF R
	Take-of Board, Changing	May be changed during the competition, but requires prior notification to event judge.	747	For TJ, a maximum of two boards allowed per gender. Before the exert starts, the competition must declare which will be used throughout the competities.	672	Takeoff should be from a locard; for Youth Athenical move than one locard is allowed for U-8 TJ and athete must deciser which one heights will use prior to each jamp.	165-2 302-54	Not addressed	
	Take of Board, Painted	On hard surface runways, a painted foul line may be used instead of a tale-off board.	763	Not allowed for LJ; for TJ it may be painted or affixed ().e. tops).	163	Not abowed	165-2	Not allowed	184-4 185
	Take-off Board, Specifications	Wood or synthetic material, 8"-24" wide and 42"-48" long	7.6.3	Wood or suitable rigid material 20 cm wide & 1.22m long, not more than	1.8-3	Take-off is from a based 20 pm wide & 1.21 to 1.23 meters long.	185-2 185-6	White, nectangular wood or other rigid material 1,21 to 1,23 cm long, 18-22 cm wide &	184-4
				10 on thick.		-		10 cm deep.	
	Take-off Board. Toe Beyond Foal Line	Foul	7-6-15a	Foul	6-7-3a	No foul unless mark in plasticine.	105-4(a)	No foul unless mark in plasticine.	185-12
rences	Time Limit	1 minute	7-2-50	1 minuto	6-1-5	1 minute; 2 minutes between consecutive Irials.	180-89-091	1 minute; 2 minutes between consecutive trials	180-1
	Time Limit Werning	Not addressed		When visible clocks are not used, an efficial naises yellow feg with 15 seconds remaining.	6-1-5	Clock showing time remaining should be visible to athlete and yolice flag is held up to indicate final 15 seconds.	100-840/4	Clack showing time remaining should be visible to athlete and yellow flag is held up to indicate final 15 seconds.	180-1
Compiled by Jim Hanley	Wood Measurement, Beginning	Not addressed, but wind machine is placed 20m from foal line in both the LJ and TJ.	3-17-2	Five-second time commences when stillele prosses mark 40m from take-off board in LJ and 35m from start in TJ (or when nan starts if it is less than distances above.)	744	Five-secand time commences when athlete crosses mark 40m trans take-of based in LJ and 35m from stat is TJ (or when run stars if It is fees than distances above).	963-10(3)	Five second time commences when athlete crosses mark 42m from take-of board in L1 and 35m from start in T3 (or when run starts if it is less than distances above.)	184-1
		THROWING EVENTS							
		High School	HS Rule	e NCAA	MCAA Rule	USATEF	USATE PL	le IAAF	UAF
	Adhesive Substance	Adhestire or rosin is DK on hands, but Games Committee may re- trict it if sepplying all imploments.	8-2-15	OK on hands, neck (SP), gloves (HT) but net allowed on implement, or throwing circle.	642,692 6-102 6-11-2	OK on hands, harmner theory gloves and neok area and shot (in shot put).	187-3e	OK on hands, hammer throw glowes and SP neck	187.
	Bell, support	OK for Discus, SP, Jaw	647 657	OK for Discus, SP, Jan, HT	682,692 6-10-26-11	Legal	144-3(g)	Legal	141
	Contwheeling Technique	s Not addressed		llegal	6-8-1	Not permitted	198-2	Nat permitted	188
	Chalk	OK on hands for throwing events	6-2-15	OK or hands or implement	682,692 6102, 611-2	"OR" on hands, neck (SP), gloves (hammen/weight), and or discus and shot.	187-3e	CK on hands, hammer throw glowa and SP neck. Now legal on SP & Discus implements.	187-
	Discusthammer hits cag	 Feel if it hits cage or anything outside sector before landing in sector. 	6-6-90	Fair if it his cape before landing in sector	693 6413	Fair 71 this cage before landing it sector	187.6	Logal	See 1 187-1
	Goes	Not allowed in Discus, SP, Javelin	6.6.6	"OF" for Hammer & Weight finger tips must be open. Exha leadher on pain is Diff. A non-odhesive, non-classic single witip may be applied to fingers & sover	6-9-3 6-8-3e	"OR" for Hammer & Weight, finger lips must be open & glove may be topod at the wrist.	187-3b	"OR" for Hammer & Weight; finger lips must be open.	187-45

---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?

If the answer to any of these questions is "yes," help is available. **Track and Field Rule Book Differences** is a lightweight, paperback book that can easily be carried with you at track meets. In an easy-to-read chart format, it shows high school (NFHS), college (NCAA), open (USATF) and international (World Athletics & WMA) rule differences.

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.

The 2023 edition will be shipped in January 2023. It has over 200 changes from the 2022 edition, an indoor hurdles chart, implements charts, time limits, and a tie-breaking section on a single page. Six or more orders to the same address get free shipping---an \$18 or more savings! Order on-line at: jim.hanley.cc

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Track & Field Rule Book Differences P.O. Box 6744 Thousand Oaks, CA 91359-6744	- Jim Hanley, editor Thank-you	Checks payable to: "James Hanley" or "T&F Rulebook Differences." Phone: (805) 24-Book-8 (805) 242-6658
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