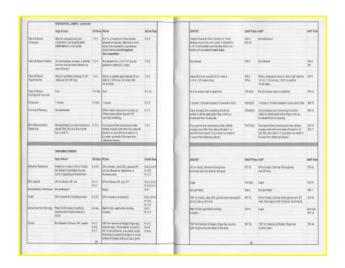
2026 Track & Field Rule Book Differences





---Do you work track meets at different levels and sometimes wonder if a certain rule is a high school, NCAA or USATF rule? Like to know who did away with "Games Committees" and "immediate oral protests" in their 2025-2026 rule book? Which governing bodies let throwers use another's implement without permission and makes it illegal to spit on implements? Who disallows mixed gender relays and who forbids wearing of microphones and cameras during races or field event trials?

- ---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 2026 edition will be shipped in January 2026. It has over 400 changes from the 2025 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: http://jim.hanley.cc

Or send \$23 (\$20 cost plus \$3.00 shipping/handling) for each book up to five) and the information below to:

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