

Rules Changes 2017

High School

1. Last lap signal for all races of two laps or more.
2. An American flag may be placed on each item of the uniform.
3. If no medical aid is available, an athlete may, without being disqualified, assist another runner. The runner that was assisted will be disqualified for receiving assistance.
4. When cones are used in place of a railing they will be placed so one edge just touches the inside lane line.
5. Athletes from the same team need not be separated when establishing heats.
6. Athletes in distance races may not touch the ground with their hand during the start.
7. Only the referee may disqualify an athlete.
8. Rules 6 and 7 were condensed to one rule eliminating many cases of duplicate rules.
9. Directional signs may be used in place of flags in cross country.

NCAA

1. Track meets must have a minimum of nine track events and six field events outdoors. Indoor meets must have a minimum of seven track events and four field events. Both are per gender. The minimum requirement is two teams with a person representing each team in each event.
2. Beginning January 1, 2018 indoor tracks must have a curb.
3. All team members, in a single day of competition, must wear uniforms clearly indicating, through color, logo and combination of all outer garments worn as a uniform, that they are from the same team. This means all uniforms must be the same color, but colors may change from one day to the next.

4. Any eligible athlete who is a member of a university's team is eligible to participate as a member of a relay team. The school is able to run any combination of eligible student athletes on its relay team in any round at any time during all competitions.

USATF

Changes will be added after the USATF Annual Meeting in December.