

| <u>Pole Vault</u> | <u>NFHS</u>                                    | <u>NCAA</u>                    | <u>USATF</u>                                    |
|-------------------|--|--------------------------------|---|
| Time              | 1.5 - 4 - 6 (no rule for consec jumps)         | 1 - 3 - 5 - 3                  | 1 - 2 - 5 - 3                                   |
| Standards         | 15.5" - 31.5"                                  | 45cm - 80 cm                   | 0cm - 80 cm                                     |
| Hands             | No tape unless to cover open wound. No gloves. | May use gloves or tape         | No tape unless to cover open wound. No gloves.  |
| Warm Up Attempt   | 3 height changes. Must enter competition       | After 1 Hr (2 mins to warm up) | Youth-3 height changes Masters-3 height changes |
| Marks on Runway   | No rule  | Max of 2 (no shoes)            | Max of 2, no chalk                              |
| Time Indicator    | No rule  | Flag at final 15 secs          | Flag at final 15 secs                           |
| Measurement       | Nearer lesser 1/4"                             | Nearest lesser centimeter      | Nearest lesser centimeter                       |

| <u>High Jump</u> | <u>NFHS</u>                               | <u>NCAA</u>   | <u>USATF</u>              |
|------------------|---|---|---------------------------|
| Time             | 1 - 3 - 5 (no rule for consecutive jumps) | 1 - 2 - 4 - 2   | 1 - 1.5 - 3 - 2           |
| Warm Up Attempt  | 3 height changes. Must enter competition  | After 1 Hr (1.5 mins to warm up). Must enter competition. | No Rule                   |
| Marks on Runway  | No rule                                   | Max of 2 (no shoes)                                       | Max of 2, no chalk        |
| Time Indicator   | No rule                                   | Flag at final 15 secs                                     | Flag at final 15 secs     |
| Measurement      | Nearer lesser 1/4"                        | Nearest lesser centimeter                                 | Nearest lesser centimeter |

| <u>LJ / TJ</u>  | <u>NFHS</u>        | <u>NCAA</u>               | <u>USATF</u>              |
|-----------------|--------------------|---------------------------|---------------------------|
| Time            | 1                  | 1                         | 1 (2 for consecutive)     |
| Marks on Runway | No rule            | Max of 2 (no shoes)       | Max of 2, no chalk        |
| Time Indicator  | No rule            | Flag at final 15 secs     | Flag at final 15 secs     |
| Measurement     | Nearer lesser 1/4" | Nearest lesser centimeter | Nearest lesser centimeter |

| <u>SP / Discus</u> | <u>NFHS</u>  | <u>NCAA</u>                                    | <u>USATF</u>                                   |
|--------------------|--|--|--|
| Time               | 1  | 1  | 1 (2 for consecutive)                          |
| Hands              | No tape unless to cover open wound. No gloves.                             | No tape unless to cover open wound. No gloves. | No tape unless to cover open wound. No gloves. |
| Enter Circle       | Any direction. Must pause before attempt                                   | Any direction                                  | Any direction                                  |
| Exit Circle        | After judge says "mark" - Under control from back 1/2 after throw has land | From back 1/2 after throw has landed           | From back 1/2 after throw has landed           |
| Measurement        | Nearest lesser: SP-1/4 inch; Discus-inch                                   | Nearest lesser centimeter                      | Nearest lesser centimeter                      |
| Support Belt       | May be worn  | May be worn                                    | May be worn                                    |
| Time Indicator     | No rule  | Flag at final 15 secs                          | Flag at final 15 secs                          |

| <u>Javelin</u>  | <u>NFHS</u>                                    | <u>NCAA</u>                                    | <u>USATF</u>                                   |
|-----------------|--|--|--|
| Time            | 1  | 1  | 1 (2 for consecutive)                          |
| Hands           | No tape unless to cover open wound. No gloves. | No tape unless to cover open wound. No gloves. | No tape unless to cover open wound. No gloves. |
| Measurement     | Nearest lesser inch                            | Nearest lesser centimeter                      | Nearest lesser centimeter                      |
| Exit Runway     | After judge says "mark"                        | Behind foul line                               | Behind foul line                               |
| Support Belt    | May be worn                                    | May be worn                                    | May be worn                                    |
| Landing         | Measure from nearest point javelin touched     | Must land head first                           | Must land head first                           |
| Marks on Runway | No rule  | Max of 2 (no shoes)                            | Max of 2, no chalk                             |
| Time Indicator  | No rule  | Flag at final 15 secs                          | Flag at final 15 secs                          |

| <u>Hammer / Weight</u> | <u>NFHS</u> | <u>NCAA</u>   | <u>USATF</u>  |
|------------------------|-------------|---|---|
| Time                   | N/A         | 1   | 1 (2 for consecutive)   |
| Hands                  | N/A         | No tape unless to cover open wound. Gloves (fingertips exposed) allowed | No tape unless to cover open wound. Gloves (fingertips exposed) allowed |
| Support Belt           | N/A         | May be worn   | May be worn   |
| Enter Circle           | N/A         | Any direction   | Any direction   |
| Exit Circle            | N/A         | From back 1/2 after throw has landed                                    | From back 1/2 after throw has landed                                    |
| Time Indicator         | N/A         | Flag at final 15 secs   | Flag at final 15 secs   |
| Measurement            | N/A         | Nearest lesser centimeter   | Nearest lesser centimeter   |

| <u>General</u>     | <u>NFHS</u>   | <u>NCAA</u>   | <u>USATF</u>                                  |
|--------------------|---|---|---|
| Electronic Devices | Not allowed   | Not allowed   | Not allowed                                   |
| Competition Area   | Not defined   | Athletes may cross track to confer prior to start of running events | Athletes not allowed to cross track to confer |
| Uniforms           | Must be school issued with no knotlike protrusions        | Must wear uniform in competition area                               | No major rules of note                        |
| Uniforms           | No bare midribs. Undergarments must be solid color.       | No bare midribs. Undergarments must be solid color.                 | Jewelry allowed                               |
| Uniforms           | Relays - undergarments must be same solid color           | Jewelry allowed   | Shoes optional                                |
| Uniforms           | Logo's - 1 logo @ 2.25 square inches per item of clothing | Relays - undergarments must be same type and solid color            |   |
| Uniforms           | Must wear uniform in competition area                     | Logo's - 1 logo @ 2.25 square inches per item of clothing           |   |
| Uniforms           | No jewelry. Watches, sunglasses permitted                 | Shoes optional  |   |

