

To view this email as a web page, go [here](#).



## NCAA Men's and Women's Track and Field Rule Waivers, Modifications and Clarifications

The NCAA Men's and Women's Track and Field Rules Committee met in June for their annual meeting and discussed the waiver regarding Rules 7 and 15, specifically conducting distance event competitions contested as a section final as it relates to the field size cap.

The NCAA Men's and Women's Track and Field Rules Committee decided in June to grant an expanded waiver for the 2025-2026 indoor and outdoor competition season allowing distance running events to be conducted under the new parameters listed below. All other rules are to be applied as written.

The rules that are waived and modified for the following events only are as follows:

### INDOORS

Rule 7-10.2(2)(b)(3) "In the 3000 Meters and 5000 Meters, a maximum of 24 competitors shall be assigned to a section." Now, a maximum number of competitors shall be determined by meet administration before the competition.

The Combined Events 800 Meters and 1000 Meters are exempt from maximum number limitations.

### OUTDOORS

Rule 15-11.2(2)(a) "In the 1500 Meters, Mile, 3000SG, 4x800 Relay, Distance Medley Relay and the 800 Meters when not started in lanes, a maximum of 12 competitors or relay teams shall be assigned to a section." Now, a maximum of 16 competitors or relay teams shall be assigned to a section.

Rule 15-11.2(b) "In the 3000 Steeplechase a maximum of 24 competitors shall be assigned to a section."

Rule 15-11.2(2)(c) "In the 3000 Meters and 5000 Meters a maximum of 24 competitors shall be assigned to a section." Now, a maximum number of competitors shall be determined by meet administration before the competition.

Rule 15-11.2(2)(d) "In the 10,000 Meters, a maximum of 48 competitors shall be in any section." Now, a maximum number of competitors shall be determined by meet administration before the competition.

The Combined Events 800 Meters and 1500 Meters are exempt from maximum number limitations.

Mark Kostek,  
NCAA Men's and Women's Track and Field Secretary-Rules Editor

---

*This email was sent to NCAA men's and women's track and field conference commissioners, directors of operations and head coaches in all three divisions based on contact information in the [NCAA Directory](#); as well as NCAA registered officials and select NCAA staff.*

National Collegiate Athletic Association 700 W. Washington St., Indianapolis, IN, 46204 US

This email was sent to: carolinafurman75@icloud.com

[View privacy policy](#)