

changed		TIME LIMITS - FIELD EVENTS (minutes)						added
Event	Rules	Event Type	Total # of Athletes Remaining at			Consecutive Attempts	1st Attempt in the Competition	Notes
			4 or More	2 or 3	1			
High Jump	USATF	Individual	1	1.5	3 #	2	1	1. Athletes remaining in competition include those who could be involved in a 1st place jump-off * "1 remaining" applies only if the athlete has <u>won</u> the competition ** 1st attempt at new bar height is not "consecutive" # Add one minute if athlete has won the competition <i>and</i> is attempting a World Record or record relevant to the competition NA -- Not addressed All events - Athletes may pass an attempt before, but not after, the start of their time limit NFHS Notes: 1. At any given bar height, the time for all competitors remains the same until the next bar height is established. 2. Regardless of the number of competitors remaining, the first attempt of a competitor entering the competition, at any height, is one minute.
		Combined	1	1.5	2	2	1	
		Masters	1	1.5	3	2	1	
		Youth	1	1.5	3	2	1	
	NCAA	Individual	1	1.5	3	2 **	1	
		Combined	1	1.5	2	2	1	
	NFHS	All	1	3	5	2	1	
Pole Vault	USATF	Individual	1	2	5 #	3	1	
		Combined	1	2	3	3	1	
	NCAA	Individual	1	2	5	3 **	1	
		Combined	1	2	3	3	1	
	NFHS	All	1	3	5	3	1	
Throws & Horizontals	USATF	Masters	1	1	1	2	1	
		All Other	1	1	1	2	1	
	NCAA	All	1	1	1	2	1	
	NFHS		1	1	1	2	1	
ABSENCE FROM COMPETITION - FIELD EVENTS								
If an Athlete has been Excused	And the Event is	And the Rules are		And you're Conducting	Then the Head Official Shall			
No	Any	USATF		Prelims or Finals	Call athlete "Up" in order, allow time to expire, record a "Pass"(180.10c)			
		NCAA & NFHS			Call athlete "Up" in order, allow time to expire, record a failure or miss			
	Vertical Jumps	USATF		Finals	Allow a pass for one or multiple heights. If the athlete has not returned by he stated height, allow an attempt out of order in one round. If not preesent for that trial, call up, let time expire, record a Pass. For subsequent heights call up in designated order, let time expire, record a Miss. Youth: same, plus Games Committee sets time limits for excused athletes. (180.10.c & 302.5)			
		NCAA			Allow attempts out of order or in succession at the height. If not present before the bar is raised, call them UP, let time expire record a pass. 8-1.3.b & 16-1.3.b			
		NFHS			Allow attempts out of order, including in succession. Excuse the athlete for the time limit set by the Games Committee; do not call the athlete "Up" while excused. If the authorized absence time has expired, record a "Pass" for remaining attempts; then raise the bar or close and score the event. (6-23b)			
	Yes		USATF	Open & Masters	Prelims or Finals	Allow a pass for one or multiple rounds. Allow a trial out of order in one round at a time, but not in the final round (exception -allow in all rounds for C.E.). If not present for that attempt, start the clock, let time expire and records a Pass. If not present for a subsequent trial in the normal order, start the clock, let time expire, records a foul for that attempt (180.10.1/c; 180.4.a)		

	Throws or Horizontal Jumps		Youth	Allow attempts out of order/consecutively before excusal or after return. Athlete must return before conclusion of all other prelim. attempts if excused during prelims, or before conclusion of all other final attempts if excused during finals; if not, trials are forfeited and the prelims or finals are closed. (302.5.p & q)
		NCAA	Prelims	Allow attempts out of order or consecutively within the designated flight (reassignment of another flight is not allowed). (8-1.3.a, 16-1.3.a)
			Finals	Allow a pass for one or multiple rounds. Do not allow a trial out of order in finals. If not present for a trial call them up, let time expire record a Pass. If all others are complete, call athlete "Up", allow time to expire, record a "Pass" for remaining attempts; close the event (8-1.3 16-1.3)
		NFHS	Prelims or Finals	Allow attempts out of order, including in succession. Excuse the athlete for the authorized time limit set by the Games Committee. If the absence time has expired, call the athlete "up", allow time to expire, and record a "Pass" for remaining attempts; then close the prelims and set up the finals, or close the finals and score the event. (6-2-3 thru 5)
If an athlete does not report prior to the 1st athlete's attempt in the competition	Any Open Field Event	USATF	Prelims or Finals	If checked in, allow to compete; no warm-ups. May take only remaining trials. May not compete in throws or horiz. jumps if arrival is after completion of prelims unless the field is 8 or less. In vertical jumps may take trials at the height of the bar at the time of arrival. (180.10.a,b)
		NCAA, NFHS		Not allow the athlete to compete (NCAA 5.2.2 & 13-2.2; NFHS 4-1-3)
	Combined Events	All		See info directly above. Call athlete up, allow time to expire & record a Pass. After 3 consecutive passes - athlete has abandoned competition & may not compete in any following C.E. events; notify Referee (200.8; 4.2.2c)

BREAKING TIES - FIELD EVENTS

Places determined by distance		USATF		Where the result is determined by distance the second-best performance of the competitors having the same best distance shall determine whether there has been a tie. Then if necessary, the third best, and so on. After applying this if the tie remains the tie shall
		NCAA		In events in which place is decided by measurement (the throwing events, Long Jump, and Triple Jump), ties produced by identical measurements shall be resolved by the second-best performances of the tying competitors; if a tie remains, by the third-best performances, and so forth. (5-5.6) and 13-5.6)
		NFHS		1. Second best performance from either preliminary or finals trials. 2. If tie remains move to third best performance. Etc.

Places determined by height		USATF	<p>(a)The competitor with the lowest number of jumps at the height which was their best height in the competition shall be awarded the higher place. (b)If after applying and the tie remains, the competitor with the lowest total of failures throughout the competition up to and including the height last cleared shall be awarded the higher place.</p> <p>(c)If after applying both and the tie has not been broken it shall remain as a tie unless it concerns first place.</p> <p>(d)If the tie regards 1st place there shall be a jump-off. Unless decided either in advance according to the Technical Regulations for the competition, or before the start of the event by the appropriate Referee. If there is not a jump off or the tying competitors decide not to continue to jump the tie shall stand.</p> <p>Jump off:</p> <p>(i)Tying competitors must make a trial at every height until a decision is reached.</p> <p>(ii)Each competitor has one trial at each height.</p> <p>(iii)The jump-off shall start at the next height, determined in accordance with rule 181.1 after the height last cleared by the tying competitors.</p> <p>(iv)If no decision is reached the bar shall be lowered (if all have failed) or raised (if two or more have cleared) by 2 cm in the High Jump and 5cm in the pole vault.</p> <p>(v)A competitor who does not jump at any height automatically forfeits any claim to the higher place. If only one other competitor remains, that competitor is declared the winner regardless of whether that height is attempted.</p>
		NCAA	<p>In the High Jump and Pole Vault, ties shall be resolved as follows (see accompanying example):</p> <p>a. The competitor with the lowest number of jumps at the height the tie occurs shall be awarded the higher place.</p> <p>b. If the tie remains, the competitor with the lowest total of failures throughout the competition up to and including the height last cleared shall be awarded the higher place.</p> <p>c. If the tie remains:</p> <p>1) If it concerns first place, the competitors tying shall have one more jump at each height, starting at the next height in the original progression above the tying height and if a decision is not reached, the bar shall be raised if the tying competitors were successful, or lowered if not, 2 centimeters in the High Jump and 5 centimeters in the Pole Vault.</p> <p>2) Competitors tying must jump once on each occasion when resolving the tie.</p> <p>3) A competitor withdrawing from a jump-off shall concede any opportunity for a higher placing in the event, but shall not be barred from competition in any subsequent events, nor shall it negate a competitor's performance in that event up to the point of withdrawal.</p> <p>4) If all competitors eligible for a jump-off withdraw from the competition before it begins, those competitors shall tie for first place, and any team points shall be added together and divided equally between the tying competitors.</p> <p>5) If it concerns any other place, the competitors shall be awarded the same place in the competition, and any team points shall be added together and divided equally between the tying competitors.</p> <p>Note: In the High Jump and Pole Vault, each competitor shall be credited with the best of all their jumps in the competition proper, including performances made in the jump-off of a first-place tie.(5-5.7 and 13-5.7)</p>

		NFHS	<ol style="list-style-type: none"> 1. First fewest number of trials for the height at which the tie occurs. 2. If the tie still remains, the fewest total number of unsuccessful trials throughout the competition (Passed trials shall not count as misses). 3. If the tie remains and for 1st place: <ul style="list-style-type: none"> • 1 more attempt at height last failed then • the bar shall be lowered in increments of 1 inch (2 cm) in the high jump and 3 inches (7 cm) in the pole vault. • If two or more of the tying contestants cleared the height, the bar shall be raised by same intervals • Each competitor shall attempt one trial at each height until a winner is determined. 4. If tie concerns any place other than first, the competitors shall be awarded the same place. <ol style="list-style-type: none"> a. If the height which the tied competitors last attempted is not the same the bar shall be lowered to the lowest height last attempted by any of the remaining competitors to begin the jump-off. b. No passed heights shall be permitted in the jump-offs. c. A competitor withdrawing from a jump-off shall concede any opportunity for a higher place. Withdrawal shall not negate a competitor's performance up to the point of withdrawal. Withdrawing from a jump-off is not unsporting conduct. (4-6-1)
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USATF Officials Best Practices Time Limits & Absence Mar 21 (Credit: B Boyd R Schornstein)

NFHS Revised, August 2024

USATF Officials Best Practices

Throws Implement Specifications

Key WA - World Athletics	Shot Put		Discus		Javelin		Hammer		Weight	
	Men	Women	Men	Women	Men	Women	Men	Women	Men	Women
NCAA	7.26 kg	4 kg	2 kg	1 kg	800 g	600 g	7.26 kg	4 kg	7.26kg	4kg
USATF	7.26 kg	4 kg	2 kg	1 kg	800 g	600 g	7.26 kg	4 kg	7.26kg	4kg
World Athletics	7.26 kg	4 kg	2 kg	1 kg	800 g	600 g	7.26 kg	4 kg	NA	NA
NFHS	5.443 kg/12 lb	4 kg/8.818 lb	1.6 kg	1 kg	800 g	600 g	*N/A	*N/A	5.443kg	4kg
USATF Youth										
8 & Under	2 kg	2 kg	N/A	N/A	300 g Mini-Jav	300 g Mini-Jav	N/A	N/A		
9-10	6 lb	6 lb	N/A	N/A	300 g Mini-Jav	300 g Mini-Jav	N/A	N/A		
11-12	6 lb	6 lb	1 kg	1 kg	450 g Aero Jav	450 g Aero Jav	N/A	N/A		
13-14	4 kg	6 lb	1 kg	1 kg	600 g	600 g	N/A	N/A		
15-16	12 lb	4 kg	1.6 kg	1 kg	800 g	600 g	12 lb	4 kg		
17-18	12 lb	4 kg	1.6 kg	1 kg	800 g	600 g	12 lb	4 kg		
USTF Master										
25-49	7.26kg	4kg	2kg	1kg	800g	600g	7.26kg	4kg	15.88kg	9.08kg
50-59	6kg	3kg	1.5kg	1kg	700g	500g	6kg	3kg	11.34kg	7.26kg
60-69 men	5kg		1kg		600g		5kg		9.08kg	
60-74 women		3kg		1kg		500g	3kg			5.45kg

70-79 men	4kg	1kg	500g	4kg	7.26kg
75+ women	2kg	.75kg	500g	2kg	4kg
80+ men	3kg	1kg	400g	3kg	5.45kg

Throws Implement Specs, USATF Best Practices (Credit: I. Ikstrums)

NFHS Revised, august 2024

<i>HORIZONTAL JUMPS RULES COMPARISON</i>				
GOVERNING BODY	World Athletics	USATF	NCAA	NFHS
<u>EQUIPMENT/FACILITIES</u>				
Pit size (L x W x H)	10m-Bd to pit end x 2.75-3m	10m-Bd to pit end x 2.75-3m	10m - Bd to pit end x 2.75-3m wide	23' x 9'
Runway size (L x W)	>40m x 1.22m	>40m x	Min. 40m x 1.22m	130' x 42-48"
Distance - Take-off board to pit				
Long jump	1 - 3m	Open: 1 - 3m; Youth: 1-4.5m; Master 1 or 2 boards may be used .5m and 1m	1 - 3m	Boys - 12' Girls - 8'
Triple Jump - Men	Appropriate to lvl of compet.	Open:>13m; Youth:7-13m Master 2 or more boards may be	12.5m - 11m	32'
Triple Jump - Women	Appropriate to lvl of compet.	>10m	11m - 8.5m	24'
Wind gauge placement	20m from take-off board	20m from take-off board	20m from take-off board	20m from take-off board
<u>ATHLETE MATTERS</u>				
Marks beside runway	1 or 2 markers; no chalk/indelible marks	1 or 2 markers; no chalk/indelible	1 or 2 markers, 7x15cm max; no shoes, chalk or indelible markers	1 or 2 markers
Electronic devices & viewing video images	Not allowed for athletes in the competition area	Not allowed for athletes in the competition area Youth cannot view at any time during	Not allowed during event competition. Ok to view images outside of competition area in designated area.	Allowed only in unrestricted areas & coaches boxes
Warm ups at venue after competition starts	Games Committee	Games Committee	Meet management, A maximum of 15 minutes, with consistency, shall be set aside for flight specific warm-up before each flight when a general warm-up period is provided.	Not addressed
Athlete arrives after competition starts	Not addressed	Take remaining	Can't compete	Can't compete
Athletes competing in another event	Not addressed	For 1 round at a time may jump out of order. If not at venue, call "up"	May jump out of order in prelims. In finals, if not at venue call "up" & record "foul" after time expires	May jump out of order- prelims & finals; if leave venue, excusal time set by games
<u>CONDUCTING THE EVENT</u>				
Athlete touches runway lines	No foul	No foul	Not addressed	Not addressed
Leaving pit - athlete touches ground	Foul	Foul	Foul	Foul
Change takeoff board	Not addressed	Not addressed; Master and Youth must declare the board prior to the	No	Yes if prior notif. to official

Use flights in prelims	Games Committee	Yes if > 15	Yes if > 16 jumpers	Yes
Number to finals	8	8/9; Youth and Master 8	Scoring places + 1, plus ties if tie breaking is not predetermined	Scoring places + 1, plus ties
Finals order	Reverse of perform. in trials	Reverse of	Reverse of perform in trials	Reverse of perform in
Recording distance	To next lowest full cm	To next lowest full cm	To next lowest full cm	To next lowest 1/4 inch
<u>Number of jumps</u>				
More than 8 or 9 in competition	3 prelims; 3 finals	3 prelims; 3	3 prelims; 3 finals	3 prelims; 3 finals
8 or 9 or fewer in competition	6 - finals	6 - finals	6 - finals	3 prelims, 3 finals/4 finals
Combined events	3	3	3	Not addressed
<u>Score sheet markings</u>				
Foul; Pass	X; Dash	X; Dash	X; Dash	X; Dash
		Also see below:		
	Did not start: DNS Did not finish: DNF Disqualified: DQ No valid trial/no height: NM			
	Qualified by standard in field events – Q		Qualified without standard in field events – q	

Horiz. Jumps Rules Compar., USATF Best Practices, Jan 20

NFHS Revised, Sept. 2023

RULES COMPARISON - HIGH JUMP

<u>GOVERNING BODY</u>	World Athletics	<u>USATF</u>	<u>NCAA</u>	<u>NFHS</u>
EQUIPMENT/FACILITIES				
Pad surface (L x W x H)	6 m x 4 m x 0.7m		4.88m x 2.44m x 66cm	16' x 8' x 24"
Crossbar length	3.98 - 4.02 m			12' - 14' 10"
Distance between standards	4.00 - 4.04m			12' minimum
Dist. Between stds. & pad	10 cm		Not addressed	Plane of crossbar no less than 4" (10cm) from the landing pad.
ATHLETE MATTERS				

Marks on apron	1 or 2 markers; no chalk/indelible marks	1 or 2 markers (Youth-3); no chalk/indelible marks	1 or 2 markers, 7x15cm max; no shoes, chalk or indelible markers; not within 2m of standards	Allowed, Games Committee decision
Electronic devices & viewing video images	Not allowed for athletes in the competition area	Not allowed for athletes in the competition area Youth cannot view at any time during the	Not allowed in competition area; OK to view images outside competition area	Allowed only in unrestricted areas & coaches boxes
Shoe restrictions	Heel-19 mm; Sole-13 mm; Spikes-12 mm / 25Non-Syn			Shoes shall be worn w/upper, sole and heel. fastened to foot, spikes no longer than 1", games committee decision
CONDUCTING THE EVENT				
Athlete arrives after	Start at current height - if entered		Cannot compete	
Warm ups at venue after competition	Not allowed	Open: not allowed.	After 1 hour, w/o bar, at entry	After 3 consec. passed hts, 1
Athletes competing in another event	Not addressed	For one trial at a time may jump out of order. If not at venue, call "up" & record	May jump out of order. If not at venue and round is otherwise complete, call "up"; record "pass" after time expires, & raise bar	May jump out of order in prelims & finals if excused; max absence time set by Games Committee
Passes	Pass height		Pass attempt(s)	
Use of 5 alive	Not used		Not Used	Games Committee decision. Active flights (5-Alive) of no less than five competitors or continuing flights (straight through)
Increments - Open	Min. 2 cm, never increase		3-5 cm; never increase	Games Committee decision
Increments - combined events	3 cm	3 cm, Youth 5 cm	3 cm	Not addressed
1st place ties: Where to start;	At next height in progression after tied height; 2 cm			At next height in
Score Sheet Marks				
Make; Miss; Pass	Make = O; Miss = X; Pass = Dash			
		Add'l USATF		
	Did not start: DNS Did not finish: DNF Disqualified: DQ No valid trial/no height: NM			

Rules Compar - HJ., USATF Best Practices

NFHS Revised, August 2024

RULES COMPARISON - POLE VAULT

GOVERNING BODY	World Athletics	USATF	NCAA	NFHS
EQUIPMENT/FACILITIES				
Pad surface (L x W x H)	8 m x 6 m x 0.8 m	6.15 m x 6 m x	6.15 m x 6 m x 0.813 m	20' 2" x 19' 8"
Box collar required	No	Youth - box collar per ASTM std req'd. All others -	Yes, per ASTM standard	Yes, per ASTM standard
Crossbar length	4.48 - 4.52 m	4.48 - 4.52 m	4.48 - 4.52 m	14' 8" - 14' 10" (4.47-4.52 m)
Crossbar end pieces	Circular or semi-circular w/1 smooth flat surface	Circular or semi-circular w/1 smooth flat	Circular or semi-circular w/1 smooth flat surface	Circular or semi-circular w/1 or 4 flat surfaces
Distance between pegs	4.28 - 4.37 m	4.28 - 4.37 m	4.28 - 4.37 m	13' 8"-14' 8" (4.16-4.48 m)
Bar support peg length	Max 55 mm	Max 55 mm	Max 55 mm	Max. 3" (76 mm)
ATHLETE MATTERS				
Marks beside runway	1 or 2 marks; no chalk/indelible marks	1 or 2 marks (Youth-3); no chalk/indelible marks	1 or 2 marks, 7x15cm max; no shoes, chalk/indelible markers	Allowed; Games Committee decision

Electronic devices & viewing video images	Not allowed for athletes in the competition area	Not allowed for athletes in the competition area Youth cannot view any time during the competition	Not allowed in comp.area; OK to view images outside comp. area	Allowed only in unrestricted areas & coaches boxes
<u>GOVERNING BODY</u>	<u>World Athletics</u>	<u>USATF</u>	<u>NCAA</u>	<u>NFHS</u>
Tape on pole	Uniform layers grip end, OK at bottom	Uniform layers grip end, OK at bottom	Uniform layers grip end, OK at bottom	Uniform layers grip end, OK at bottom
Tape on hands/fingers	Allowed	Allowed	Not addressed	Not allowed
Wear gloves, substance on hands/pole	Allowed	Allowed	Allowed	Gloves - no; Substance - yes
<u>TIMING FOR ATTEMPTS</u>				
Time expiration - warning method	Clock, or hold up yellow flag w/15 seconds left	Clock and hold up yellow flag w/15 seconds left, at	Clock, or hold up yellow flag w/15 seconds left, at end	Warned verbally or by signal w/15 seconds remains
Open - 4 or more athletes	1 Min	1 Min	1 Min *	1 Min
Open - 2-3 athletes	2 Min *	2 Min *	2 Min *	3 Min
Open - 1 athlete	5 Min *	5 Min * @	5 Min (if has won event)	5 Min (if has won event)
Open - Consecutive jumps	3 Min	3 Min	3 Min (within a ht. only)	3 Min (within a ht. only)
Combined events - 4 or more	1 Min	1 Min	1 Min	1 Min
Combined events - 2 or 3	2 Min *	2 Min *	2 Min *	3 Min
Combined events - 1 athlete	3 Min *	3 Min *	3 Min *	5 Min
Combined events - consecutive	3 Min	3 Min	3 Min	3 Min
** 1st attempt in competition - 1 min.	@ Add 1 min. if attempt at World record or record relevant to the competition			
<u>CONDUCTING THE EVENT</u>				
Warm-up direction of run	Not addressed	Only in difrection event is conducted		
Warm ups at venue after competition	Not allowed	Open: not allowed.	After 1 hour, w/o bar, at	After 3 concsec. passed hts,
Athlete arrives after competition starts	Start at current height - if entered	Start at current height - if	Can't compete	Can't compete
Athletes excused competing in another event	Not addressed	For one trial at a time may jump out of	May jump out of order. If not at venue and round is	May jump out of order in prelims & finals; max absence time set by
Passes at a height	Pass height	Pass height	Pass 1, 2, or all attempts	Pass 1, 2, or all attempts
Use of 5 alive			Not allowed	Games Committee decision,
Standards positioning (from zero line)	0-80 cm	0-80 cm (Youth 45-80)	45-80 cm	18-31.5 inches (45-80 cm)
Athlete steadies bar	Not allowed with hands	Not allowed with hands	Not allowed	Not allowed w/hands or arms
Athlete leaves the ground but does not complete the vault	Allowed	Allowed	Allowed	Aborted runup allowed Aborted attempt not allowed
Increments - Open	Min. 5 cm, never increase	Min. 5 cm, never	5-15 cm, never increase	Games Committee
Increments - combined events	10 cm	10 cm, Youth 15 cm	10 cm	Games Committee
1st place ties: Where to start;	At next ht in progression	At next ht in	At next ht in progression	At next height in progression
<u>Score sheet markings</u>	Make = O; Miss = X; Pass = Dash			
		Addt'l USATF markings:		
	Did not start: DNS	Did not finish: DNF	Disqualified: DQ	No valid trial/no height: NM
	Rules Compar. - PV, USATF Best Practices, Mar 21			

USATF Officials Best Practices

Hurdle Heights and Placement							
Organiz./ Age Group	Race	# of Hurdles	Heigh	To 1st	Betwe	Last Hur. to Finish	
MEN - OUTDOOR							
Jr. High	110	10	33"	13.72m	9.14m	14.02m	Blue
NFHS	110	10	39"	13.72m	9.14m	14.02m	
NCAA, USATF, WA	110	10	42"	13.72m	9.14m	14.02m	
U20	110	10	39"	13.72m	9.14m	14.02m	
USATF 11-12	80m	8	30"	12m	7.5m	15.5m	
USATF 13-14	100m	10	33"	13m	8.5m	10.5m	
USATF 15-18	110m	10	39"	13.72m	9.14m	14.02m	
USATF 25-29	110m	10	39"	13.72m	9.14m	14.02m	
USATF 50-59	100m	10	36"	13m	8.50m	10.50m	
USATF 60-69	100m	10	33"	12m	8.00m	10.50m	
USATF 70-79	80m	8	30"	12m	7.00m	19.00m	
USATF 80+	80m	8	27"	12.00m	7.00m	19.00m	
Jr. High	200*	5	30"	50m	35m	40m	Green
NFHS	300	8	36"	45m	35m	10m	Red
NCAA, USATF, WA	400	10	36"	45m	35m	40m	Green
USATF 25-29	400	10	36	45m	35m	40m	
USATF 50-59	400	10	33"	45m	35m	40m	
USATF 60-69	300	7	30"	50m	35m	40m	
USATF 70-79	300	7	27"	50m	35m	40m	
USATF 80+	200	5	27"	20m	35m	40m	
NCAA, USATF, WA, USATF 25-29	3000 SC	4 barriers, 1 water	36"	No barrier until past finish line 1st time			Black
USATF 60+	2000 SC	4 barriers, 1 water jump/lap	30"	1st barrier is the one immediately prior to the water jump			
USATF 13-14	2000 SC	4 barriers, 1 water jump/lap	30" B&G	1st barrier is the one immediately prior to the water jump			
USATF 15-18	2000 SC	4 barriers, 1 water jump/lap	36" B 30" G	1st barrier is the one immediately prior to the water jump			
MEN - INDOOR							
NFHS	55	5	39"	13.72m	9.14m	4.72m	Blue
NCAA, USATF, WA	55/60	5	42"	13.72m	9.14m	4.72/9.72m	
USATF	50	4	42"	13.72m	9.14m	8.86m	
USATF 11-12	50	4	30"	12m	7.5	15.5	
USATF 11-12	55/60	5	30"	12m	7.5m	13m/18m	
USATF 13-14	55/60	5	33"	13m	8.5m	8m/13m	
USATF 15-18	55/60	5	39"	13.72m	9.14m	4.72m/9.72m	
USATF 25-49	60	5	39"	13.72m	9.14m	9.72m	
USATF 50-59	60	5	36"	13.00m	8.50m	13.00m	
USATF 60-69	60	5	33"	12.00m	8.00m	16.00m	

USATF 70-79	60	5	30"	12.00m	7.00m	20.00m	
USATF 80+	60	5	27"	12.00m	7.00m	20.00m	
World Athletics-WA	50/60	4/5	42"	13.72m	9.14m	8.86/9.72m	
*Locations of the 200m hurdles are the same as the last 5 hurdles of the 400m							

Organiz./ Age Group	Race	# of Hurdles	Heigh	To 1st	Betwe	Last Hur. to Finish		Typical
WOMEN - OUTDOOR								
Jr. High	100	10	30"	13m	8.5m	10.5m		Yellow
NFHS	100	10	33"	13m	8.5m	10.5m		
NCAA, USATF, WA	100	10	33"	13m	8.5m	10.5m		
USATF 11-12	80	8	30"	12m	7.5m	15.5m		
USATF 13-14	100	10	30"	13m	8.5m	10.5m		
USATF 15-18	100	10	33"	13m	8.5m	10.5m		
USATF 25-39	100	10	33"	13m	8.5m	10.5m		
USATF 40-49	80	8	30"	12m	8m	12m		
USATF 50-59	80	8	30"	12m	7m	19m		
USATF 60+	80	8	27"	12m	7m	19m		
Jr. High	200*	5	30"	50m	35m	40m		Green
USATF 13-14	200	5	30"	20m	35m	40m		
NFHS	300	8	30"	45m	35m	10m		Red
NCAA, USATF, WA	400	10	30"	45m	35m	40m		Green
USATF 15-18	400	10	30"	45m	35m		40m	
USATF 25-49	400	10	30"	45m	35m		40m	
USATF 50-59	300	7	30"	50m	35m		40m	
USATF 60-69	300	7	27"	50m	35m		40m	
USATF 70+	200	5	27"	20m	35m		40m	
NCAA, USATF, WA	3000 SC	4 barriers,	30"	No barrier until past finish line 1st time				Black
		4 barriers, 1 water jump/lap		The 1st barrier is the one immediately prior to the water-jump. However, if the water-jump is on the inside of the track, the finish line has to be oased twice before the first lap with five jumps				
USATF 13+	2000 SC		30"					
WOMEN - INDOOR								
NFHS	55	5	33"	13m	8.5m	8m		
NCAA, USATF, WA	55/60	5	33"	13m	8.5m	8/13m		
USATF	50	4	33"	13m	8.5m	11.5m		
USATF	55/60	5	33"	13m	8.5m	8/13m		
USATF 11-12	50	4	30"	12m	7.5m	15.5m		

USATF 11-12	55/60	5	30"	12m	7.5m	13/18m	Yellow
USATF 13-18	55/60	5	30"	13m	8.5m	8/13m	
USATF 25-39	60	5	33"	13m	8.5m	13m	
USATF 40-59	60	5	30"	12m	7m	20m	
USATF 60+	60	5	27"	12m	7m	20m	
World Athletics	50/60	4/5	33"	13m	8.5m	11.5/13m	
**Locations of the 300m hurdles are the same as the last 7 hurdles of the 400m hurdles.							

Hurdle Hts and Plcmt, USATF Best Practices, Mar 21 (Credit: I. Ikstrums, R. Schornstein)
NFHS Revised August 2024