

Points of Emphasis

1. Throws Safety – Shot Put, Discus and Javelin
2. Restricted Areas
3. Protest/Appeal Process



PLAY.
PERFORM.
COMPETE.
TOGETHER.

Rules Revisions

1. The games committee has the authority to determine placement of the takeoff board in horizontal jumps.
2. All closed-barrel pistols are permitted as starting devices.
3. An appropriate health-care professional, appointed by the games committee, can evaluate a downed competitor without resulting in disqualification.
4. Athletes are not permitted to wear any type of audio or video recording devices during a race, trial or while in restricted areas.
5. The time limit for a consecutive attempt applies within a height and at a height change.
6. Metric measurements have been incorporated alongside imperial measurements in field events.
7. Warm-up times standardized for high jump and pole vault athletes entering the competition after 60 minutes have elapsed.
8. Padding is required for hard and unyielding surfaces that are elevated relative to the ground.
9. Javelin construction specifications incorporated into rules book.
10. The 200-meter dash is now an option for indoor meets.
11. A uniform 20-meter exchange zone has been established for indoor tracks 200 meters and below.

Sport image provided by XL Sports Photography, New Mexico.



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