A blue and white diagram of a track

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**UMPIRE POSITIONS**: 1, 2, 3, 4, 5 + CHIEF UMPIRE. s =sprints & hurdles; r = relays

**2s**

**2**

**5**

**3**

**5r**

**5s**

**1r**

**1s**

**3s**

**1**

**4s**

**4**

Diagram

Description automatically generated

**Common Infractions – Indoor**

[USATF Rule Numbers in brackets and yellow; NCAA rules in blue; NFHS rules with no highlight]

**Hurdle Infractions**:

Didn’t jump each hurdle (ran around or hand pushed over) [168.3] (NFHS 5.14.1.a,d&e) {NCAA 7.6.2.b}

Foot or leg below top of hurdle (hooks hurdle) [168.3(a)] [SC 169.4(b)] (NFHS 5.14.1.c) {NCAA 7.6.2.a}

Displaces hurdle by hand, torso or front side of lead lower leg [168.3(b)] (NFHS 5.14.1.b)

Deliberately knocks down any hurdle {NCAA 7.6.2.c}

Deliberately knocks down any hurdle by hand (NFHS 5.14.1.b) {NCAA 7.6.2.d}

Displaces a hurdle such that another competitor is obstructed [168.3(c)] (NFHS 5.14.1.f)

Flagrantly impedes another runner {NCAA 7.5.2.a} (NFHS 5.14.1.f)

Runs over a hurdle not in the assigned lane (NFHS 5.14.1.d)

**Interference** – who did it and who was impacted?

Jostled, ran across, or obstructed so as to impede another competitor [163.4] (NFHS 5.9.1) {NCAA 7.5.3.b & e}

Cuts in front of another runner without proper clearance or one full stride on the curved line start {NCAA 7.5.3.a}

Tries or forces a way between two leading runners and makes direct contact so as to impede {NCAA 7.5.3.e}

Flagrantly impedes another runner {NCAA 7.5.2.a}

**Assistance** – who provided it to whom? [144.2] (NFHS 4.6.5) {NCAA 14.3}

Pacing by persons not participating or lapped or about to be lapped [144.3(a)] (NFHS 4.6.5.b) {NCAA 14.3.a.4}

Possession or use by athlete of video, audio, or communication device [144.3(b)] (NFHS 4.6.5.f) {NCAA 14.3.a.1}

Aided by technology or appliance [144.3(c)] (NFHS 4.6.5.d&f) {NCAA 14.3.a.2}

Use of a mechanical aid [144.3(d)] (NFHS 4.6.5.f)

Receiving advice or other support from an official [144.3(e)].

Receiving assistance from another competitor [144.3(f)]. (NFHS 4.6.5.g&h) {NCAA 14.3.1}

Personal assistance marker on the running surface or beside it [163.2] {NCAA 14.3.a.5}, except for check marks for relays

[170.5 – 1 piece of self-adhesive tape, maximum 5cm x 40cm, if allowed by Meet Management]

No check marks for college {NCAA 7.7.4}

Competitors joining hands during the race (NFHS 4.6.5.c)

Coaching a competitor from a restricted area (NFHS 4.6.5.e)

**Lane Violations**:

USATF & NCAA: 1 step of either foot over inside line (curb for Lane 1) on the curve [163.5]. {NCAA 7.5.2.b/7.5.3.g}

Note: **One step, but not two, on but not over the line is OK**. Umpires write up one step on line [163.5(d)&(f)]

NFHS: 3 consecutive steps of any feet (5.12.1.a/5.13.2)

Cut in before break line [163.5] (NFHS 5.12.1.e) {NCAA 7.5.2.d}

Did not finish in correct lane [163.5] (NFHS 5.12.1.d) {NCAA 7.5.2.c}

Didn’t run in direct line on final straightaway, unless another competitor was in path [163.3]

Veers to right or left to flagrantly impede a challenging runner or forces the other to run a greater distance {NCAA 7.5.3.c}

**Relay Violations**:

Exchanged baton before or after zone [170.18] (NFHS 5.10.7) {NCAA 7.8.c}

Accelerated before zone [170.13] (NFHS 5.10.9) {NCAA 7.8.i}

Incorrect recovery of dropped baton [170.16] (NFHS 5.10.7) {NCAA 7.7.5 & 7.8.d}

Baton thrown following finishing (NFHS 5.11.2)

Impeded/did not maintain lane position [170.19] (NFHS 5.10.4&8) {NCAA 7.8.g&h}

Assisted outgoing runner by pushing [170.20] (NFHS 5.11.1)

Baton not carried by hand [170.16] (NFHS 5.10.6) {NCAA 7.8.e}

Team members not identifiable as part of the team [170.25] (NFHS 4.3.2.a) {NCAA 6.4.1.1 & 6.4.2.a&b}

Team member runs more than one leg {NCAA 7.8.j}

Didn’t run the specified relay leg distance {NCAA 7.8.k}

**Failure to participate/report** [142.3 & 142.4], except youth [302.2(g)] (NFHS 4.1.3) {NCAA 14.2.a&b}

**Left track voluntarily and returned** [163.6(a)] {NCAA 7.5.3.d}

**Unsporting conduct** [125.9] (NFHS 4.6.1) {NCAA 14.1}

**Unacceptable conduct** (NFHS 4.6.2)

**NOTE THAT THIS CHANGES IN 2026**

**Hurdle Placement and Height Comparison – Indoor Meets – 2025**

Organization/Age Group Distance Number Height To 1st Between Last to Finish

**MEN**

USATF 50 4 42” 13.72 m 9.14 m 8.86 m

High School 55 5 39” 13.72 m 9.14 m 4.72 m

High School 60 5 39” 13.72 m 9.14 m 9.72 m

NCAA, USATF 55 5 42” 13.72 m 9.14 m 4.72 m

NCAA, USATF 60 5 42” 13.72 m 9.14 m 9.72 m

**BOYS YOUTH USATF**

Boys 11-12 50 4 30” 12 m 7.5 m 15.5 m

Boys 11-12 55 5 30” 12 m 7.5 m 13 m

Boys 11-12 60 5 30” 12 m 7.5 m 18 m

Boys 13-14 55 5 **36”** 13 m 8.5 m 8 m

Boys 13-14 60 5 **36”** 13 m 8.5 m 13 m

Boys 15-16/Men 17-18 55 5 39” 13.72 m 9.14 m 4.72 m

Boys 15-16/Men 17-18 60 5 39” 13.72 m 9.14 m 9.72 m

**MASTERS MEN**

25-49 60 5 39” 13.72 m 9.14 m 9.72 m

50-59 60 5 36” 13.00 m 8.50 m 13.00 m

60-69 60 5 33” 12.00 m 8.00 m 16.00 m

70-79 60 5 30” 12.00 m 7.00 m 20.00 m

80+ 60 5 27” 12.00 m 7.00 m 20.00 m

**Hurdle Placement and Height Comparison – Indoor Meets - 2025**

Organization/Age Group Distance Number Height To 1st Between Last to Finish

**WOMEN**

USATF 50 4 33” 13 m 8.5 m 11.5 m

High School 55 5 33” 13 m 8.5 m 8 m

High School 60 5 33” 13 m 8.5 m 13 m

NCAA, USATF 55 5 33” 13 m 8.5 m 8 m

NCAA, USATF 60 5 33” 13 m 8.5 m 13 m

**GIRLS YOUTH USATF**

Girls 11-12 50 4 30” 12 m 7.5 m 15.5 m

Girls 11-12 55 5 30” 12 m 7.5 m 13 m

Girls 11-12 60 5 30” 12 m 7.5 m 18 m

Girls 13-14 55 5 30” 13 m 8.5 m 8 m

Girls 13-14 60 5 30” 13 m 8.5 m 13 m

Girls 15-16/Women 17-18 55 5 33” 13 m 8.5 m 8. m

Girls 15-16/Women 17-18 60 5 33” 13 m 8.5 m 13 m

**MASTERS WOMEN**

25-39 60 5 33” 13 m 8.5 m 13 m

40-49 60 5 30” 12 m 8 m 16 m

50-59 60 5 30” 12 m 7 m 20 m

60+ 60 5 27” 12 m 7 m 20 m

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**Hurdle Placement and Height Comparison – Indoor Meets – 2026**

Organization/Age Group Distance Number Height To 1st Between Last to Finish

**MEN**

USATF 50 4 42” 13.72 m 9.14 m 8.86 m

High School 55 5 39” 13.72 m 9.14 m 4.72 m

High School 60 5 39” 13.72 m 9.14 m 9.72 m

NCAA, USATF 55 5 42” 13.72 m 9.14 m 4.72 m

NCAA, USATF 60 5 42” 13.72 m 9.14 m 9.72 m

**BOYS YOUTH USATF**

Boys 11-12 50 4 30” 12 m 7.5 m 15.5 m

Boys 11-12 55 5 30” 12 m 7.5 m 13 m

Boys 11-12 60 5 30” 12 m 7.5 m 18 m

**Boys 13-14** 55 5 **36”** 13 m 8.5 m 8 m

**Boys 13-14** 60 5 **36”** 13 m 8.5 m 13 m

Boys 15-16/Men 17-18 55 5 39” 13.72 m 9.14 m 4.72 m

Boys 15-16/Men 17-18 60 5 39” 13.72 m 9.14 m 9.72 m

**MASTERS MEN**

25-49 60 5 39” 13.72 m 9.14 m 9.72 m

50-59 60 5 36” 13.00 m 8.50 m 13.00 m

60-69 60 5 33” 12.00 m 8.00 m 16.00 m

70-79 60 5 30” 12.00 m 7.00 m 20.00 m

80+ 60 5 27” 11.00 m 6.00 m 25.00 m (changed from 2025)

**Hurdle Placement and Height Comparison – Indoor Meets - 2026**

Organization/Age Group Distance Number Height To 1st Between Last to Finish

**WOMEN**

USATF 50 4 33” 13 m 8.5 m 11.5 m

High School 55 5 33” 13 m 8.5 m 8 m

High School 60 5 33” 13 m 8.5 m 13 m

NCAA, USATF 55 5 33” 13 m 8.5 m 8 m

NCAA, USATF 60 5 33” 13 m 8.5 m 13 m

**GIRLS YOUTH USATF**

Girls 11-12 50 4 30” 12 m 7.5 m 15.5 m

Girls 11-12 55 5 30” 12 m 7.5 m 13 m

Girls 11-12 60 5 30” 12 m 7.5 m 18 m

Girls 13-14 55 5 30” 13 m 8.5 m 8 m

Girls 13-14 60 5 30” 13 m 8.5 m 13 m

Girls 15-16/Women 17-18 55 5 33” 13 m 8.5 m 8. m

Girls 15-16/Women 17-18 60 5 33” 13 m 8.5 m 13 m

**MASTERS WOMEN**

25-39 60 5 33” 13 m 8.5 m 13 m

40-49 60 5 30” 12 m 8 m 16 m

50-59 60 5 30” 12 m 7 m 20 m

**60-69 60 5 27” 12 m 7 m 20 m (same as 2025)**

**70+ 60 5 27” 11 m 6 m 25 m**

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**Placements of Cones at the Breakline and for Alley Starts**

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**Placements of Hurdles Relative to Track Markings**

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A diagram of relay exchange zone

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20 meters for most

indoor exchanges

**Indoor Order of Events**

Indoor Combined Events

**Heptathlon – Men Pentathlon – Men Pentathlon - Women**

First Day Second Day 60m\* Hurdles 60m\* Hurdles

60m\* 60m\* Hurdles Long Jump High Jump

Long Jump Pole Vault Shot Put Shot Put

Shot Put 1000m High Jump Long Jump

High Jump 1000m 800m

\*\* NCAA allows for 55m & 55m Hurdles instead of 60m. USATF requires 60m.

NCAA, Rule 5.3 – Standard Order of Events

Mile

60m Hurdles

400m

60m

800m

200m

3000m

4x400 Relay

Distance Medley Relay (1200,400,800,1600)