

University of Nebraska
Campus Recreation

Indoor/Outdoor Track Meet Rules

A. Entries

1. Advance entries are not required. Participants should sign up on site at the beginning of the meet.
2. The Indoor Track Meet takes place at the Bob Devaney Sports Center. The Outdoor Track Meet takes place at the Ed Weir Track located behind Cook Pavilion.

B. Eligibility

1. Lettermen in cross country or track and field at any four or two year college or university since and including the 1994-95 year are not eligible.
2. Current members of the UNL track team are ineligible.
3. Members of the UNL Runners Club are eligible to participate, however, only one is allowed per team for the purpose of awarding All-University points.
3. A current UNL ID is required of each participant on site.
4. All UNL students and faculty/staff members are eligible to participate.

C. Events

1. **Indoor Meet:** 60 m. dash, 1500 m. run, 60 m. high hurdles (M-39", W-33"), 400 m. dash, 800 m. run, 300 m. dash, 3000 m. run, 800 m. relay, high jump, and long jump.
2. **Outdoor Meet:** 100 m. dash, 110 m. high hurdles (M-39", W-33"), 1500 m. run, 400 m. dash, 4 X 100 m. relay, 400 m. low hurdles (30"), 800 m. run, 200 m. dash, 3000 m. run, 4 X 400 m. relay, long jump, high jump, and shot put.

D. Equipment

1. Jogging or tennis/basketball type shoes must be worn. **Spikes are not permitted.**
2. Starting blocks and all necessary field equipment will be provided by the Office of Campus Recreation. Participants may not use their own shot puts.

E. Awards and Scoring

1. An Intramural Champion T-Shirt will be awarded to the winner of each event, including each member of a relay team.
2. Team points are awarded to place winners according to the order in which they finish a given event. For scoring purposes, a team is made up of one or more competitors representing a single organization (fraternity, sorority, residence hall floor, etc.).
3. The team winner is determined by totaling the points earned by the individuals and relay teams representing that organization. All-University points will also be awarded in this manner.
4. When an apparent winner is disqualified in any event, lower place finishers in that event will be advanced to fill vacant places.

5. The number of places to be scored for each event shall be according to the following table:

<u># of Teams Competing</u>	<u>Individual Scoring</u>	<u>Relay Scoring</u>
2	5-3-1	5
3	5-3-2-1	5-3
4	6-4-3-2-1	6-4-2
5	6-4-3-2-1	6-4-3-2
6	10-8-6-4-2-1	10-8-6-4-2
7 or more	10-8-6-4-2-1	10-8-6-4-2-1

6. Ties
- If there is a tie by any number of competitors for any scoring places, the points for tied places in a **running event** shall be added together and divided by the number of competitors who are involved in the tie.
 - For places **determined by distance**: If the distance resulting from the best performance of competitors is identical, the higher place is awarded to the competitor whose second best performance is better than the second best performance of another competitor tied for that place. If still tied, the third best performance is used, and so on.
 - For places **determined by height**: The competitor with the lowest number of trials for the height at which the tie occurs shall be awarded the higher place. If the tie still remains, the participant with the lowest number of unsuccessful trials during the event will be awarded the higher place.

F. **Referee**

- The referee is directly in charge of activities during the meet and shall decide questions which should arise.
- The referee has the sole responsibility for ruling on infractions or irregularities which are not covered within the rules.
- The referee will note and call aloud for the benefit of each runner the laps remaining in individual races or relay legs of three laps or more. This responsibility may be delegated to a lap caller.

G. **Starter**

- The starter shall have full responsibility for the competitors when on their marks and during the start and shall decide without appeal whether a start is fair and legal.
- The starter fires the starting gun after checking with head timer to make sure timers are ready. Timers start their clocks upon seeing the smoke of the gun.
- Participants are allowed one false start for each race. A second false start in the same race will eliminate a runner from the competition.

H. **Relays**

- A relay team will be disqualified if the baton is dropped during race.
- If a baton exchange occurs outside the marked exchange zone.
- If a team fails to run the race in the marked lane for the 4 x 100 m relay or the first lap of the 4 x 400 m relay.

- I. Participants should be aware that there is a risk of injury in participation in intramural sports. Individuals participate in intramural sports at their own risk.