



2018 NFHS TRACK & FIELD RULES POWERPOINT

National Federation of State
High School Associations



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Rules Changes
Major Editorial Changes
Points of Emphasis

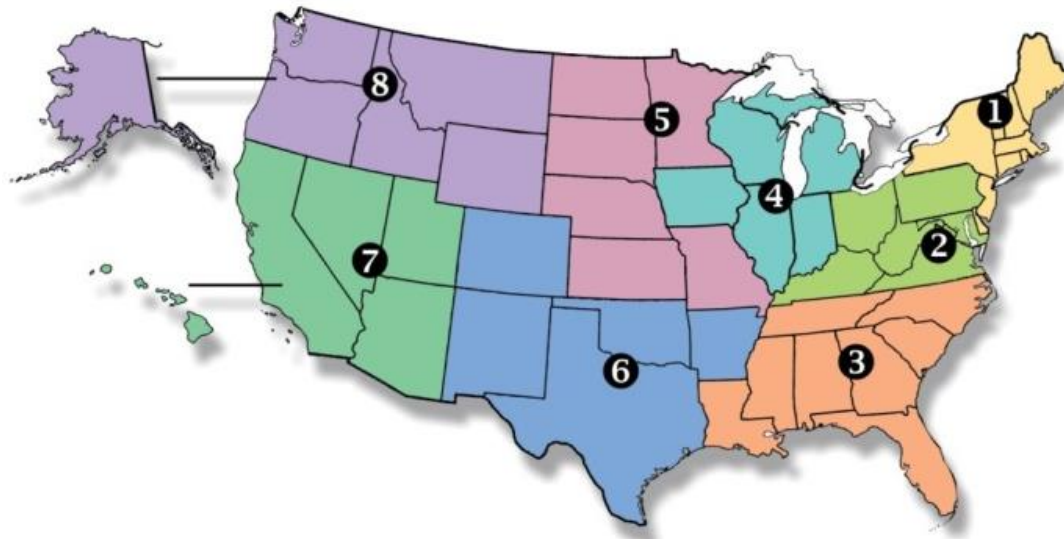
NATIONAL FEDERATION OF STATE HIGH SCHOOL ASSOCIATIONS

- NFHS (located in Indianapolis, IN – Est. 1920):
 - National leadership organization for high school sports and fine arts activities;
 - National authority on interscholastic activity programs.
 - Conducts national meetings;
 - Sanctions interstate events;
 - Produces national publication for high school administrators;
 - National source for interscholastic coach training and national information center.



NATIONAL FEDERATION OF STATE HIGH SCHOOL ASSOCIATIONS

- Membership = 50 member state associations and D.C.
- NFHS reaches more than 19,000 high schools and 12 million participants in high school activity programs, including more than 7.8 million in high school sports.



NFHS RULES REVIEW COMMITTEE

The NFHS Rules Review Committee is chaired by the chief operating officer and composed of all rules editors. After each committee concludes its deliberations and has adopted its recommended changes for the subsequent year, such revisions will be evaluated by the Rules Review Committee.



Davis Whitfield
Chief Operating
Officer



Lindsey Atkinson
Volleyball



Bob Colgate
Football and Sports
Medicine



Sandy Searcy
Softball and
Swimming & Diving



Elliot Hopkins
Baseball and
Wrestling



Julie Cochran
Cross Country,
Gymnastics, Field
Hockey and
Track & Field



James Weaver
Boys and Girls
Lacrosse and Spirit



Theresia Wynns
Basketball and
Soccer

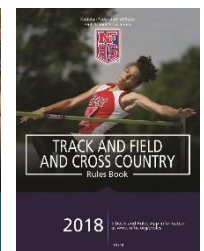
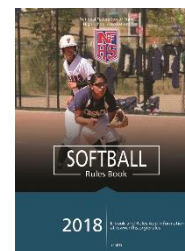
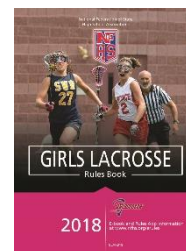
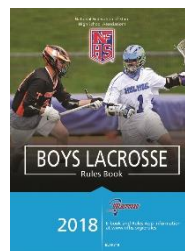
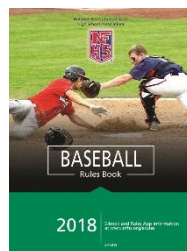
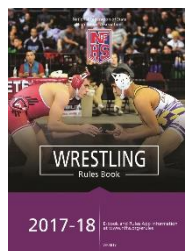
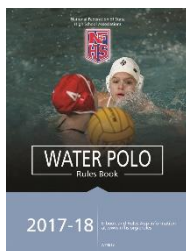
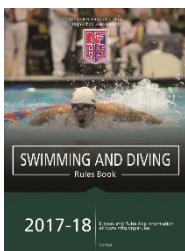
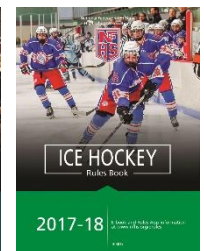
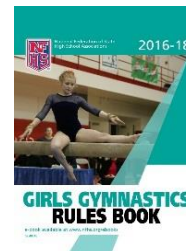
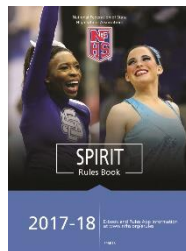
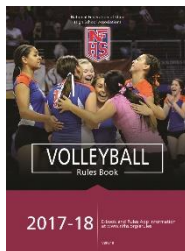


Dan Schuster
Ice Hockey

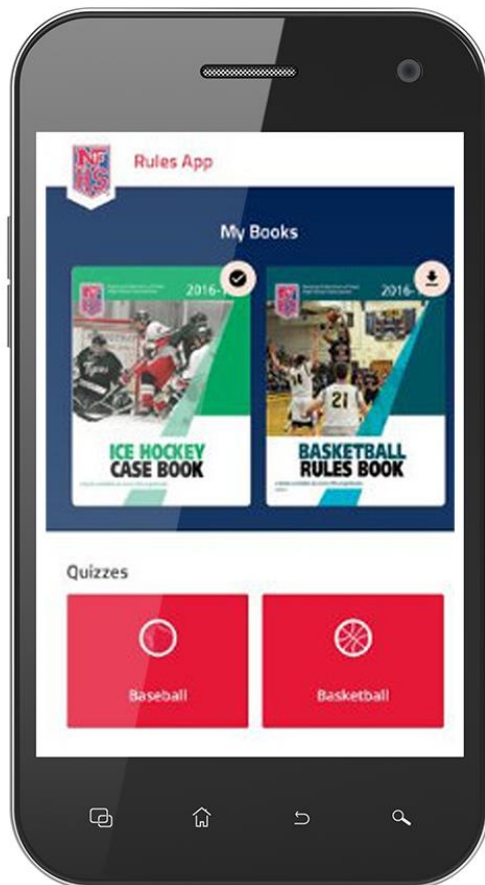


NATIONAL FEDERATION OF STATE HIGH SCHOOL ASSOCIATIONS

- The NFHS writes playing rules for 17 sports for boys and girls at the high school level.
 - Publishes 4 million pieces of materials annually.



NEW NFHS RULES APP



- Rules App features:
 - Searchable
 - Highlight notes
 - Bookmarks
 - Quizzes for all sports
 - Easy navigation
 - Immediate availability
 - Free to paid members of the NFHS Coaches and Officials Associations
 - www.nfhs.org/erules for more information



NFHS RULES BOOK AS E-BOOKS

National Federation of State
High School Associations



GET NFHS RULES ON YOUR MOBILE DEVICE

Have you been without your printed rules book and needed to find
an obscure rule quickly, make a note or highlight a rule?

E-books Features:

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www.nfhs.org/ebooks

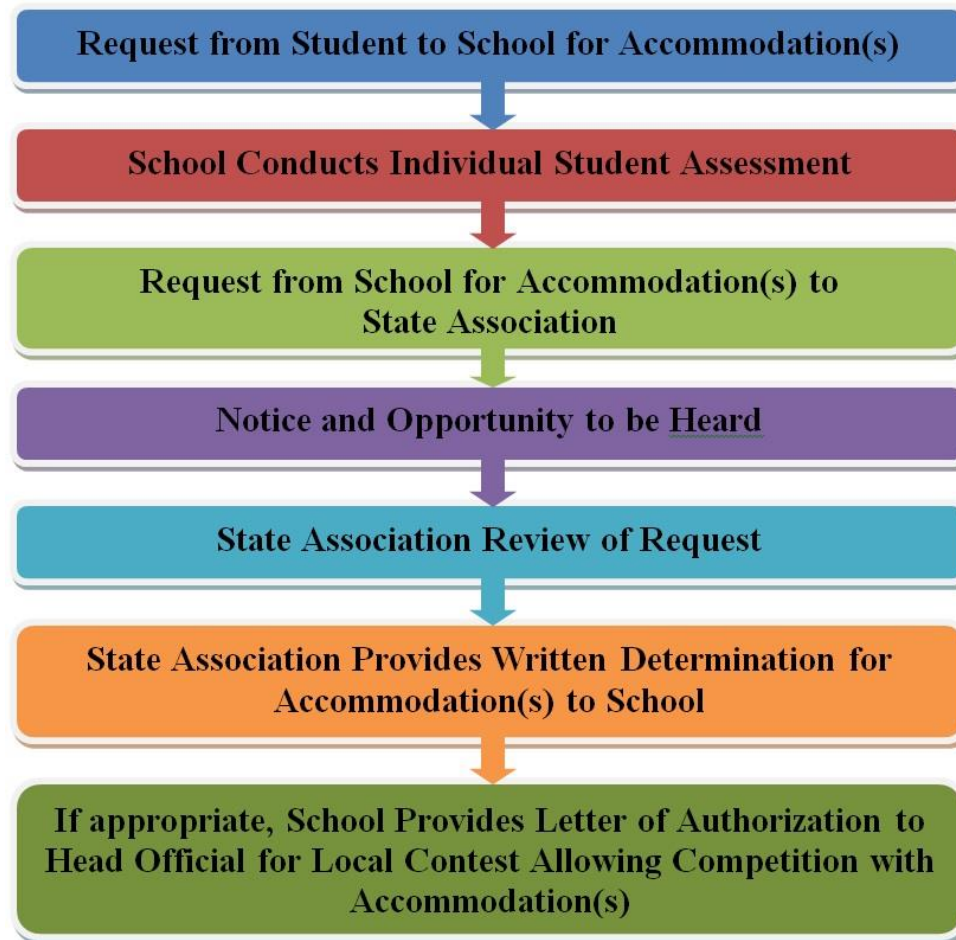
NFHS Rules and Case e-books for \$6.99 each

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- E-books features:
 - Searchable
 - Highlight areas of interest
 - Make notes
 - Easy navigation
 - Adjustable viewing size
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GUIDELINES FOR SCHOOLS AND STATE ASSOCIATIONS FOR CONSIDERATION OF ACCOMMODATIONS





Rules Changes

NFHS TRACK & FIELD AND CROSS COUNTRY



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COMPETITOR'S UNIFORM

RULE 4-3-1

- Rule 4-3-1:

Art. 1 . . . The competitor's uniform shall be **school-issued or school-approved**, worn as intended by the manufacturer, and **meets** the following **requirements and** restrictions.

a. Each competitor shall wear shoes both feet.

1. **The shoes** shall have an upper and definitely recognizable sole and heel.
2. The (shoe) upper must be designed so that it can be fastened securely to the foot.
3. **In cross country, the sole and heel may contain grooves, ridges or track spikes which are no longer than 1 inch.**

Note: the games committee may also determine the length of spikes allowed on all-weather surfaces. (3-2-4a)

4. The use of slippers or socks does not meet the requirements of the rule.





COMPETITOR'S UNIFORM RULE 4-3-1

- b. Each competitor shall wear a **school-issued or school-approved** full-length track top or one-piece uniform.
- c. Each competitor shall wear a **school-issued or school-approved** track bottom or one-piece uniform.



COMPETITOR'S UNIFORMS RULES 8-6-1(NEW), 4-3

- Duplicate language regarding the uniform has been removed from Rule 8, Cross Country, and all rules regarding the uniform for individuals, relay team members and cross country teams are now all contained in one rule, Rule 4.

FIELD EVENTS

6-2-14 PENALTY(NEW), 6-2-10, 6-2-13

- Several prohibitions regarding the competitors' actions were included, but had no associated penalty should the rule not be followed which created confusion for enforcement.
- The appropriated penalty of disqualification from the event has been added. Penalty: (Articles 10, 13 and 14) Disqualification from the event.





POLE VAULT RULE 6-5-11

- Art. 11 . . . The nonmetal crossbar shall **not be less than 14 feet, 8 inches (4.47m) and not more than 14 feet, 10 inches (4.52m)** in length, of uniform thickness, and shall have a weight of not more than 5 pounds.



Editorial Changes

NFHS TRACK & FIELD AND CROSS COUNTRY





DISQUALIFICATION AND CONDUCT RULES 4-6-1 NOTE 2, 3-1 NOTE

Establishes consistent NFHS language within the rules prohibiting the use of tobacco products and similar items and alcohol by participants, school personnel or officials.

Art. 1 . . . Note 2

No **participant, team personnel, coach or administrator** shall use alcohol or any form of tobacco product (e-cigarettes or similar items) beginning with the arrival at the competition site until departure following the completion of the contest.

3-1 Note

No **contest** official shall use alcohol or any form or tobacco product (e-cigarettes or similar items) beginning with arrival at the competition site until departure following the completion of the contest.





TRACK MARKINGS

RULE 5-3-1

- Provides greater flexibility by expanding the professional positions which are qualified to survey and measure a track.

Art. 1 . . . When races are run in lanes around a turn or turns, the starting lines shall be staggered so that each competitor will run the same distance. When the start is on a turn or when relay exchanges are made on turns, the staggered distances should be determined by a competent **surveyor such as, but limited to, a registered land surveyor, professional engineer or experienced track stripers**. Each lane shall be measured when the staggers are on a curve.





SHOT PUT RULE 6-7-2

- Corrects clerical error in maximum diameter for the boys indoor shot put.

Art. 2 . . .

The maximum diameter for the boys indoor shot is **132.5** mm and for the girls indoor shot is 130 mm to account for the synthetic cover



JAVELIN THROW

RULE 6-8-9

- Removes duplicate language 6-8-9 which is covered in Rule 6-2-10 regarding broken javelin.

6-2-10

- a. If a legal implement breaks during a trial in accordance with the rules, no penalty shall be counted against the competitor and a replacement trial shall be awarded.
- b. If a legal implement breaks upon completion of the trial, a replacement trial shall not be awarded and the results shall be recorded, provided it was made in accordance with the rules.





LONG JUMP AND TRIPLE JUMP

RULE 6-9-8

- Removes duplicate language 6-9-8 which is covered in Rule 6-2-3 regarding excused competitors.

6-2-3...To accommodate those competitors who may be excused to participate in other events, the head event judge may change the order of competition in the preliminary or final rounds of any jumping or throwing event by any method where the competitor being excused jumps. Throws earlier than the spot at which he/she qualified. Successive trials is but one such method. Excused competitors shall inform the head event judge upon return....





Points of Emphasis

NFHS TRACK & FIELD AND CROSS COUNTRY



POINTS OF EMPHASIS

- Uniforms – Waistbands, Trim, Accents and Compliance
- Providing Fluids to Competitors at Cross Country Competitions
- Entry limits for Individual Contestants
- Officials Safety and Recommendations in the Long Throws



UNIFORMS – WAISTBANDS, TRIM, ACCENTS AND COMPLIANCE

- The of purchasing legal uniforms and officiating the NFHS uniform rule are increasingly more difficult nationwide.
- Nature of the competitive event may lend itself to a different style uniform rather than one style for all.
- Some styles of uniform bottoms are more personal and not redistributed from season to season.
- Variations in product lines from manufacturers may change from year to year that leads to configurations that “almost” match but vary slightly in design, accents, or color.



UNIFORMS – WAISTBANDS, TRIM, ACCENTS AND COMPLIANCE

- When evaluating color of uniforms, slight variations in shade of the color should not be considered an automatic violation of Rule 4-3-2.
- It is expected that all relay team members and cross country team members can be clearly identified as representing the same school.



UNIFORMS – WAISTBANDS, TRIM, ACCENTS AND COMPLIANCE

- Examples variations which do not cause a uniform to be noncompliant:
 - Small accent trim
 - Slightly visible pattern of a solid color due to newer materials
 - Addition of small stripe which is in the same direction as existing stipes on earlier models.
- The degree of variation, if any, allowed as examples listed is dependent on the respective state high school association.
- Multiple, visible manufacturer's logos on the uniform item make the item non-compliant with the rules.



PROVIDING FLUIDS FOR COMPETITORS AT CROSS COUNTRY COMPETITIONS

- Properly hydrating will have a positive impact on performance and minimize the risk of heat illness during the season.
- Coaches should ensure that athletes have access to water prior to, during and after practice and encourage all to hydrate whenever they feel it is necessary.
- NFHS Track and Field Rule 3-2-4u grants the Games Committee the authority to provide liquids during a competition.



PROVIDING FLUIDS FOR COMPETITORS AT CROSS COUNTRY COMPETITIONS

- Participating schools should expect the availability of water unless meet organizers have specified otherwise in advance.
- It is the responsibility of the Games Committee, along with host school to provide liquids to athletes on race day.
- This does not limit the coach from providing liquids to his/her athletes in addition.





OFFICIALS SAFETY AND RECOMMENDATIONS IN THE LONG THROWS

- Risk minimization in the throwing events begins with proper and effective event management:
 1. Event venue is set-up
 2. Monitoring of the warm-up and competition periods
 3. Conduction of the event
- When possible, the events should be staged away from other events, and away from any obstructions that may interfere with the safety of athletes, officials and spectators.

OFFICIALS SAFETY AND RECOMMENDATIONS IN THE LONG THROWS

- Only those marking the attempts and retrieving the implements should be inside the safety zone.
- The head event judge should review with his/her crew how each person's task shall be accomplished and again emphasize the importance of always being alert for his/her own actions and the actions of others during the event's competition and associated warm-ups.





NFHS OFFICIALS ASSOCIATION CENTRAL HUB



NFHS OFFICIALS ASSOCIATION CENTRAL HUB

<https://www1.arbitersports.com/front/105416/Site>

- Contains:
 - Sport information
 - Rules information
 - Rules library
 - Searchable rules book
 - Video content on officiating sport, competition situations and interpretations

The screenshot displays the NFHS Officials Association website. At the top, there is a navigation bar with the NFHS logo, the text "OFFICIALS ASSOCIATION", and a "POWERED BY Arbitersports" tagline. A search bar and login fields are also present. Below the navigation bar, a large banner features the text "NFHS TRACK & FIELD OFFICIATING" and "WITHIN THE OVAL". The main content area is divided into several sections: "Track & Field Rules" with links to high school rules changes and rule interpretations; "Track & Field Resources" with links to pre-meet notes; "Cross Country Information" with links to corral and rules meetings; a "Welcome" message from Julie Cochran, NFHS Director of Sports; and a "Sport Specific Information" sidebar with buttons for various sports including Baseball, Basketball, Cross Country, Field Hockey, Football, Gymnastics, Ice Hockey, Lacrosse, Soccer, Softball, Swimming & Diving, and Track & Field.



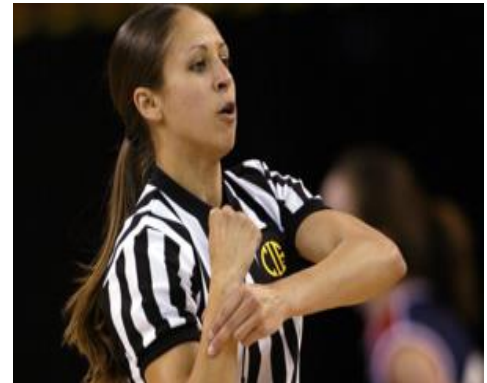
NFHS OFFICIALS EDUCATION COURSE AND VIDEOS

- Ideal for new officials or those in first few years of officiating
- 30-45 minutes to complete
- Topics include: Basics of Becoming and Staying an Official, Science of Officiating, Art of Officiating
- Course is FREE to NFHS Officials Association members, non-members fee is \$20
- NFHSLearn.com
- Sports such as soccer, basketball and baseball offer direct illustrations of the rules book, including rules references and officials signals
- Animated mechanics videos for softball, and baseball umpires
- Video interpretation of the NFHS Basketball Rules Book created through a partnership with the International Association of Approved Basketball Officials



NFHS OFFICIALS EDUCATION COURSE AND VIDEOS

- Additional courses available in...
 - Officiating Basketball
 - Officiating Volleyball: Ball Handling
 - Umpiring Softball
- Courses Coming Soon...
 - Officiating Swimming and Diving
 - Officiating Soccer: Fouls and Misconduct





NFHS LEARNING CENTER



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- Over 1.2 Million courses delivered in 2017
- Over 6 Million courses since 2007 launch
- Over 55 courses available
- Over 25 at No Cost!





Coaching Track and Field

Course Objectives

- Types of races – sprint and endurance
- Running form – proper posture, arm movement, and leg movement
- Start and Drive phase – block and standing start
- Types of jumps – horizontal and vertical
- Jump elements – approach, take off, flight and landing
- Throwing – basic skills for each event type
- How to teach skills for correct form
- Teaching progressions to combine skills into full movement

Units

- Running
- Jumping
- Throwing

More Information at nfhslearn.com!



Coaching Pole Vault

Course Objectives

- Starting a beginner – teaching proper standing grip height, width of hands on pole, and position of hands on pole
- How to instruct beginning level pole-vaulters through skill development drills and build confidence
- Maintaining a safe practice and competition environment – proper pad placement and securing of vault mat pads

Units

- | | |
|----------------------------------|--------------------------|
| ■ Starting a Beginner | ■ Problem Solving |
| ■ Basic Laws of Physics | ■ Equipment and Facility |
| ■ Drills and Coaching Techniques | ■ Interactive Exercise |

More Information at nfhslearn.com!

FREE COURSES | OVER 20 AVAILABLE!

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Examples of FREE courses include:

- Bullying, Hazing and Inappropriate Behaviors
- Social Media
- Introduction to Interscholastic Music
- Concussion in Sports
- Heat Illness Prevention
- Sudden Cardiac Arrest
- Sportsmanship
- Sports Nutrition
- Coaching Unified Sports
- Positive Sport Parenting
- NCAA Eligibility





NFHS NETWORK



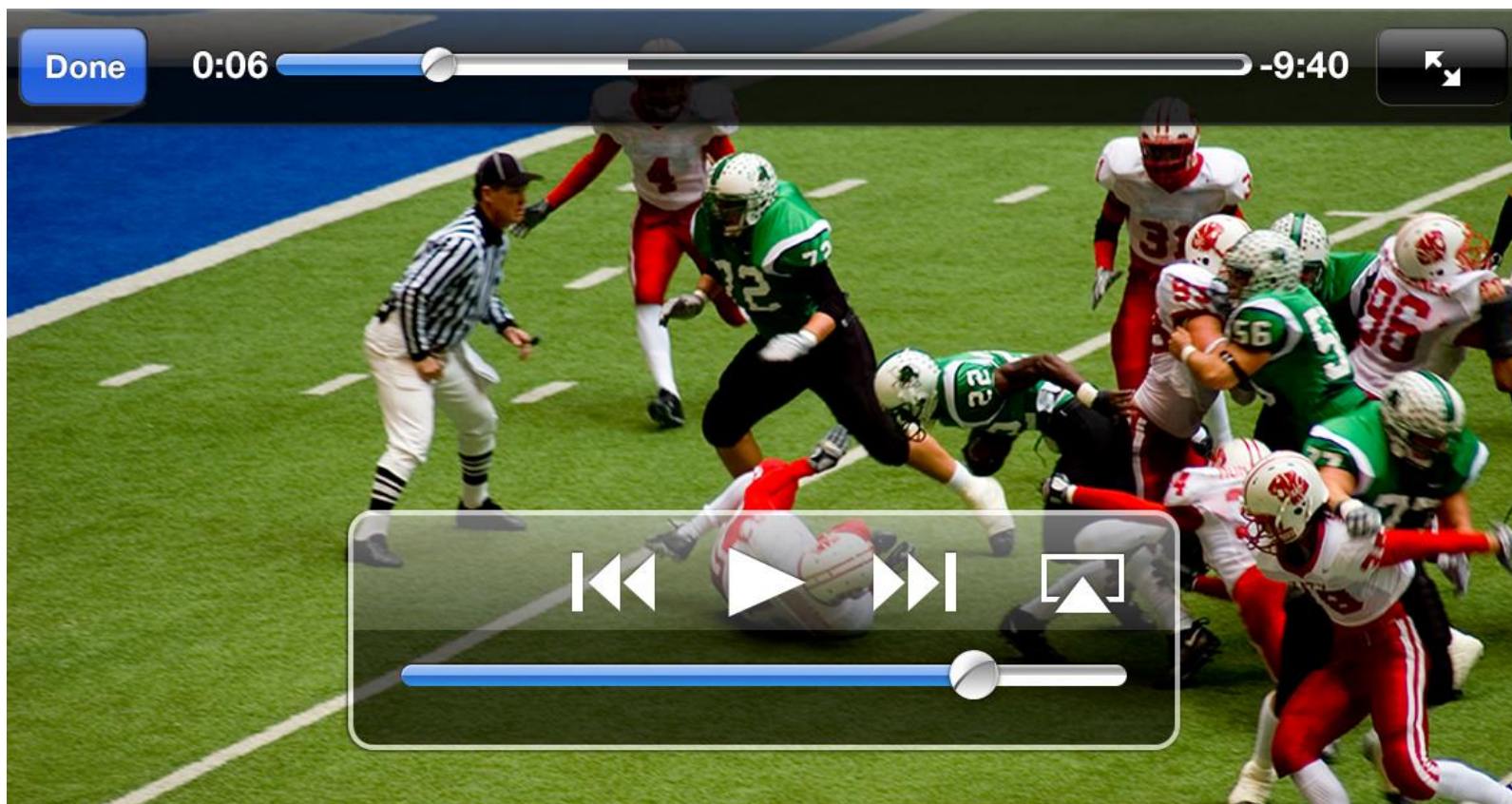
NFHS NETWORK

- By 2020, every high school sporting event in America will be streamed live.
- The NFHS Network will be THE DESTINATION for fans to view these broadcasts.



NFHS NETWORK

- View from mobile...





National Federation of State High School Associations

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www.nfhs.org | www.nfhslearn.com

THANK YOU!

www.nfhs.org

