



2019-20 NFHS TRACK AND FIELD AND CROSS COUNTRY RULES POWERPOINT

National Federation of State
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Major Editorial Changes
Points of Emphasis

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NATIONAL FEDERATION OF STATE HIGH SCHOOL ASSOCIATIONS (NFHS)



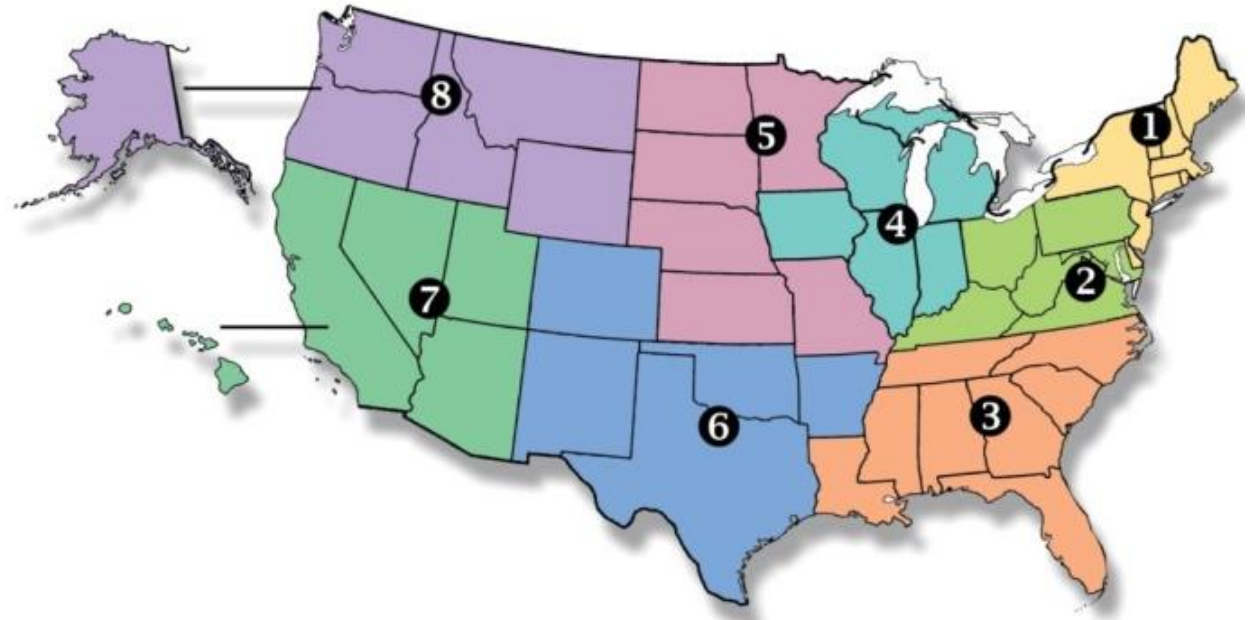
NATIONAL FEDERATION OF STATE HIGH SCHOOL ASSOCIATIONS

- 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
Girls Lacrosse and
Volleyball



Bob Colgate
Football and Sports
Medicine



Sandy Searcy
Softball and
Swimming & Diving



Elliot Hopkins
Baseball and
Wrestling



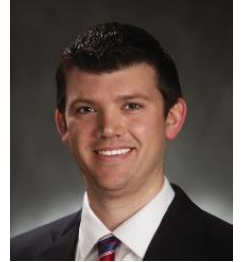
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Cross Country, Gymnastics,
Field Hockey and
Track & Field



James Weaver
Boys Lacrosse and Spirit



Theresia Wynns
Basketball and
Soccer

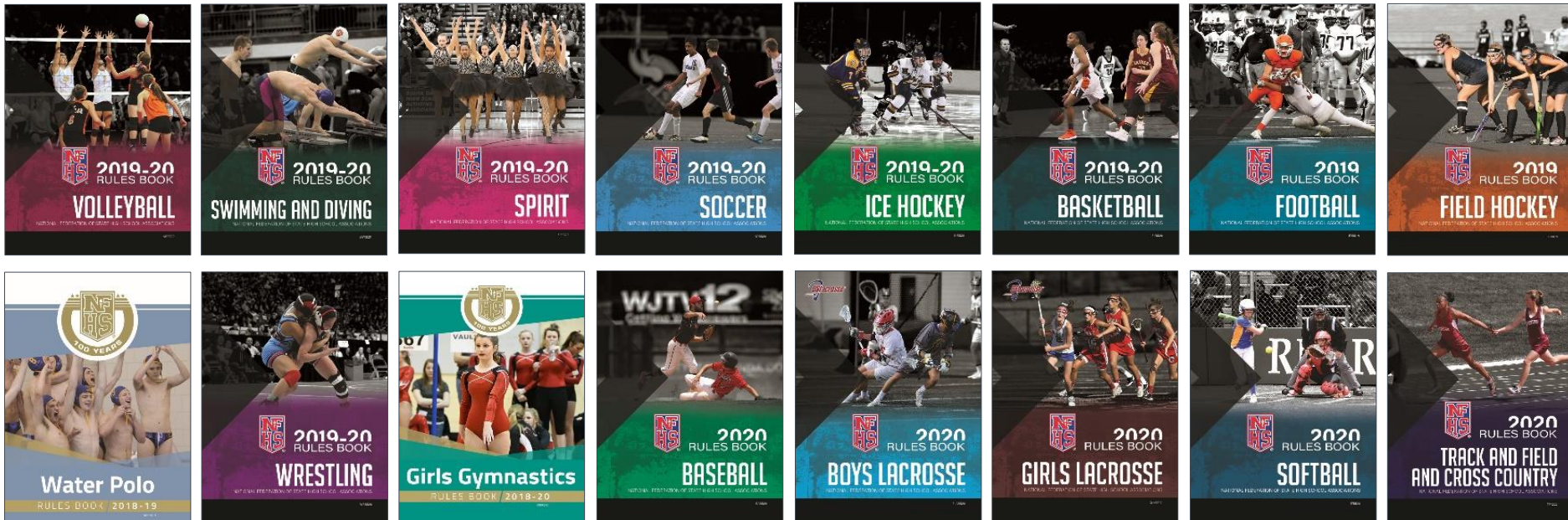


Dan Schuster
Ice Hockey




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.



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National Federation of State High School Associations




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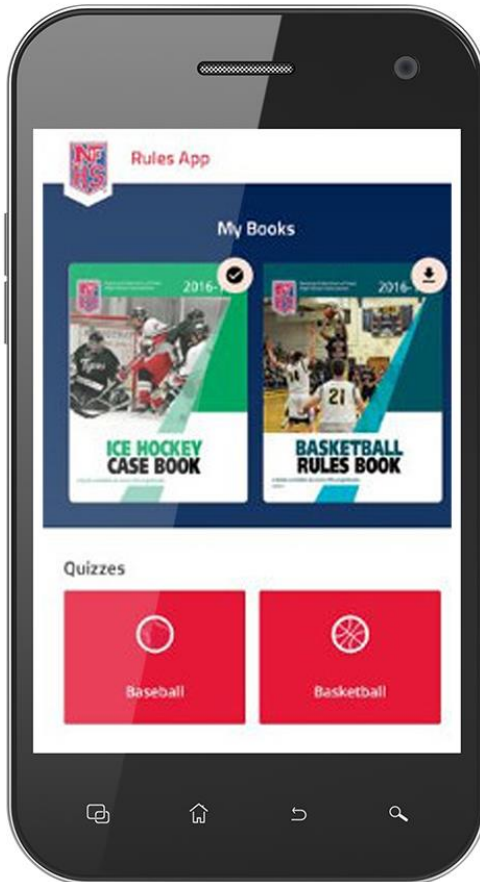
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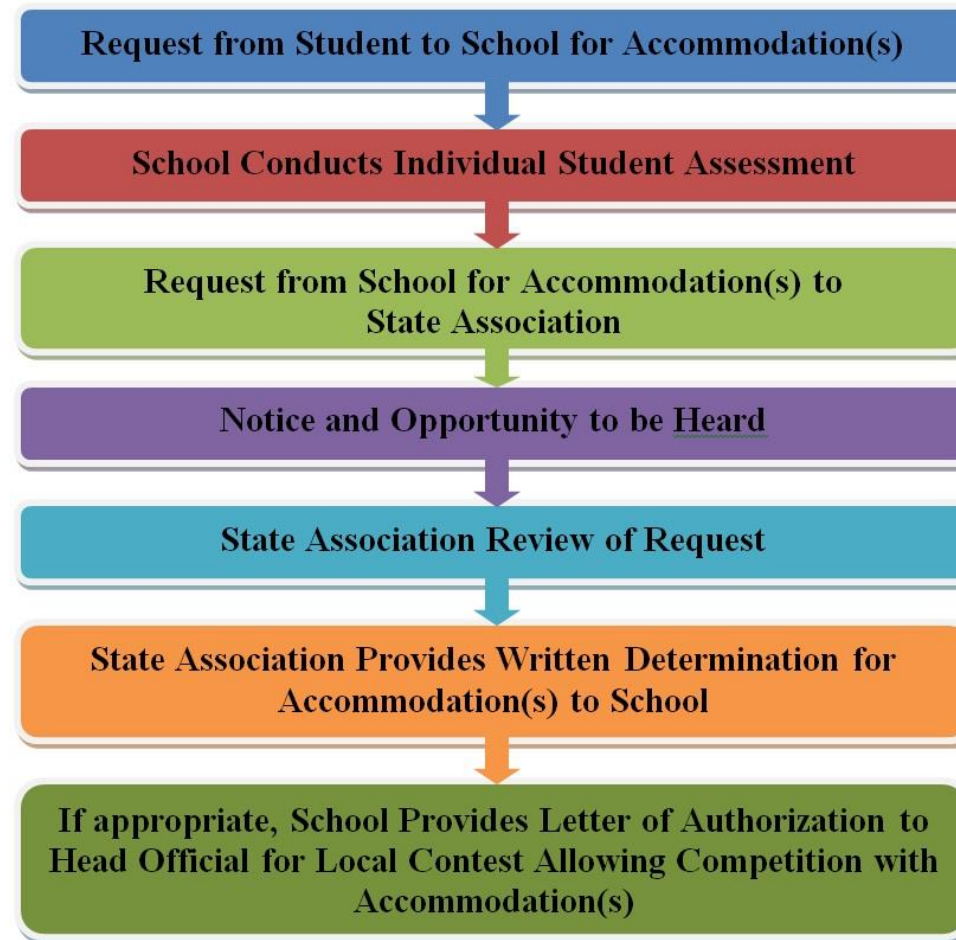
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GUIDELINES FOR SCHOOLS AND STATE ASSOCIATIONS FOR CONSIDERATION OF ACCOMMODATIONS





Rules Changes

2020 NFHS TRACK & FIELD





PROVIDING AID

4-6-5 g Disqualification and conduct

Art. 5. . . It is an unfair act when a competitor receives any assistance. Assistance includes:

g. Competitor receiving assistance from another competitor to complete the race. Both competitors shall be disqualified unless a competitor is injured or becomes ill and an appropriate health-care professional is not readily available, only the injured/ill competitor is disqualified.

NOTE: Every attempt should be made for the appropriate health-care professionals to make these decisions as to assistance. A competitor who provides assistance to an injured or ill competitor should not be disqualified if neither the individual competitor providing the assistance nor his/her team gains an advantage as a result of providing the assistance.

8-6-1e Disqualification and conduct

ART. 1 . . . A competitor is disqualified who:

- a. Receives assistance from another competitor to complete the race.
 - 1. Both competitors shall be disqualified unless a competitor is injured or become ill and an appropriate health-care professional is not readily available, only the injured/ill competitor is disqualified.

NOTE: Every attempt should be made for the appropriate health-care professionals to make these decisions as to assistance. A competitor who provides assistance to an injured or ill competitor should not be disqualified if neither the individual competitor providing the assistance nor his/her team gains an advantage as a result of providing the assistance.





EXCHANGE ZONE

5-3-3 Track Markings

ART. 3 . . . An exchange zone is designated for exchanging the baton during relay races.

It is an area the width of one lane and 20 or 30 meters long. The lines marking the limits of the exchange zone are included in these measurements. In relay races in which the incoming competitor is running 200 meters or less the exchange zone shall be extended 10-meters in the direction of the incoming competitor.

5-10-6 Relays

ART. 6 . . . Each competitor shall carry the baton by hand throughout the race and shall pass it to the succeeding teammate. The first competitor shall start with the baton, and the last competitor shall carry the baton until he/she has finished the race. The baton must be passed while the baton is within the exchange zone. A baton that inadvertently leaves a runner's hand must be retrieved immediately without interference to other runners.

NOTE: In the 4x100m and 4x200m, and other relays with legs of 200m or less, each exchange zone will be 30m long. All exchange zones for races over 200m will remain at 20m.

5-10-9 Relays

ART. 9 . . . In relay races, each outgoing competitor, while waiting for the baton, shall take a position entirely within the exchange zone and must complete the exchange while the baton is within the exchange zone.



[illegible]



RUNWAY WARM-UPS

6-2-6 General Rules for Field Events

Art. 6. . . Warm-ups should not be allowed unless supervised by an event official or the contestants coach and the venue has been declared open by the meet director. It is illegal to run backwards or in the opposite direction (non-legal direction) on a horizontal jump, pole vault or javelin runway. At the conclusion of any field event there should be no further practice and implements, including vaulting poles, shall be removed from the area. Once a competition has begun, except as scheduled, competitors are not allowed to use for practice purposes the runway, ring, takeoff area or throwing implements associated with the competition.

PENALTY: First offense shall result in a warning and, if repeated, disqualification from that event. If the incident recurs, the athlete will be disqualified from further competition in the meet.

METRIC MEASUREMENTS ADDED

6-3-2 Breaking Ties

Art. 2. . . When there is a tie at any distance or height of a field event, places and points scored shall be awarded as follows:

b. For places determined by height:

4. If the tie remains after applying (1) and (2) and:

(a.) It concerns first place, the competitors tying shall make one more attempt at the height at which they failed. If no decision is reached, 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 intervals of 1 inch (2 cm) in the high jump and 3 inches (7 cm) in the pole vault. Each competitor shall attempt one trial at each height until a winner is determined.

LONG JUMP/TRIPLE JUMP PIT CLARIFICATIONS

6-9-5 Long Jump and Triple Jump

ART. 5 . . . The landing pit shall have a minimum width of 9 feet (2.75 meters) and should meet a minimum length of 23 feet (7 meters).

Note: For long jump and triple jump pits constructed after 2019, the length of the pit shall be at least 23 feet (7 meters).

- a. In the long jump and triple jump, the foul line shall be located by measuring from the nearer edge of the landing pit to the front of the foul line.

NOTE: Distance from the foul line or takeoff board may be adjusted to accommodate different levels of competition. Competitors may change which foul line or takeoff board they are using during competition, but only with the prior notification and confirmation of the event judge. Suggested distances are:

	Boys	Girls
Long Jump	12 feet (3.7 m)	8 feet (2.5 m)
Triple Jump	32 feet (9.8m)	24 feet (7.3 m)



CROSS COUNTRY COURSE MARKINGS

8-1-1 Cross Country Course

ART. 1 . . . The cross country course shall be 2,500 to 5,000 meters (1.5 to 3.1 miles) in length as determined by the meet director or games committee. Measurement shall be along the shortest possible route a runner may take on the prescribed course.

The course shall be clearly marked using one or more of the following methods:

- a. A single wide line or boundary lines, both inside and outside, marked with a material which is not injurious to the eyes or skin.
- b. The use of natural or artificial boundary markers.
- c. Signposts with large directional arrows wherever the course turns, or flags about 1-foot square and mounted on stakes which hold them 6 feet or more above the ground.

NOTE: If a single wide line is used, it may or may not mark the shortest possible route that a runner may take.

FLAG DESIGNATIONS

- A red flag indicates a turn to the left. Runners must stay on the right side of the flag.
- A yellow flag indicates a turn to the right. Runners must stay on the left side of the flag.
- A blue flag indicates a course straight ahead. Runners may run on either side of the flag.

ART. 2 . . . In case of a discrepancy in the course markings, directional flag markings cones and course markings take precedence over any other course markings.





CROSS COUNTRY COURSE

8-1-3 Cross Country Course

ART. 3 . . . The race course should include the following features:

- a. Signs and flags at least 6 feet above the ground visible for 100 feet. Turns and guidelines should be marked on the ground with a material which is not injurious to the eyes or skin. The course should be at least 3 feet (one meter) wide at its narrowest place. No narrow section should be longer than 10 feet (3 meters) long. Small survey flags or cones at least 12 inches (30 cm) high of the appropriate color may be used in lieu of painted lines or survey chalk.
- b. No ground obstructions which might cause tripping, turned ankles, etc. No overhead objects such as tree branches lower than 8 feet above the ground. At least 90% of the course should be a yielding surface such as grass or wood chips.
- c. A 2-inch wide starting line marked at the beginning of a lengthy straightaway, wide enough to accommodate all teams; i.e., a width of the number of teams multiplied by 6 feet.
- d. At the beginning of the course, there may be a straightaway of at least 100 meters before any significant turns.
- e. At the end of the course, a straightaway of at least 150 yards (140 meters) ending in a rope funnel with a mouth 15 feet (3 meters) wide. When pull tags and chutes are used, the finish line should be at the mouth of the funnel and 15 to 25 feet (4 to 7 meters) from the chute. This funnel should narrow to a rope chute about 30 inches (0.75 meters) wide and at least 100 feet (30 meters) long. The stakes supporting the ropes should be solid enough to permit taut ropes, and the stakes and ropes near the finish line should be well-padded. See diagrams of chutes.

NOTE: For large meets, the use of multiple chutes is recommended. Where video timing is used and pull tags are not, the use of a large corral with a single exit point should be used instead of finish chutes.





Editorial Changes

2020 NFHS TRACK & FIELD





5-1-5 RUNNING EVENTS

5-1-5 Track Construction

Art. 5. . . ~~When feasible,~~ It is recommended that there be an obstacle-free zone on the inside and on the outside of the track at least 1 meter in width.

Rationale: This editorial change removed redundant language from the book.



RELAY BATON AND EXCHANGE ZONE

5-11-1 Relay Infractions

ART. 1. . . A relay team shall pass their baton in accordance with the rules. The track rules relative to fouling, coaching or interference apply identically to relay races. Also, incoming competitors may not assist teammates by pushing them.

Rationale: The change from its to their clarified that a team must finish the race with the same baton that it used at the start of the race.

ART. 6 . . . Each competitor shall carry the baton by hand throughout the race and shall pass it to the succeeding teammate. The first competitor shall start with the baton, and the last competitor shall carry the baton until he/she has finished the race. The baton must be passed while the baton is within the exchange zone. A baton that inadvertently leaves a runner's hand must be retrieved immediately without interference to other runners.

NOTE: In the 4x100m and 4x200m, and other relays with legs of 200m or less, each exchange zone will be 30m long. All exchange zones for races over 200m will remain at 20m.



JAVELIN CLARIFICATION

6-8-10d Javelin

ART. 1. . . It is foul if the competitor:

- a. Makes a 360-degree turn before the javelin has landed.
- b. Uses a delivery other than an over-arm, above-the-shoulder motion of the throwing arm.
- c. Throws the javelin so it does not fall within the sector lines.
- d. Touches on or over either the runway lines or on or over the foul-line arc before the throw ~~is marked~~ has landed.
- e. Fails to hold the javelin by the whipcord grip.
- f. Exits the runway before the implement has landed.
- g. Fails to exit the runway behind the foul-line arc and the perpendicular side extensions after the javelin has landed.

Rationale: Clarifies language permitting an athlete to exit the runway after the implement has landed and before it is marked.



Points of Emphasis

2020 NFHS TRACK & FIELD



MEET ADMINISTRATION

- Providing a quality experience to track and field athletes, coaches, and spectators does not happen by accident. Many months of pre-planning and execution have occurred before the event is finalized and the first event begins.
- Most standardized checklists include foundational topics such as: establishing entry limitations and substitution deadlines, securing meet personnel, developing a meet schedule, and preparing the facility to host the event. Quality meet administrators know and understand that while covering these essential items is certainly necessary and appropriate, the ability to drill down to the smallest details is equally important and critical for ensuring success.
- While not included on most checklists, pay special attention to the following items as they can dictate the success or failure of your event:



MEET ADMINISTRATION

- **NFHS Rule 3-1-1** gives authority to the meet director to establish a custodian of awards. Double check prior to your event that the appropriate awards have been ordered and are available. This critical step will save you embarrassment in the moments and time after the event.
- **NFHS Rule 3-4-7** allows the meet referee the authority to delegate the responsibility of counting laps for any race of two laps or more. Whomever is assigned to this duty must be confident and knowledgeable regarding counting laps and the likelihood of dealing with the potential for lapped runners. This is not a duty for a novice official or volunteer.
- **NFHS Rule 3-5-3** outlines the situations that are eligible to protest/appeal. It is imperative that coaches understand the appeal structure and its available options. Having a clear and concise protocol that is delineated to coaches prior to the start of the event will pay benefits.
- **NFHS Rule 3-18-3** designates the responsibility for ensuring that each flight of hurdles is set at proper height and prescribed point prior to each race. While moving hurdles on-and-off the track efficiently is essential, the system used to double check height and placement is also critical.
- **NFHS Rule 3-18-4** outlines the responsibilities of the block chief. Assigning an individual(s) responsible to ensure that starting blocks are in good working order, are located at the starting line of each race, and removed after the start is one less responsibility usually placed on the starter or assistant starter.
- **NFHS Rule 5-11-1** requires that in any relay race, a team must start and end the race with the same baton. Meet administrators should consider a system (color, number, etc.) that, if necessary, can assist officials in determining that the correct baton has been used by any team finishing a race.
- **NFHS Rule 6-5-3** dictates that state associations determine their own procedures regarding verification that a pole vaulter participates on a legal pole. For those states that use some type of on-site weigh-in procedure for this verification process, it is important that the scale used to determine body weight is certified as accurate considering it will determine which pole(s) the athlete is eligible to use during the competition.

Putting on a quality track and field event is not easy.

Do not let addressing the most obvious elements overshadow the less obvious during your planning.





EXCHANGE ZONE

- In sprint relays such as the 4x100 meter and 4x200 meter, and other relays with legs of 200 meter or less, the outgoing runner, while waiting for the baton, must be positioned entirely inside the 30-meter exchange zone.
- The exchange zones for relay races with legs over 200m are not impacted by this rule change.
- The rule change does not require that tracks be repainted or resurfaced in order to be in compliance with NFHS rules.



ASSISTING INJURED ATHLETES

- The competitor who receives aid will be disqualified, but when no advantage is gained the competitor assisting should not be penalized for exhibiting good sportsmanship.
- The final decision in these situations' rests with the meet referee who has sole authority to rule on infractions, irregularities, and disqualifications in a meet.





QUESTIONS

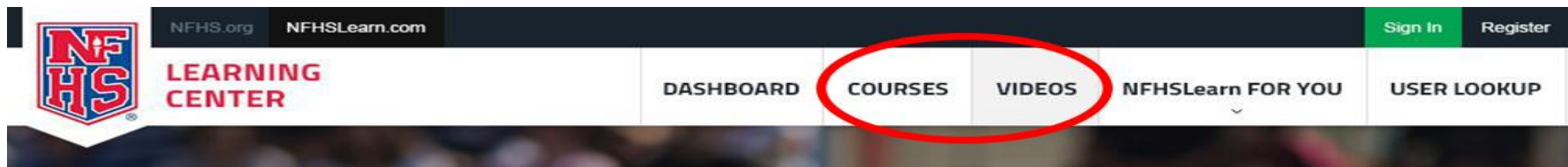


NFHS OFFICIALS EDUCATION



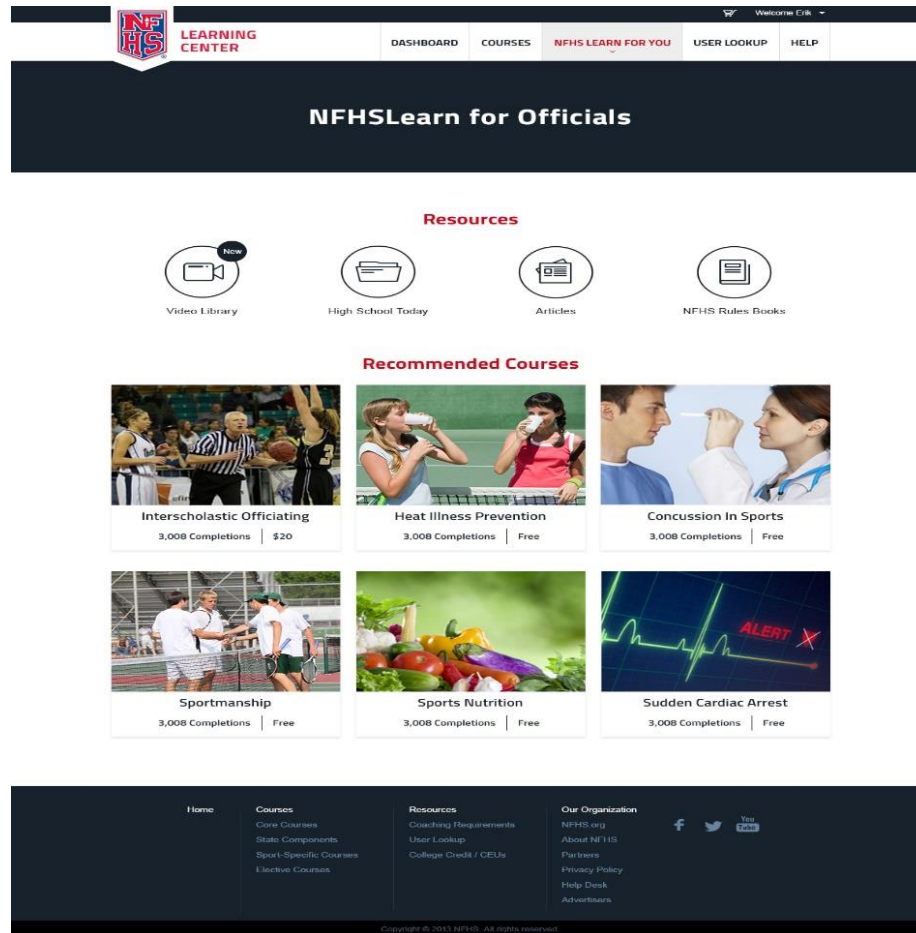
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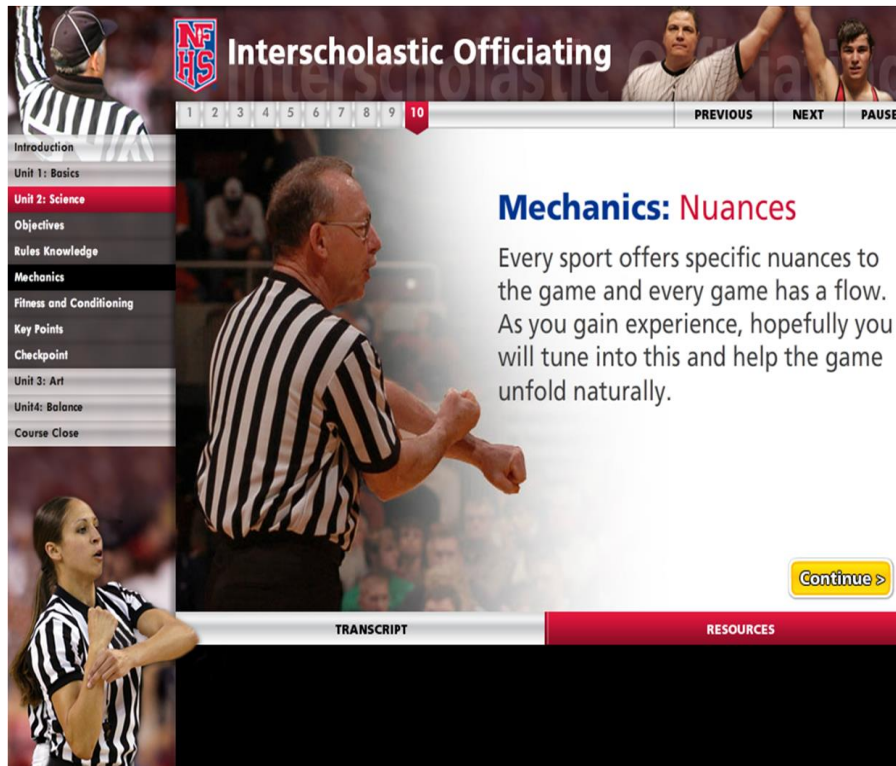


- Introduction to mechanics and techniques used in each sport
- Ideal for new officials or those in first few years of officiating
- 30-45 minutes to complete
- Topics vary based on the needs of the officials in the sport
- NFHS Officials Association members cost is \$10
- Non-members - course is \$20
- API available to state associations to collect results



INTERSCHOLASTIC OFFICIATING

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- Introduction to skills and concepts used as an official
- 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, how to combine these skills for successful officiating
- Course is **FREE** to any **NFHS Officials Association member**
- Non-members course is \$20
- API available to state associations to collect results





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Final Run Out Before Start

Cross Country



Football Mechanics: Coin Toss...

Football



Ice Hockey Rules Concepts - B...

Ice Hockey



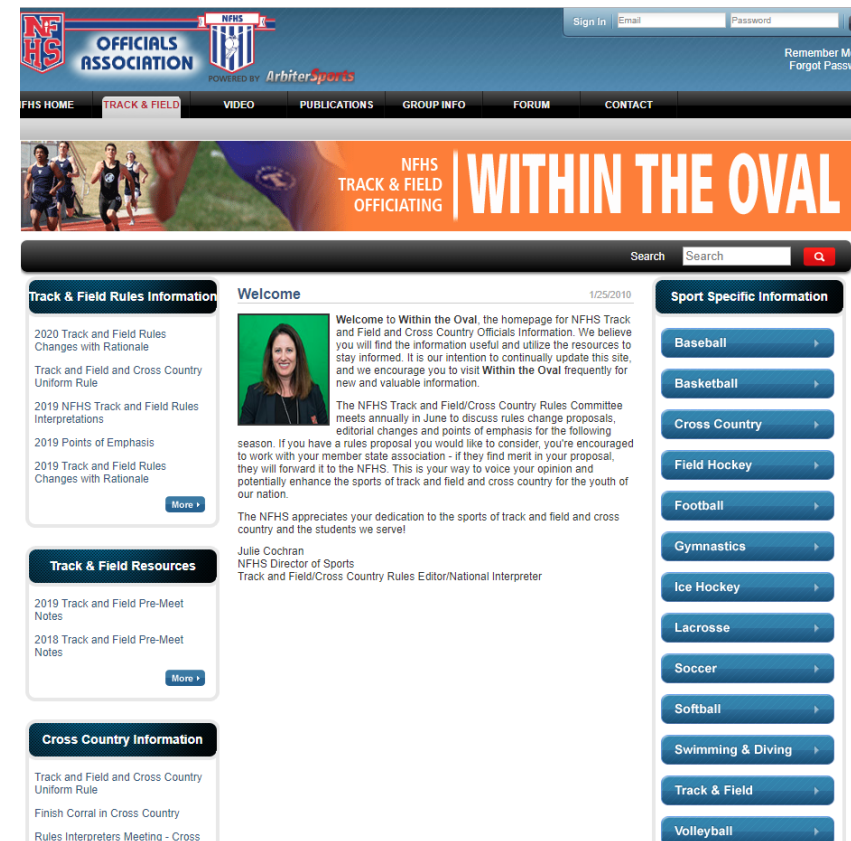
NFHS Soccer Rules: Referee Me...

Soccer

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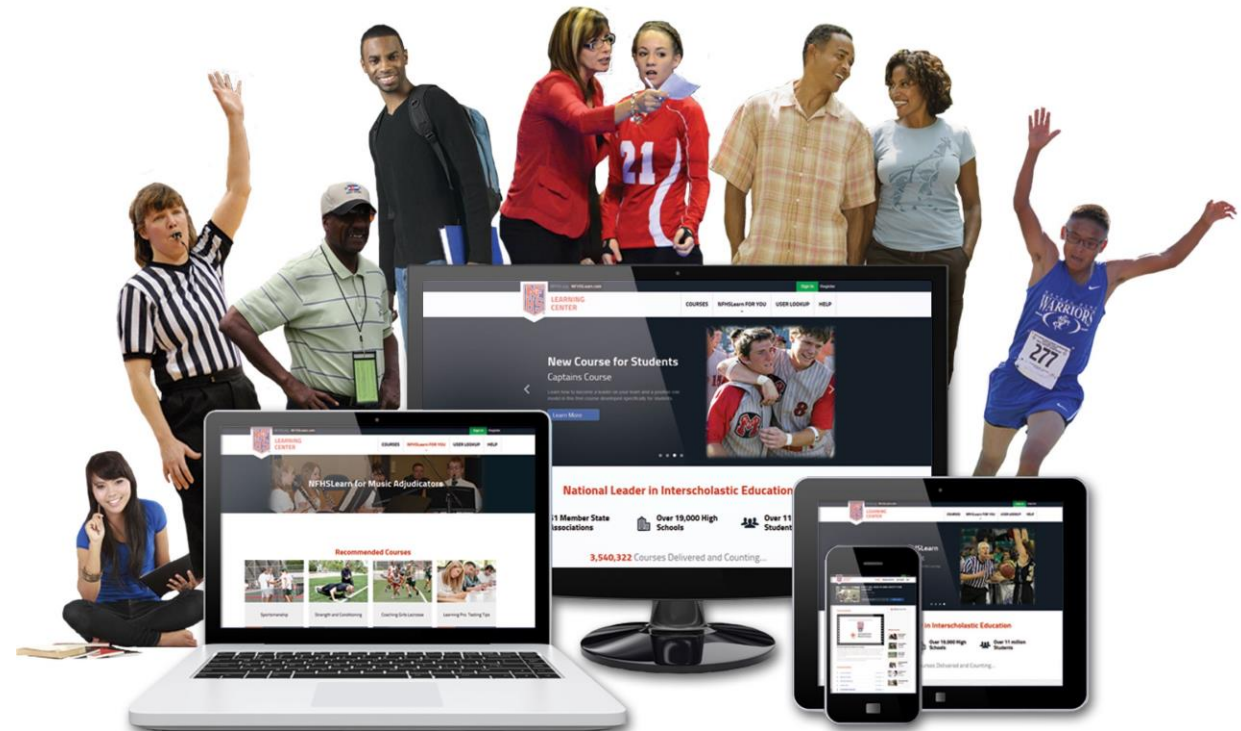
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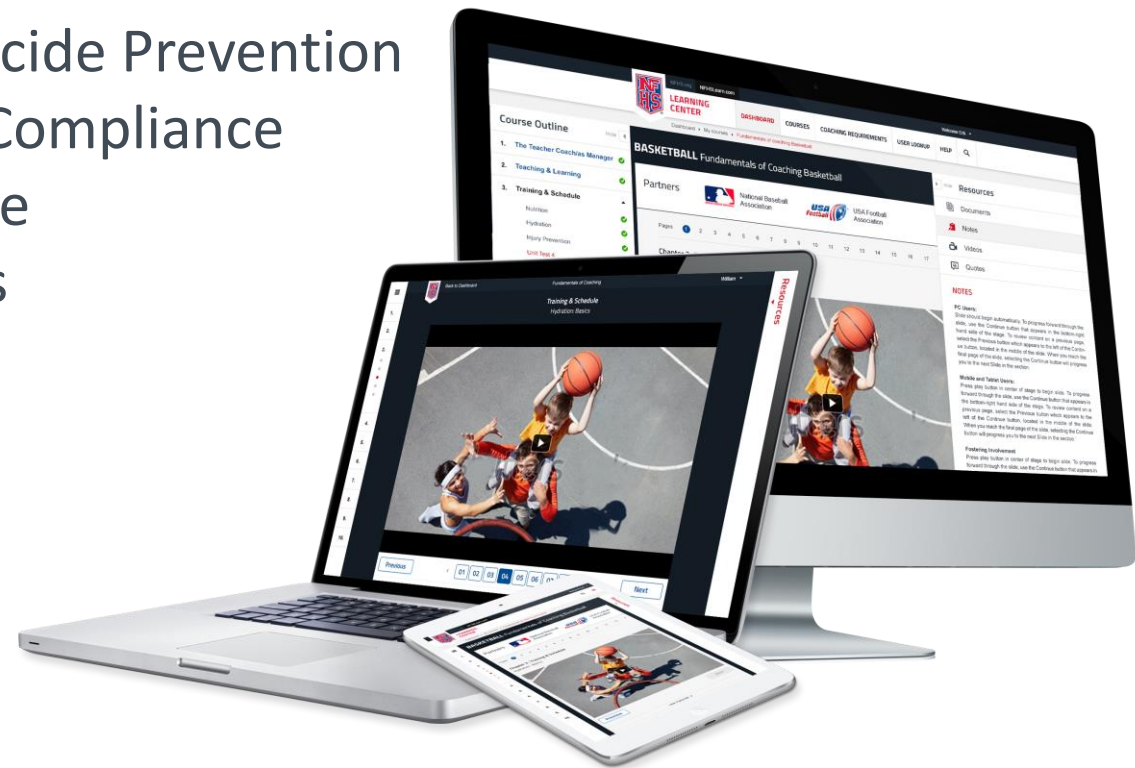
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Coaching Cross Country



Course Objectives

- Explain the cycles of the season and how to develop training plans based on them
- Illustrate drills using video of student-athletes
- Identify common Cross Country injuries and ways to prevent them
- Introduce the concepts of Team Dynamics and explain how they affect a team's performance and experience
- Provide an overview of goal-setting and mental toughness

Units

- Training Plan
- Goal Setting and Mental Toughness
- Team Dynamics
- Tapering Principles
- Common Injuries and Prevention
- Ancillary Training Activities
- Training Environments

New for 2019

Coaching Track and Field



Course Objectives

- Display fundamentals of running, jumping and throwing
- Highlight the importance of sound mechanics in teaching basic skills
- Identify key points of a skill
- Utilize video demonstrations to teach verbal cues to use when coaching athletes

Units

- Running
- Jumping
- Throwing

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NFHS NETWORK



NFHS NETWORK

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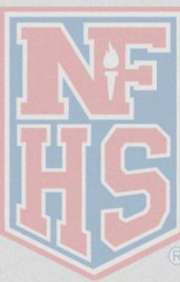


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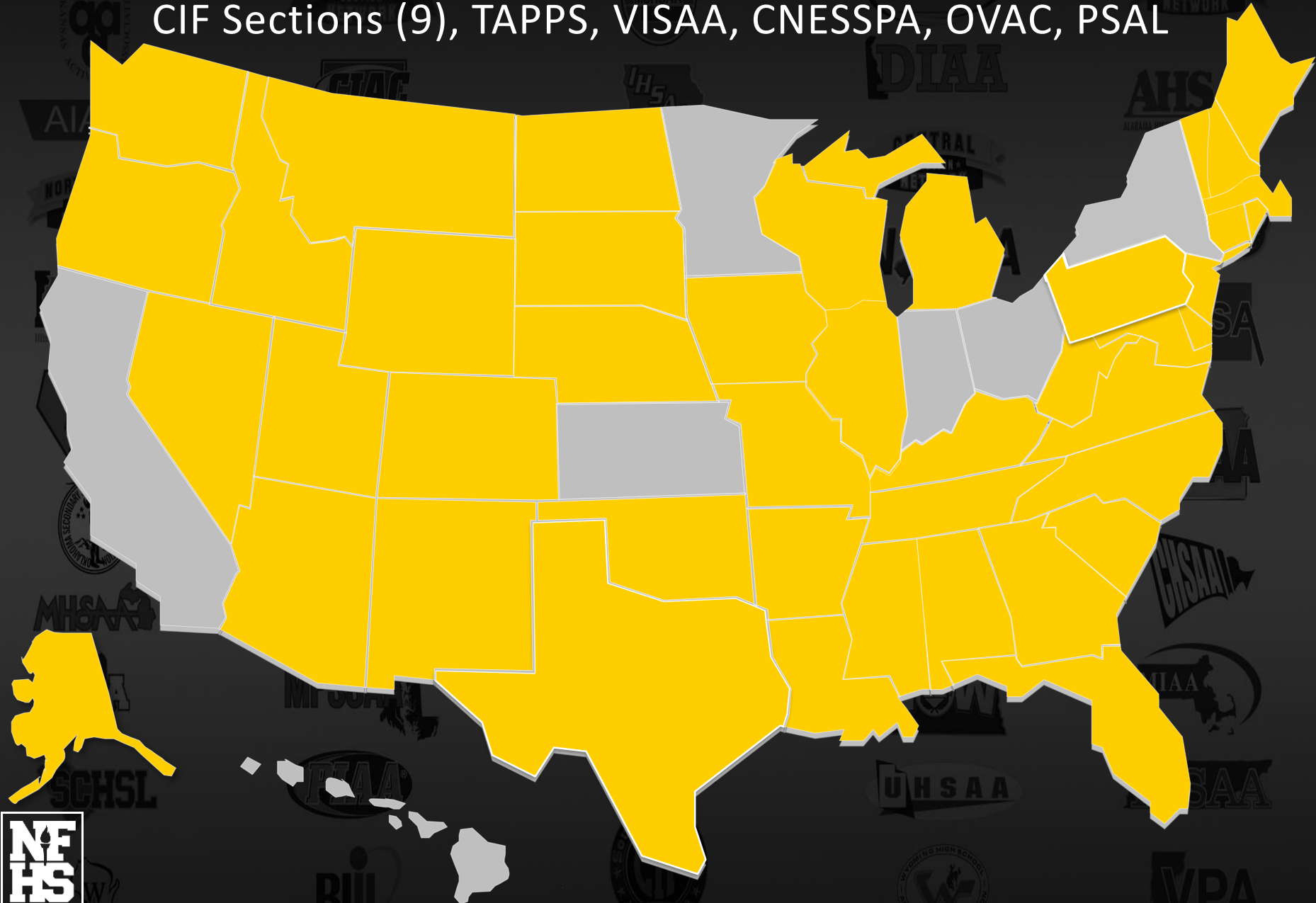
27 DIFFERENT SPORTS AND ACTIVITIES





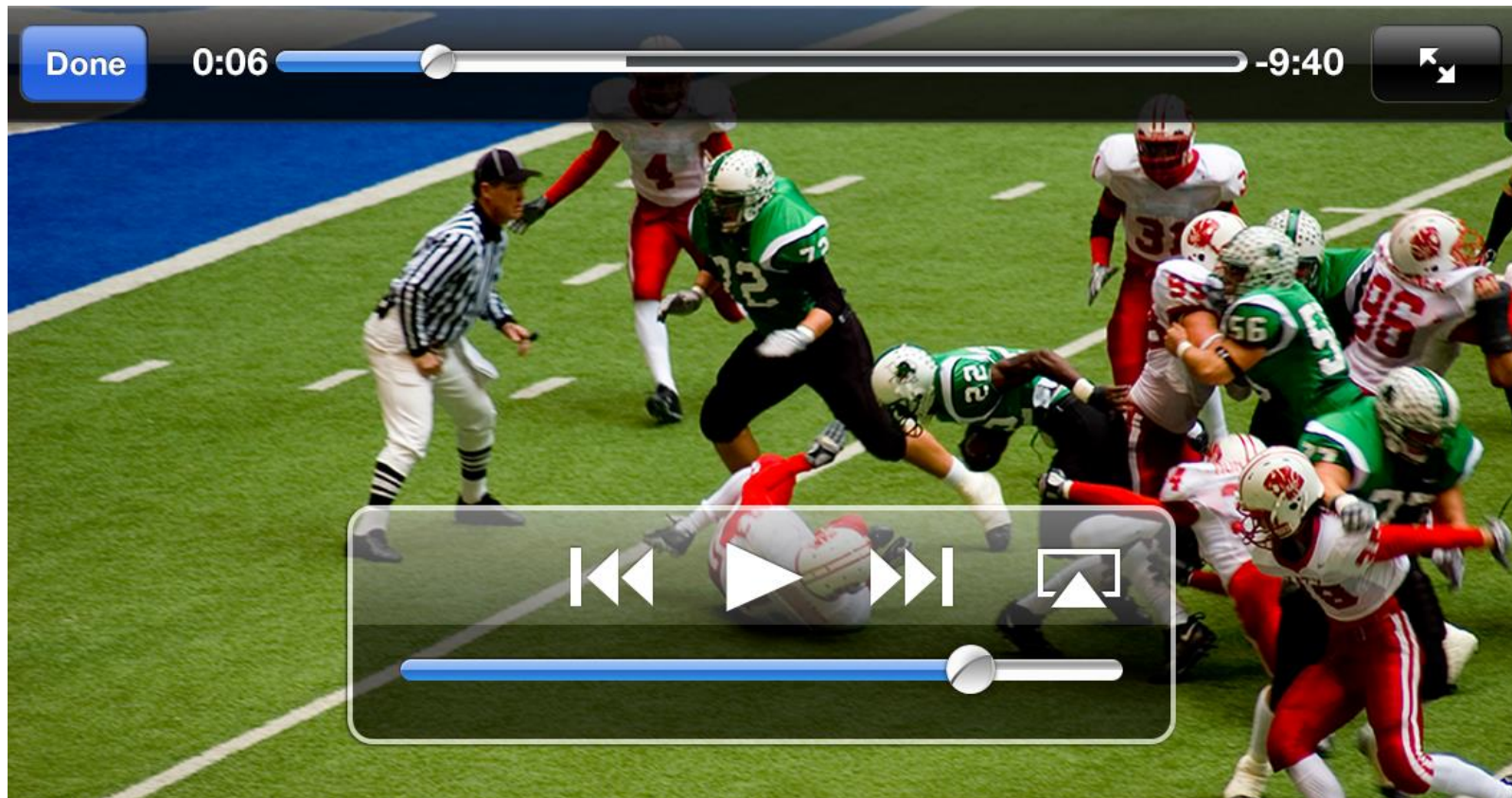
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NFHS NETWORK

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