



# 2017 NFHS TRACK & FIELD AND CROSS COUNTRY RULES POWERPOINT

National Federation of State  
High School Associations

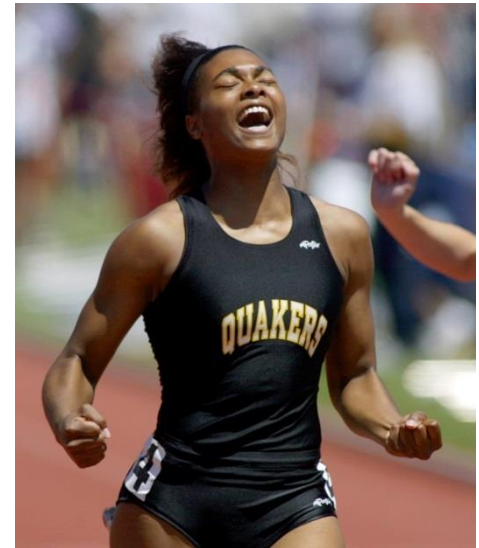


Take Part. Get Set For Life.™

Rules Changes  
Major Editorial Changes  
Points of Emphasis

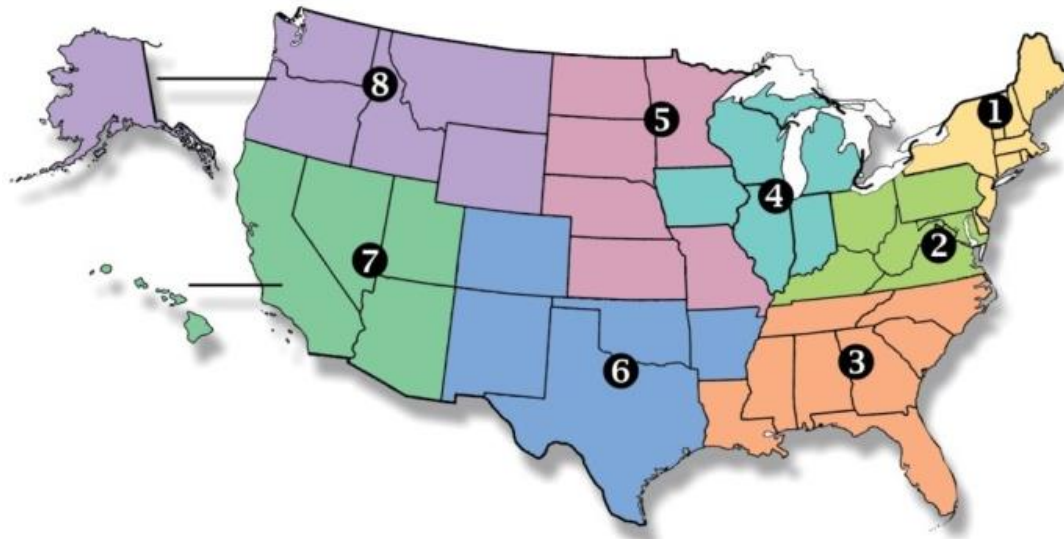
# NATIONAL FEDERATION OF STATE HIGH SCHOOL ASSOCIATIONS

- 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



Bob Colgate  
Football and Sports  
Medicine



Sandy Searcy  
Softball and  
Swimming & Diving



Elliot Hopkins  
Baseball and  
Wrestling



Mark Koski  
Field Hockey



Becky Oakes  
Cross Country,  
Gymnastics,  
Volleyball and  
Track & Field



James Weaver  
Boys and Girls  
Lacrosse and Spirit



Theresia Wynn  
Basketball and  
Soccer

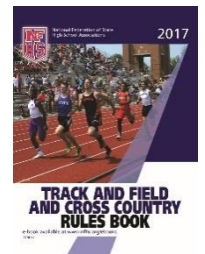
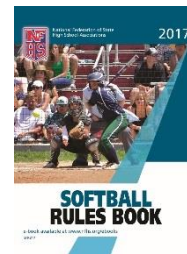
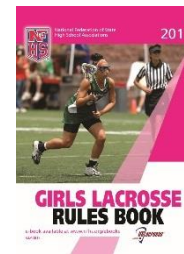
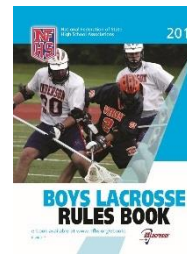
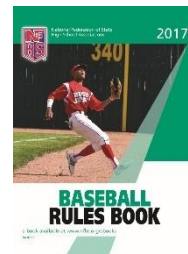
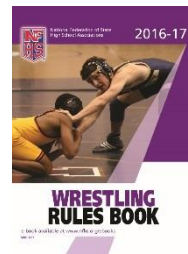
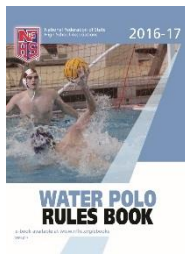
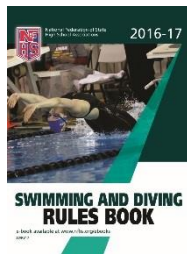
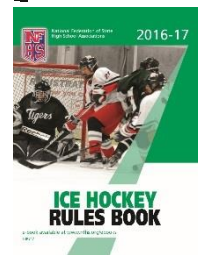
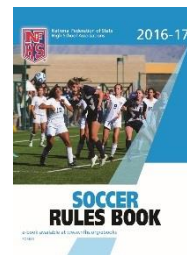
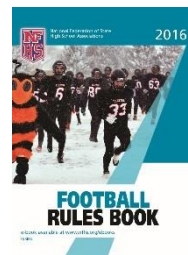
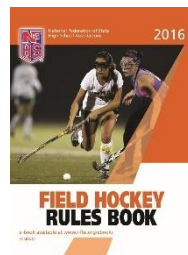
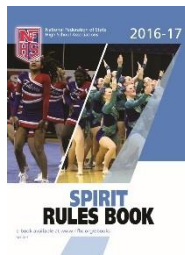
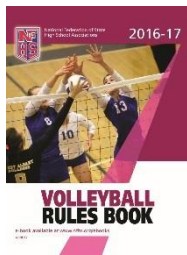


Dan Schuster  
Ice Hockey




# 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.



# 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:**

- Searchable
- Highlight Areas of Interest
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[www.nfhs.org/ebooks](http://www.nfhs.org/ebooks)

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**NFHS Rules and Case e-books for \$5.99 each**

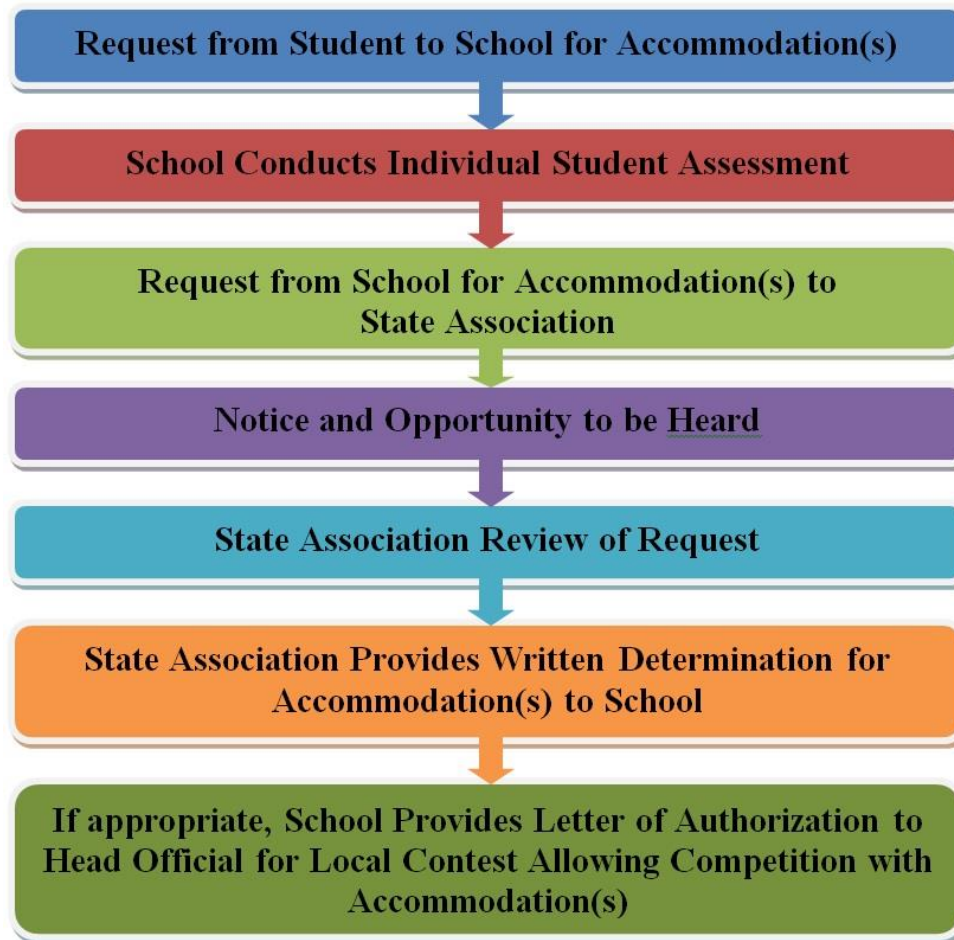
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Download from iTunes or Amazon

- E-books features:
  - Searchable
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  - Adjustable viewing size
  - Immediate availability



# GUIDELINES FOR SCHOOLS AND STATE ASSOCIATIONS FOR CONSIDERATION OF ACCOMMODATIONS





Rules Changes

# NFHS TRACK & FIELD AND CROSS COUNTRY



## COMPETITORS UNIFORM RULES 4-3-1b(5); 8-6-1b(4)

- Removes the previous NOTE from both rules which was in conflict with rules 4-3-1b(5) and 8-6-1b(4)
- One American flag, not to exceed 2 inches by 3 inches, may be worn or occupy space on **each** item of uniform apparel

# RECEIVING ASSISTANCE – ILL/INJURED ATHLETE RULES 4-6-5g and 8-7e

- It is an unfair act when a competitor receives any assistance. Assistance includes:
  - A competitor receiving assistance from another competitor to complete the race
  - When this occurs **both** competitors shall be disqualified
    - **EXCEPTION:** A competitor is injured or becomes ill and an appropriate health-care professional is not available, only the injured/ill competitor is disqualified
    - Every attempt should be made for the appropriate health-care professionals to make these decisions to assist



# RECEIVING ASSISTANCE AND DISQUALIFICATION RULE 8-7e

- A competitor is disqualified who:
  - (e) Receives 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 available, only the injured/ill competitor is disqualified
  - Every attempt should be made for the appropriate health-care professionals to make these decisions as to assistance.





## RECEIVING ASSISTANCE AND DISQUALIFICATION 4-6-5h

- It is an unfair act when a competitor receives any assistance. Assistance includes:
  - Receiving physical aid during a race or trial from **any other person**
  - “Any other person” clarifies that not only the actions of competitors and nonparticipating team members may be considered as providing assistance but any other party is also included, such as a spectator.



# CROSS COUNTRY COURSE

## RULE 8-1-3b

- Due to reorganization of rule 6 and 7, Cross Country rules are now located in **Rule 8**
- Article 3...The race course should include the following features:
  - (b) The use of a painted boundary line, both inside and outside and/or the use of natural or artificial boundary markers may be used as an alternative method to mark the course. Directional flags as described in 8-1-3a **and/or directional sign posts shall be used.**
- This new rules language clarifies that directional sign posts can be used with or in place of directional flags





Major Editorial Changes

# TRACK & FIELD AND CROSS COUNTRY





# DISQUALIFICATION AND CONDUCT

## RULE 4-6-1 NOTES

- NOTES:
  - The NFHS disapproves of any form of taunting that is intended or designed to embarrass, ridicule or demean others under any circumstances ~~including on the basis of race, religion, gender or national origin.~~
  - No coach, contestant, team member or other school personnel shall use any form of tobacco product, ~~e-cigarettes or similar items~~ beginning with arrival at the site of competition until departure from the site following completion of the meet.



## OTHER EDITORIAL CHANGES

- 8-7 a thru f
  - A competitor is disqualified who:
    - a. False starts (5-7-4)
    - b. Interferes with another competitor (4-6-3)
    - c. Is unsporting or uses unacceptable conduct (4-6-1, 2)...





Points of Emphasis

# TRACK & FIELD AND CROSS COUNTRY



# POINTS OF EMPHASIS

- Heat Acclimatization and the Prevention of Heat Illness
- Use of Rubber Discus in Practice and Competition
- NFHS Track and Field Uniform Regulations
- Sportsmanship

# HEAT ACCLIMATIZATION AND PREVENTION OF HEAT ILLNESS

- Exertional Heat Stroke (EHS) leading cause of preventable death in high school athletics
- Participation in high intensity, long-duration or repeated same day session sports in hot weather are at greatest risk
- NFHS offers free course “Heat Illness Prevention” [www.nfhslearn.com](http://www.nfhslearn.com)
- Coaches must know the prevention keys which are located in the 2017 Rules Book, pg. 77





# FUNDAMENTAL MUSTS OF HEAT ACCLIMATIZATION PLAN

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- Physical exertion and training activities should begin slowly and continue progressively. An athlete cannot be “conditioned” in a period of only two to three weeks.
- Keep each athlete’s individual level of conditioning and medical status in mind and adjust activity accordingly. These factors directly affect heat illness risk.

# FUNDAMENTAL MUSTS OF HEAT ACCLIMATIZATION PLAN

- Adjust intensity (lower) and rest breaks (increase frequency/duration), and consider type of uniform, while being sure to monitor all athletes more closely as conditions are increasingly warm/humid, especially if there is a change in weather from the previous few days.
- Athletes must begin practices and training activities adequately hydrated.





# FUNDAMENTAL MUSTS OF HEAT ACCLIMATIZATION PLAN

- Recognize early signs of distress and developing exertional heat illness, and promptly adjust activity and treat accordingly. First aid should not be delayed!
- Recognize more serious signs of exertional heat-related distress (clumsiness, stumbling, collapse, obvious behavioral changes and/or other central nervous system problems), immediately stop activity and promptly seek medical attention by activating the Emergency Medical System. On-site rapid cooling should begin immediately.
- An Emergency Action Plan with clearly defined written and practiced protocols should be developed and in place ahead of time.





# TRACK AND FIELD UNIFORM REGULATIONS

- During a meet, the clerk of the course has the responsibility to check and enforce uniform, visible apparel and shoe regulations
- Prior to meet the ultimate responsibility rests with the coach
  - No valid reason for athlete to show up in illegal uniform
  - If athlete is purchasing a component of the uniform or permitted attire, coach must make certain the athlete and parents are educated on what will be rule compliant



# TRACK AND FIELD UNIFORM REGULATIONS

- Garments worn under the uniform bottom are considered foundation garments, providing they DO NOT extend beyond the knees, and are not subject to color or logo restrictions
- This holds true for sports bras and/or boxer style foundation garments as well





# TRACK AND FIELD UNIFORM REGULATIONS

- Two or more members of a relay team or cross country team wearing visible undergarments **extending below the knees shall be** the same single, solid color and unadorned
- The purpose for the specific uniform rules for relay and cross country teams is to ensure that members of the same team are easily identifiable to meet officials and other competitors



# TRACK AND FIELD UNIFORM REGULATIONS



- One logo or two?
- If it fits within 2 ¼ square inches with no dimension greater than 2 ¼ inches, this is a single logo

# SPORTSMANSHIP

- Good sporting conduct, sportsmanship, is a foundational pillar of high school athletics
- Its value and importance should not be overlooked or taken for granted
- Sportsmanship rules exist to help officials, parents, coaches and the student-athletes themselves develop and reinforce values that are applicable to the development of the whole person and enhance the participation experience



# SPORTSMANSHIP

- Respect for others, honesty, fair play, and learning and understanding rules are critical action skills that, when practiced, will enhance any individual's character
- The absence of good sportsmanship jeopardizes one of the fundamental principles of participation in education-based athletics
- This season “step-up to the line” and practice respect, honesty, fair play...the essence of good sportsmanship, a true characteristic that makes track and field/cross country such great sports with lifelong values





# NFHS OFFICIALS ASSOCIATION CENTRAL HUB



# NFHS OFFICIALS ASSOCIATION CENTRAL HUB

<https://nfhs-trackfield.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 Central Hub website. The header features the NFHS logo, the text "OFFICIALS ASSOCIATION", and "POWERED BY Arbitersports". Navigation links include "NFHS HOME", "TRACK & FIELD", "VIDEO", "PUBLICATIONS", "GROUP INFO", "FORUM", and "CONTACT". A user profile for Lindsey Atkinson (Admin) is visible in the top right corner. The main banner reads "NFHS TRACK & FIELD OFFICIATING | WITHIN THE OVAL". Below the banner is a search bar. The content area is divided into three columns. The left column, titled "Track & Field Rules", lists links for "High School Track and Field/Cross Country Rules Changes Include Assisting Injured Competitor", "2016 Rule Interpretations", "2016-17 Track and Field Rules Changes with Rationale", "2016-17 Comments on the Rules", and "2016-17 Points of Emphasis", with a "More" link. The middle column, titled "Welcome", features a photo of Becky Oakes, NFHS Director of Sports and Track and Field/Cross Country Rules Editor/National Interpreter, and a "Welcome to Within the Oval" message. The right column, titled "Sport Specific Information", lists various sports with expandable buttons: Baseball, Basketball, Cross Country, Field Hockey, Football, Gymnastics, Ice Hockey, Lacrosse, Soccer, Softball, Swimming & Diving, Track & Field, Volleyball, and Wrestling. The bottom left column, titled "Cross Country Information", lists links for "Finish Corral in Cross Country", "Rules Interpreters Meeting - Cross Country Administration (Marcy Thurwachter) 2010", and "NFHS Guidelines for Lightning Safety".



# 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



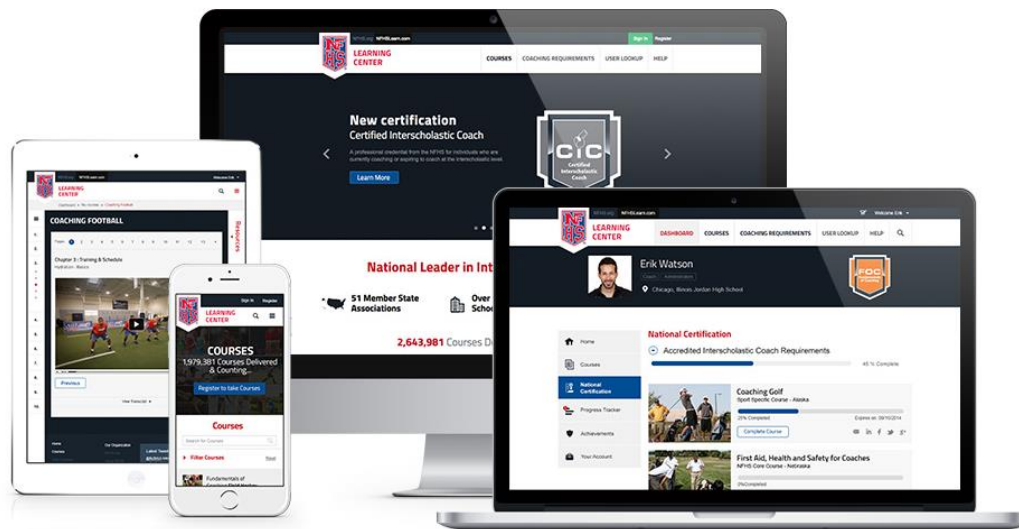


# NFHS LEARNING CENTER



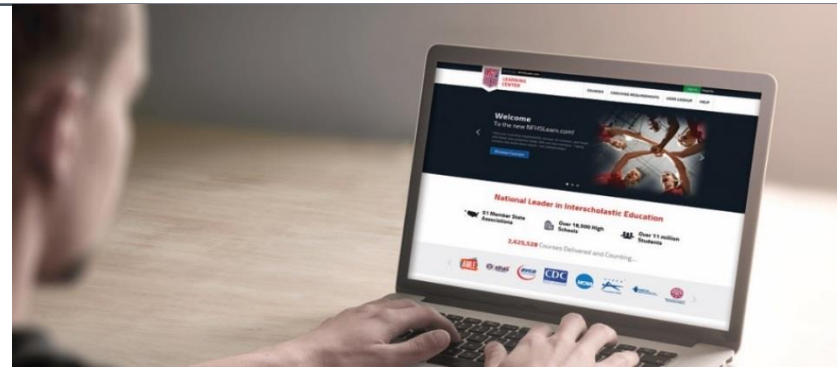
# THE NFHS LEARNING CENTER

- **Mission:** Provide ongoing professional development for Coaches, Administrators, Students, Parents and Officials on the role they play within interscholastic athletics and activities.



# WWW.NFHSLEARN.COM

- Register on NFHSLearn.com and receive the following great benefits:
  - Immediate access to all 18 NFHS free courses
  - Opportunity to receive email updates on your sport, upcoming courses and much more
  - Access coursework 24/7/365
  - Access completion certificates 24/7/365





# 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](http://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](http://nfhslearn.com)!

# NFHS FREE COURSES

- Concussion in Sports
- Coaching Pole Vault
- NCAA Eligibility
- Positive Sport Parenting
- Sportsmanship
- Sports Nutrition
- Heat Illness Prevention
- Introduction to Music Adjudication
- Introduction to Pitch Smart
- Learning Pro – Suite of 4 courses
- Coaching Unified Sports
- Creating a Safe and Respectful Environment
- Engaging Effectively with Parents
- Sudden Cardiac Arrest
- Captains Course
- Interscholastic Officiating



**National Coach Certification Program**





# NFHS NETWORK



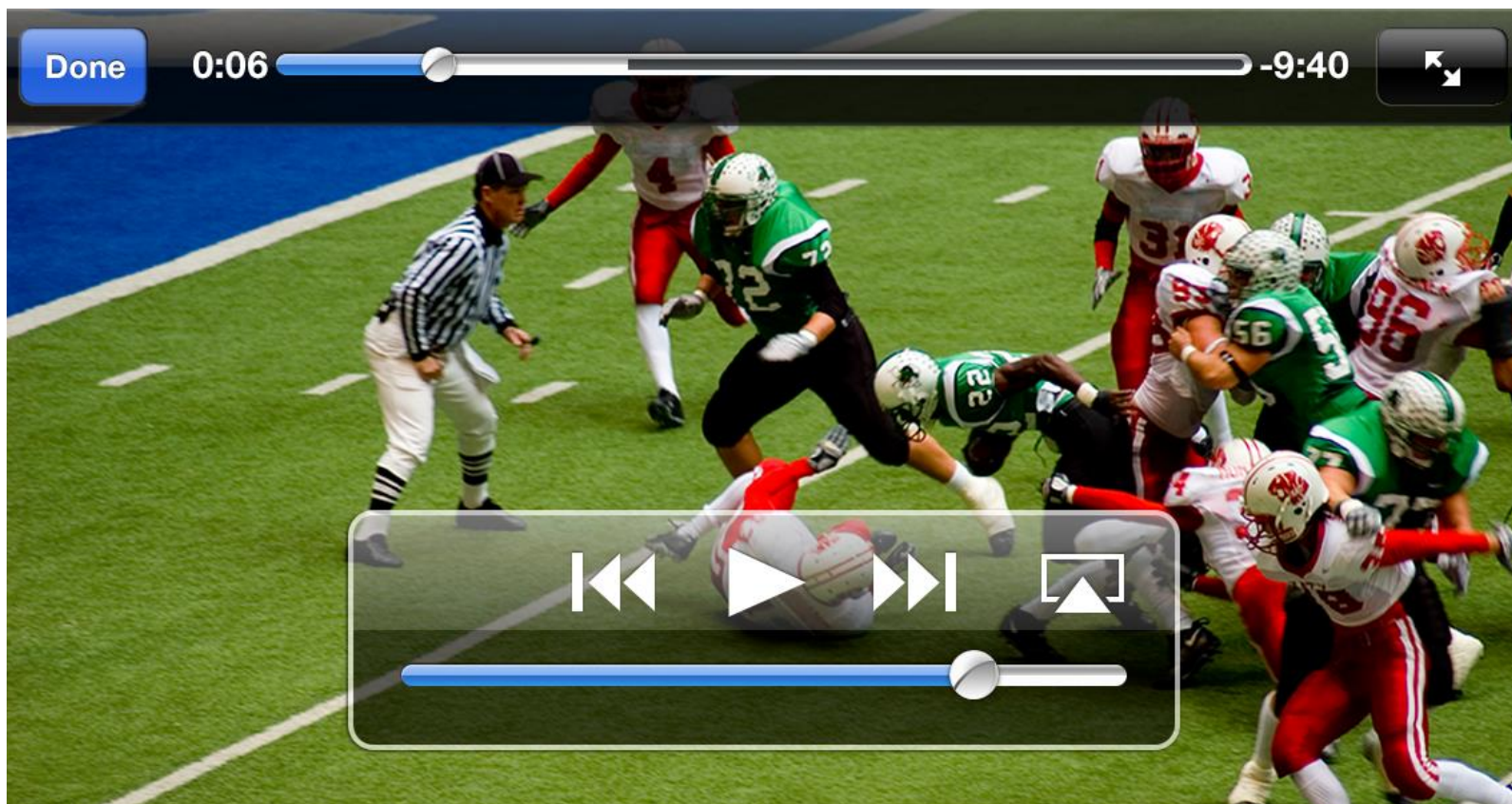
# NFHS NETWORK

- 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...



# 27 DIFFERENT SPORTS AND ACTIVITIES



# 3 MILLION UNIQUE VIEWERS



# THANK YOU!

[www.nfhs.org](http://www.nfhs.org)

