

National Federation of State
High School Associations



*2009 Track and Field
and Cross Country*

Rules Changes

Major Editorial Changes

Points of Emphasis

Take Part. Get Set For Life.™

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Track and Field and Cross Country Rules Book

2009



TFRB09

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Rule Interpretations

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Uniform

Rules 3-2-4(o), 4-3-1 and 9-6-1



- The items on the arms are not considered a visible undergarment, and not a part of the official uniform
- These items are legal unless the games committee restricts the wearing of such items, or restricted by state association policy



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Editorial Changes

- Rule 4-5-10 –
Injury, Bleeding

A competitor who is bleeding, has an open wound, has **any** amount of blood on his/her uniform, or has blood on his/her person, may complete the running or field event.

He/she shall be directed to leave the activity until the bleeding is stopped, the wound covered, the uniform and/or body is appropriately cleaned, and/or the uniform is changed before returning to competition.



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Points of Emphasis

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Points of Emphasis: Electronic Devices

- NFHS rules do not completely eliminate the use of personal electronic devices by coaches, contestants, or officials.
- The rules do prohibit the use of wireless communication devices, other than the official communication equipment, unless approved by the games committee.
- The games committee determines allowable electronic devices and those electronic devices that are to be prohibited at the meet.



Points of Emphasis: Electronic Devices

- The use of any wireless device to communicate performance or technique information, including pictures, between coaches and athletes is always prohibited.



Points of Emphasis: Starter's Pistol

- Only a starter's pistol may be used when using a gun for the starting device.
- The starter's pistol is a closed barrel pistol, incapable of discharging a live round.
- Possession of firearms on school grounds is prohibited by statute in states.



Points of Emphasis: Visible Undergarments

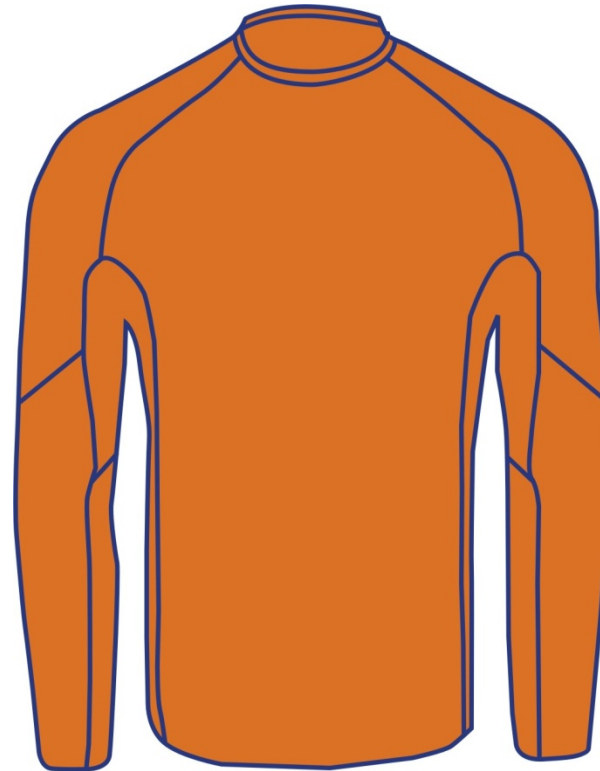
- Design and style of undergarments are constantly changing.
- Track and Field Rules Committee reaffirms the requirements of Rules 4-3-1, 2 and 9-6-1 that visible undergarments must be unadorned and of a single color.



Points of Emphasis: Visible Undergarments

- Visible undergarments displaying seams stitched on the outside of the garment in a visible contrasting color to the undergarment will be illegal beginning with the 2009-10 season unless already prohibited by state association policy.

**Contrasting color of
seams makes garment
illegal in 2009-2010**



Points of Emphasis: Visible Undergarments

- This one year exemption is a result of a previous interpretation approved by the committee and distributed by the NFHS.
- Coaches must be aware of the rule requirements when purchasing undergarments and must inform students, who are purchasing their own competitive undergarments, of the rules to avoid non-compliance.



Points of Emphasis: Rules Enforcement Throughout the Season

- The NFHS competition rules and interpretations are the foundation for creating fair and equitable competition for all competitors.
- The rules are only one third of the formula for success.



Points of Emphasis: Rules Enforcement Throughout the Season

- The second variable is a core of knowledgeable officials and workers.
 - Many meets depend on volunteers to assist with officiating responsibilities.
 - Track and field leaders must educate the numerous individuals needed to run a quality meet.



Points of Emphasis: Rules Enforcement Throughout the Season

- Volunteers and others who are not registered officials should be provided with NFHS rules materials to assist in their meet responsibilities to the competitors.
- Proper training should be provided prior to the meet to develop the familiarity with the rules so events are fun by the rules and fair competition is provided to all.



Points of Emphasis: Rules Enforcement Throughout the Season

- The third variable is meet management.
 - Information specific to the site and from the NFHS Officials Manual should be provided and reviewed with workers.
 - Fairness in all competition starts with making sure that all timing, marks and judgments are made by workers who understand the rules.



Points of Emphasis: Rules Enforcement Throughout the Season

- Proper attention to these three variables will provide for a successful, competitive environment.



NFHS Track and Field and Cross Country

- The Rules Book, Case Book and Officials Manual can be ordered:
 - Online at www.nfhs.com
 - Calling 1-800-776-3462

