

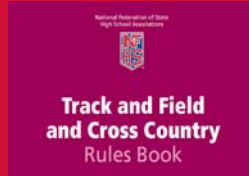
National Federation of State  
High School Associations



2008  
Track & Field  
and Cross Country  
Rules Changes  
Major Editorial Changes  
Points of Emphasis

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National Federation of State  
High School Associations



## Rules Changes

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## Rule 2-3-2 New

- Meet results may be corrected at any time when a participant, who has been disqualified from further participation in the meet, has participated and scored points.
  - Previous Article 2-3-3, regarding an ineligible athlete, is now addressed in Rule 2-3-2.



- The process for the correcting of the score due to an error of permitting a disqualified contestant to participate had not been clearly addressed in the rules.
- These changes will assist in proper meet administration if such an error occurs.

## Rule 2-3-2 New

- A disqualified contestant/participant is one who is:
  - Eligible in all respects to be entered and compete in the meet but during the meet is disqualified from any further competition in that meet; or
  - Not eligible to be entered as a contestant in the meet.



- A disqualified contestant may be defined in one of these two ways.
- In the first example you have a contestant who was in the meet but due to a violation of track and field rules has been disqualified from further competition; however, the disqualification was overlooked and the contestant did compete in another event and scored points.
- The second example is when the student was not eligible to be entered in the meet but was entered, placed and scored points.

## Rule 2-3-2 New

- The state association may establish a policy to address the length of period for the correction of individual and team scores due to a disqualified contestant participating, placing and scoring points.
  - This policy may also include the advancement policy for the state meet series.
- Absent of a state association policy for the regular season, the games committee has the authority to establish the deadline for the correction of the score.



•The 48 hour correction of the score due to a clerical error does not automatically apply in these situations.

•Either by state association policy and/or by-laws or by games committee action the length of period for correction of the score due to participation of a disqualified contestant must be established in advance of the competition.

## Rule 2-3-2 New

- Good communication between officials and any disqualified contestant and his/her coach will minimize erroneous participation from occurring.



- Good communication among the appropriate parties is always important when having to deal with a disqualification.

## Rule 2-3-2 New

- **SITUATION:** A3 participated, placed and scored points before anyone detected that A3 had been disqualified after his/her first event and was no longer eligible for further competition in the meet.
- **RULING:** Meet scoring results will be corrected on site. **COMMENT:** The games committee, unless state association policy determines otherwise, shall outline in advance of the competition the deadline to correct scoring errors in addition to clerical errors covered in Rule 2-3-1. Advancement of place winners shall continue to be covered under Rule 2-1-3.



## Rule 2-3-2 New

- **SITUATION:** At a meet conducted on a Friday, A3 participated, placed and scored points. He/she was not eligible to have been a contestant in the meet due to a problem at school the day of the meet and school policy on participation. The coach of A3 did not detect the situation until Monday. The coach notified the host school management of the ineligible contestant.
- **RULING:** Meet scoring results beyond clerical errors will be corrected up to the deadline established by the games committee or state association policy.



- This situation could occur as a result of a student violating a school policy, the coach not being notified of the problem and the student not disclosing his/her problem.
- The coach responded properly and it is possible to correct the score if a deadline had been established before the meet and it has not elapsed.

## Rule 3-2-4g

- The games committee has the authority to designate specific areas for coaches to observe and confer with competitors during competition.
- Designating specific areas where coaches may confer with competitors will assist the coach/athlete communication and assist with meet administration by having identified areas where coaches may be located and not interfere with competition.



## Rule 3-2-4g

- **SITUATION:** The games committee has designated an area where coaches may observe and confer with their athletes for the pole vault and discus. Both of these events are being held away from the track. No such coaching area is available for the shot put due to its location on the infield. The coach from Team A wants to confer with A1 in the shot put but is told by meet officials he/she may not approach the shot put area and there is no designated coaching area for this event.
- **RULING:** Correct procedure.



## Rule 3-2-4g

- **COMMENT:** The games committee has the authority to establish these designated coaching areas. If a specific area has not been established then all coaches must remain away from this event's venue during competition and perhaps throughout the meet if the track and infield is a restricted area except for participants. Due to event venue location, it may not be practical to have a designated coaching area.



## Rule 4-3-1d(1)

- A school name or insignia may be worn on an undergarment providing it is not larger than 2¼ square inches with no dimension more than 2¼ inches.
- If more than one visible garment is worn under a uniform top/bottom, all such garments worn under the uniform piece shall be the same, single solid color.



- The wearing of undergarments in cross country and track and field is prevalent.
- When worn, there are certain requirements that must be met if the undergarment(s) is to be legal.
- It is legal, if appropriate size, for the school name or insignia to be placed on the undergarment(s).

## Rule 4-3-1d(1)



- In this illustration you can see the school mark has been placed on the undergarment.
- This is legal providing the size requirement by rule is met.
- The school name, insignia, mascot could be placed on the uniform top and bottom but does not have a size restriction on the uniform.

## Rule 4-3-1d(1)

- If more than one visible undergarment is worn under one piece of a two piece uniform or under a one piece uniform all visible undergarments must be the same single, solid color.



- Any and all visible undergarments worn under the uniform top shall be the same single, solid color.
- Any and all visible undergarments worn under the uniform bottom shall be the same single, solid color.
- It is legal to wear one color under the uniform top and another color under the uniform bottom.
- Coaches should remind their athletes of the special requirements on uniforms when participating on a relay or cross country team.

## Rule 4-3-1d(1)



- Here we have a legal uniform as the contestant is wearing two visible undergarments under the uniform bottom and both are gold in color.
- In the second illustration an illegal uniform is being presented as the multiple visible undergarments worn under the shorts are not the same single, solid color.

## Rule 6-5-4

- For the shot put event, the rule requires the use of the standard (international)-length stopboard of 4 feet, rather than a shorter board for the 34.92-degree sector.



- There is no need to have a customized stopboard constructed just for high school.
- A portion of the original intent of this rule when moving to the 34.92-degree throwing sector would have a rule consistent with other rule codes.
- This change to delete any reference to a shorter stopboard will eliminate the need for any change and unnecessary costs for a replacement stopboard.

## Rule 7-5-29b

- It is no longer a foul if the feet of a competitor in the pole vault leave the ground in the approach and return providing no part of the body touches the landing pit or ground beyond the vertical plane.
- The vaulter has the opportunity to execute his/her attempt providing it is performed within the prescribed time limit for the event.



- The elimination of a vaulter's feet leaving and returning to the ground, providing all other conditions for this action are met, from the list of fouls allows a vaulter to choose to not complete this attempt for whatever reason and still execute another attempt providing it takes place during the allotted time for a trial.

## Rule 7-5-29b

- This change in the pole vault now has all vertical jumps judged in the same fashion and benefits the competitor.



## Rule 7-5-29b

- **SITUATION:** A1 is in his/her second attempt at the current height for the pole vault. A1 has a slight stumble and is off stride just before planting the pole. In order to stop and be under control, the vaulter aborts the attempt and places the pole in the plant box and the vaulter's feet leave the ground. The vaulter breaks the vertical plane, but in landing back on the ground does not touch either the landing pit or ground beyond the vertical plane. The vaulter quickly returns down the runway to make another approach and completes the attempt within the time limit for the trial.



## Rule 7-5-29b

- **RULING:** Legal. **COMMENT:** A competitor in the pole vault may have an approach he/she does not complete and in so doing have his/her feet leave the ground, break the plane of the zero point and if having no contact with the landing pad or ground beyond the zero point this is not an attempt and is not a foul. The vaulter may still make a legal attempt providing he/she does so within the allotted time for a trial.



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2008

Major Editorial Changes

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## Editorial Changes

- 3-2-3g: Includes in listing of games committee authority that the GC can reduce or eliminate use of timers at the finish line when FAT is used
- 3-5-(2-4): Change in terminology that a coach will “protest” to the referee and file written appeal to the jury of appeals



- 3-2-3g is just a clarification that this authority rests with the games committee.
- Coaches will **protest** a misapplication of a rule to the referee and will **appeal** to the jury of appeals.
- This change in terminology is not a change in procedure but is merely adopting the term **protest** which most coaches use when indicating a questioning of the application of a rule.

## Editorial Changes

- 4-3-1c(2) and 9-6-1b: Includes language for clarification that compression-style bottoms are permitted for boys and girls as a legal uniform
- 5-7-3: Includes the proper starting procedure that competitors are to take position at least one step behind starting line and step to the line with the “On your marks” command
- 6-2-12: Clarifies the reference to “coach” to be present in warm-ups is the individual contestant’s coach



- 5-7-3 did not previously contain the positioning of the competitors for these races and their actions upon the starter’s command.
- This editorial change just places in the rule the already accepted starting protocol for races 800 meters or more outdoors and 600 meters or more indoors.
- 6-2-12 clarifies the interpretation of “coach” as being the individual’s coach and not a coach from a different school being responsible for another school’s contestants.

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2008

Points of Emphasis

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## Points of Emphasis

- The sport of track and field has many events taking place concurrently resulting in competitors going in different directions with a different focus ranging from warmup to competition.
- The track and field season beginning in early spring and concluding in early summer can offer a wide range of temperatures and other weather related conditions in which competition is conducted.



## Points of Emphasis

- Cross country season is equally as challenging as it can be hot or cold and have numerous participants in a single event spread out over a large course.
- For these reasons as well as others, proper care should be taken to conduct fair and safe competitions.



## Points of Emphasis: Risk Minimization in Competition

- Attention in the following areas will assist to minimize risk to the competitors in track & field and cross country competitions:
  - Proper administration and appropriate restricted areas in all throws, jumps and the course
  - Hydration of all athletes
  - Well-marked restricted areas for all running events
  - Well-marshaled areas to encourage positive spectator behavior
  - Specific mechanics for implementation of appropriate officiating procedures

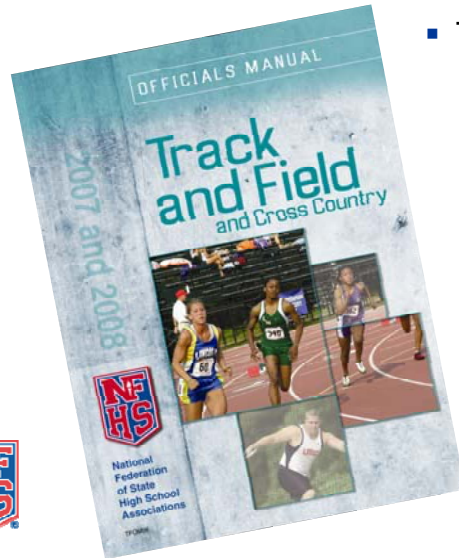


## Points of Emphasis: Risk Minimization in Competition

- Proper mechanics and procedures for each event and the competition in general can be found in the NFHS Track and Field Officials' Manual.
  - This publication supplements the Track and Field/Cross Country Rules Book.



## Points of Emphasis



- The manual can be ordered:
  - online at [www.nfhs.com](http://www.nfhs.com)
  - calling 1-800-776-3462

- Proper mechanics and procedures for officials and the possible volunteers conducting a meet should have access to the information in this manual.
- Although the rules cover fouls and specific event set-up, the Officials Manual provides the direction of conducting the events and proper positions of officials.
- Officials and schools are encouraged to have access and use this manual.

## Points of Emphasis: Consistent and Appropriate Rule Enforcement

- 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: Consistent and Appropriate Rule Enforcement

- 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: Consistent and Appropriate Rule Enforcement

- 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: Consistent and Appropriate Rule Enforcement

- 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: Consistent and Appropriate Rule Enforcement

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

