



2019 NFHS TRACK AND FIELD RULES POWERPOINT

National Federation of State
High School Associations

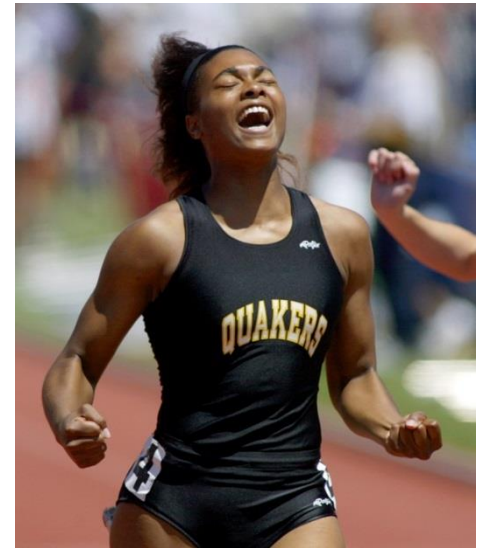


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Rules Changes
Major Editorial Changes
Points of Emphasis

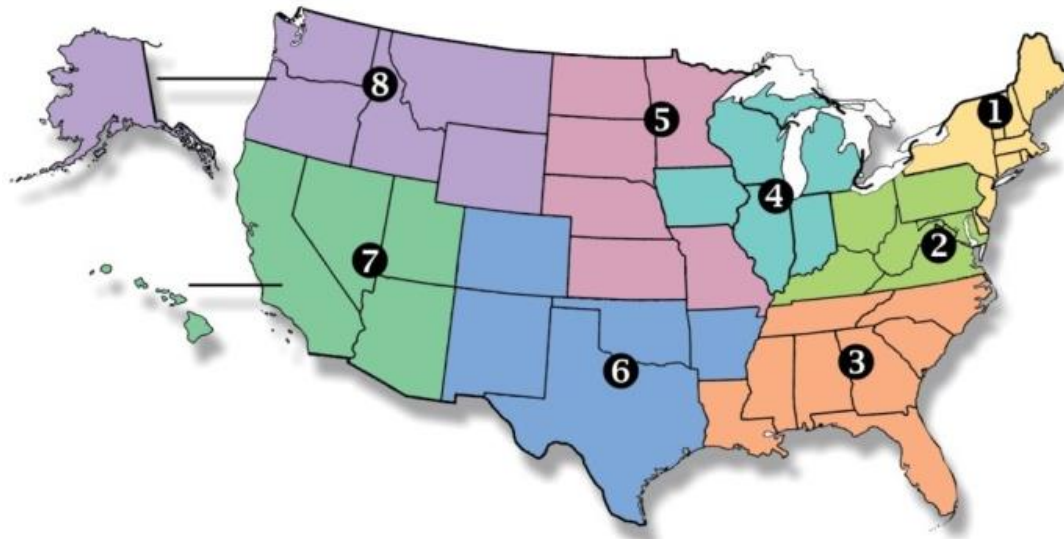
NATIONAL FEDERATION OF STATE HIGH SCHOOL ASSOCIATIONS

- 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



Theresa Wynn
Basketball and
Soccer

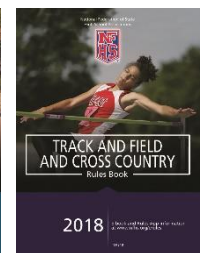
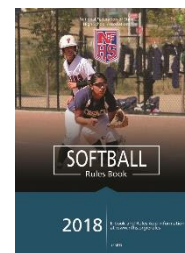
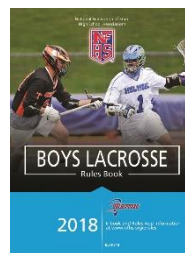
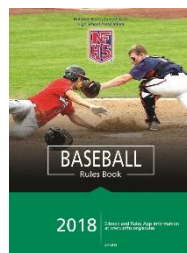
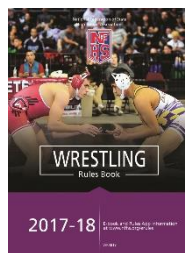
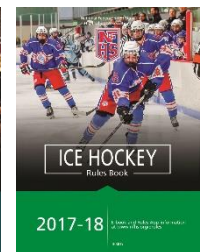
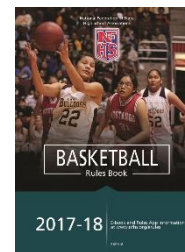
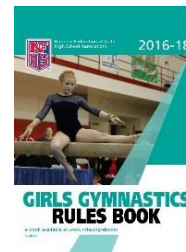
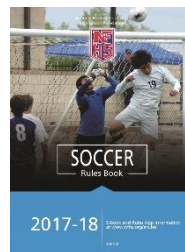
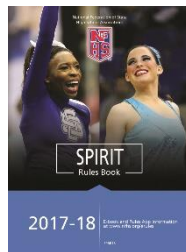
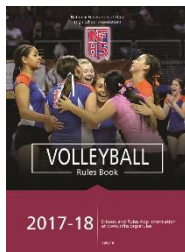


Dan Schuster
Ice Hockey




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




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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

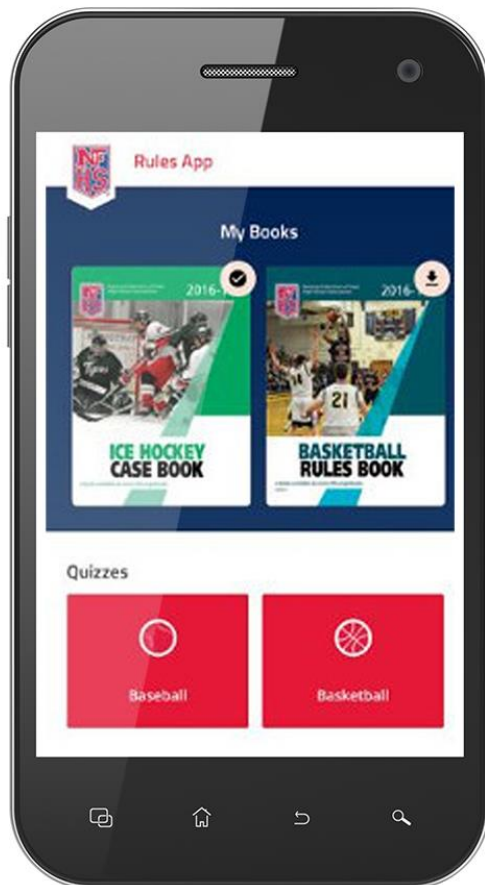
NFHS Rules and Case e-books for \$6.99 each

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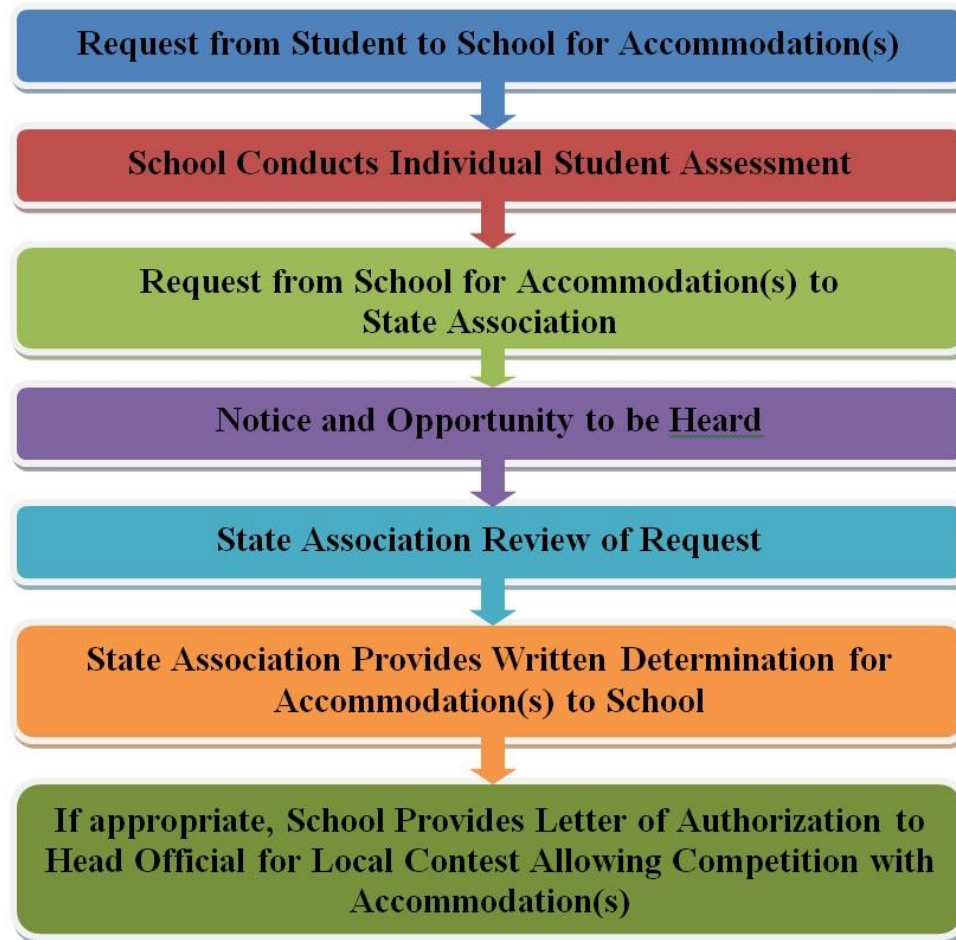
NEW NFHS RULES APP



- 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



GUIDELINES FOR SCHOOLS AND STATE ASSOCIATIONS FOR CONSIDERATION OF ACCOMMODATIONS





Rules Changes

NFHS TRACK & FIELD AND CROSS COUNTRY



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4-3-1 COMPETITOR'S UNIFORM IN TRACK AND FIELD AND CROSS COUNTRY

- The NFHS Track and Field Rules Committee reorganized Rule 4-3:
 - The uniform top and bottom were combined into 4-3-1b to help reduce redundant language within the book.
- Anything worn under the uniform is now considered a foundation garment. Foundation garments are not subject to logo/trademark/reference or color restrictions.
- All uniform rules (track and field and cross country) now fall in rule 4-3.



6-2-20

GENERAL RULES FOR FIELD EVENTS

“-“ pass; “O” cleared; “X” failed

- This is the correct way to list attempts.





6-6-11, 6-8-12 DISCUS THROW

Rule 6-6 Discus Throw

ART. 11. . . The measurement shall be recorded to the nearest lesser inch or ~~even number~~ centimeter (~~e.g., 0-2-4-6-8~~).

Rule 6-8 Javelin Throw

ART. 12. . . The measurement shall be recorded to the nearest lesser inch or ~~even number~~ centimeter (~~e.g., 0-2-4-6-8~~).



6-9-4, 6-9-5, 6-9-7 LONG JUMP/TRIPLE JUMP

- The landing pit shall be filled with sand or other soft material to a depth at least 12 inches (30 centimeters) deep.
- The landing pit shall have a minimum width of 9 feet (2.75 meters).
 - a. In the Long Jump, the distance between the takeoff board and the nearer edge of the landing area shall be at least 3 feet (1 meter) and not more than 10 feet (3 meters). The distance between the foul line and the farther edge of the landing area shall be at least 32 feet (10 meters).
 - b. In the Triple Jump, the nearer edge of the landing area shall be at least 36 feet (11 meters) from the foul line for men and 27.89 feet (8.5 meters) for women. Distances of 32 feet (10 meters) and 26 feet (8 meters), respectively, are recommended.
 - **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.**



8-1-1 THRU 3 COURSE

ART. 1 ...The cross country course shall be 2500 to 5000 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. This may be by a single wide line or boundary lines, both inside and outside marked with a material which is not injurious to the eyes or skin. The use of natural or artificial boundary markers may also be used. 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 shall be used.

Note: If a single wide line is used it may or may not mark the shortest possible route 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.



8-3-2 THRU 5

- No matter the finish system being used, the order of finish is based on when the competitor's torso crosses the finish line.
- Terminology was changed to image based timing system.





Editorial Changes

NFHS TRACK & FIELD AND CROSS COUNTRY



4-3-1

COMPETITOR'S UNIFORM IN TRACK AND FIELD AND CROSS COUNTRY

- The top or one-piece uniform may have school name, school logo, school nickname and/or competitor's name.



4-6-5

DISQUALIFICATION AND CONDUCT

Art. 5. . .

NOTES:

1. The use of an inhaler during competition containing a prescription drug designed to alleviate the asthmatic condition is not considered to be an illegal aid as long as a physician's statement documenting the need of the athlete to use the prescription is presented to the meet director/referee prior to the beginning of the meet.





5-1-3 TRACK CONSTRUCTION

- If cones are used with the absence of a curb, the cones should be placed on the line, up to the edge of lane one.
- Cones should be spaced about 1.5 meters or 5 feet apart

5-2-3

COURSE MEASUREMENTS

Art. 3 ...A lane is the course which is marked on the track and for a race or that part of a race during which the runner must stay in a prescribed path. Lanes vary in width depending upon the size of the track and the number desired or a given event. Standard Lane width is 42 inches (1.07 meters). Lanes on a facility shall have equal width.

6-5-1, 6-9-1

POLE VAULT, LONG JUMP, TRIPLE JUMP

- To calculate the slope – compare the elevation at the start of the runway to the elevation at the zero line or take-off board.
 - Intermediate measurements are not considered.
 - Elevation and Planarity Tolerances still must be met.

8-3-3 CROSS COUNTRY START/CONCLUSION

- With the deletion of 8-6 Competitors Uniform in Cross Country - the wearing of chip/transponder/number was moved to section 8-3
- The penalty for altering the chip/transponder/number was also moved here.



Points of Emphasis

NFHS TRACK & FIELD AND CROSS COUNTRY



POINTS OF EMPHASIS

- Uniforms
- Wearable Technologies
- Officials Safety and Recommendations in vertical and horizontal jumps



POINTS OF EMPHASIS UNIFORMS

- Increasing difficulty to officiate uniform rule.
 - Individuals purchasing all or part of the uniform.
 - Slight variations in uniform design from year to year.
- Slight differences in design do not negatively impact the identification of a relay or cross country team by an official.
- Expectation is that teams can still be clearly identified as representing the same school through predominant color, school logo, and color combinations of all outer garments.





POINTS OF EMPHASIS WEARABLE TECHNOLOGIES

- Policing wearable technology has become difficult to officiate.
- Technology can be found in watches, sports bras, shoes, jewelry, etc. and it is nearly impossible to distinguish from the same item type that does not include the technology.
- The market is forecasted to sell almost 500 million wearables by 2021.



POINTS OF EMPHASIS WEARABLE TECHNOLOGIES

- Electronic devices are still not permitted to transmit information to the competitor during a race or trial.
 - If such communication is observed by an official, the competitor should be disqualified.
- Discussion about compliance with Federal and State Policies should be addressed by schools concerning the Privacy and legal issues surrounding personal biometric information.

POINTS OF EMPHASIS

OFFICIALS SAFETY AND RECOMMENDATIONS IN VERTICAL AND HORIZONTAL JUMPS

- The safety of the athletes and officials is most important before, during and after the competition.
- Eliminating hazardous conditions from the venue
 - Foreign debris in the landing area,
 - Inspection of the runway for tripping hazards
 - Removing equipment out of harm's way.
 - Always be prepared for the unexpected even though the event seems to be progressing as planned.



SAFETY AND RECOMMENDATIONS IN VERTICAL AND HORIZONTAL JUMPS

- Horizontal Jumps
 - Make sure pits are full of sand and turned,
 - Shovels and rakes are placed tines down after use to avoid accidental injuries.
 - Inspect each takeoff board and pit edges. Also instruct those raking the pit to keep the sand off the track as much as possible.
- Vertical Jumps
 - Make sure the pits meet the rule standard,
 - Pits are correct size and properly padded,
 - Check that each crossbar meets standards and is clearly marked.
 - In pole vault, double check standards and extenders, and that the planting box is free of water and in good condition.



SAFETY AND RECOMMENDATIONS IN VERTICAL AND HORIZONTAL JUMPS

- Do not allow multiple jumpers on the runway at the same time during competition.
- During warm-ups, pay special attention when athletes are trying to set their marks and other competitors are on the runway or apron.
 - Athletes running away from the pit or mat to set their marks with or without implements can be hazardous to other competitors and officials in the area if no one is paying attention.
- Remember to control the runway during practice and during the competition. If another event (i.e., throwing) is in progress near your venue, warn the athletes to pay attention when participating and leaving the event.
- Be attentive when you are at the venue particularly when track events are in progress.
- Instruct the athletes as to which direction to exit the pit or mat so as not to interfere with oncoming runners or adjacent events.





NFHS OFFICIALS ASSOCIATION CENTRAL HUB



NFHS OFFICIALS ASSOCIATION CENTRAL HUB

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

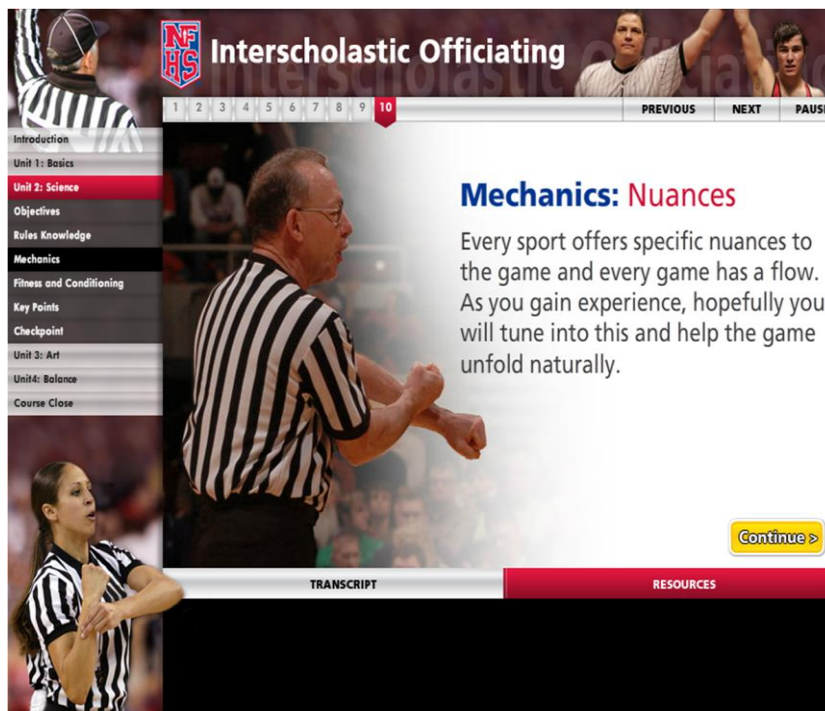
- Contains:
 - Sport information
 - Rules information
 - Rules library
 - Searchable rules book
 - Video content on officiating sport, competition situations and interpretations

The screenshot displays the NFHS Officials Association website. At the top, there is a navigation bar with links for NFHS HOME, TRACK & FIELD, VIDEO, PUBLICATIONS, GROUP INFO, FORUM, and CONTACT. A search bar is located on the right side of the header. 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" (listing high school rules changes and interpretations), "Track & Field Resources" (listing pre-meet notes), "Cross Country Information" (listing meet information), and "Sport Specific Information" (a vertical list of sports including Baseball, Basketball, Cross Country, Field Hockey, Football, Gymnastics, Ice Hockey, Lacrosse, Soccer, Softball, Swimming & Diving, and Track & Field). A "Welcome" message from Julie Cochran, NFHS Director of Sports, is also visible.



INTERSCHOLASTIC OFFICIATING

WWW.NFHSLEARN.COM



- 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





Welcome To The New NFHS Video Library! Search For Your Sport Below

Video Filters

Sort By

Select Categories

Select Sports

Search our videos...



Total videos: 373



3-Man Mechanics - Runners At ...

Baseball



UIL Court Coverage - Trail Of...

Basketball



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IN COOPERATION WITH BEN DAVIS HIGH SCHOOL (IND.) AND
BEEBEUR JESUIT PREPARATORY SCHOOL (IND.) IN 2014.
WE THANK THEM FOR THEIR PARTICIPATION AND SUPPORT.

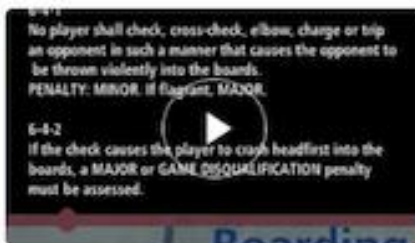
Final Run Out Before Start

Cross Country



Football Mechanics: Coin Toss...

Football



Ice Hockey Rules Concepts - B...

Ice Hockey



NFHS Soccer Rules: Referee Me...

Soccer

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 SPORT-SPECIFIC COURSES

■ Courses Available

- Officiating Football
- Soccer – Fouls and Misconduct
- Swimming and Diving
- Officiating Wrestling
- Officiating Basketball
- Umpiring Softball
- Officiating Volleyball – Ball Handling

■ Future Courses

- Officiating Baseball
- Basketball – Three-Person Mechanics
- Field Hockey
- Track and Field
- Volleyball – Overlapping
- Softball – Mechanics
- Communication Among Officials and Coaches
- Soccer - Offside





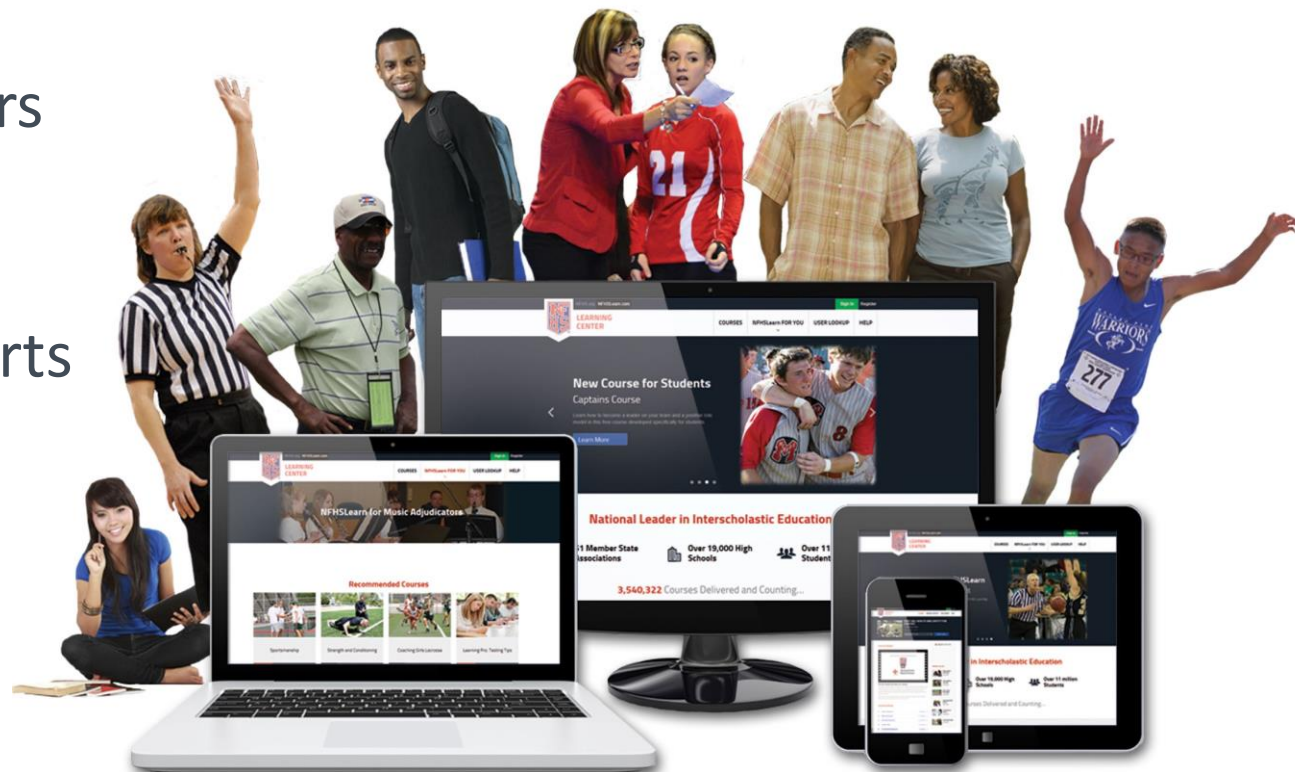
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Professional Development For ALL

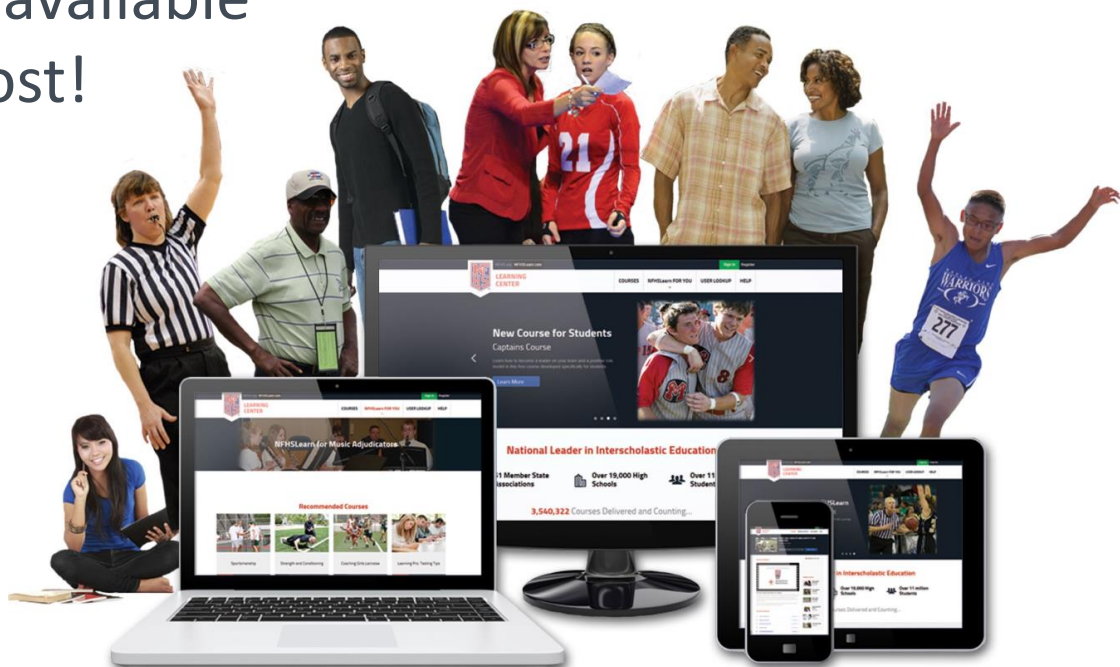
- Coaches
- Officials
- Administrators
- Parents
- Students
- Performing Arts



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- Over 1.3 Million courses delivered in 2017
- Over 6.7 Million courses since 2007 launch
- Over 55 courses available
- Over 25 at No Cost!



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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





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!



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.



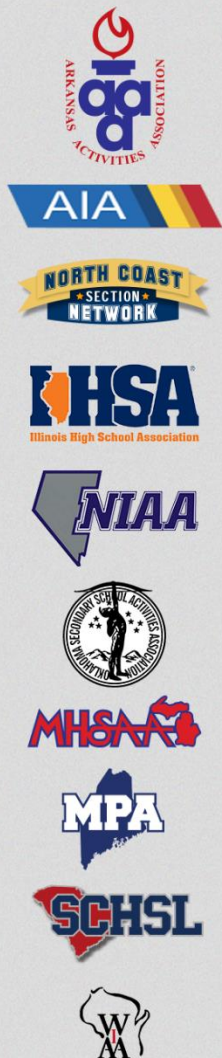
www.NFHSnetwork.com



27 DIFFERENT SPORTS AND ACTIVITIES

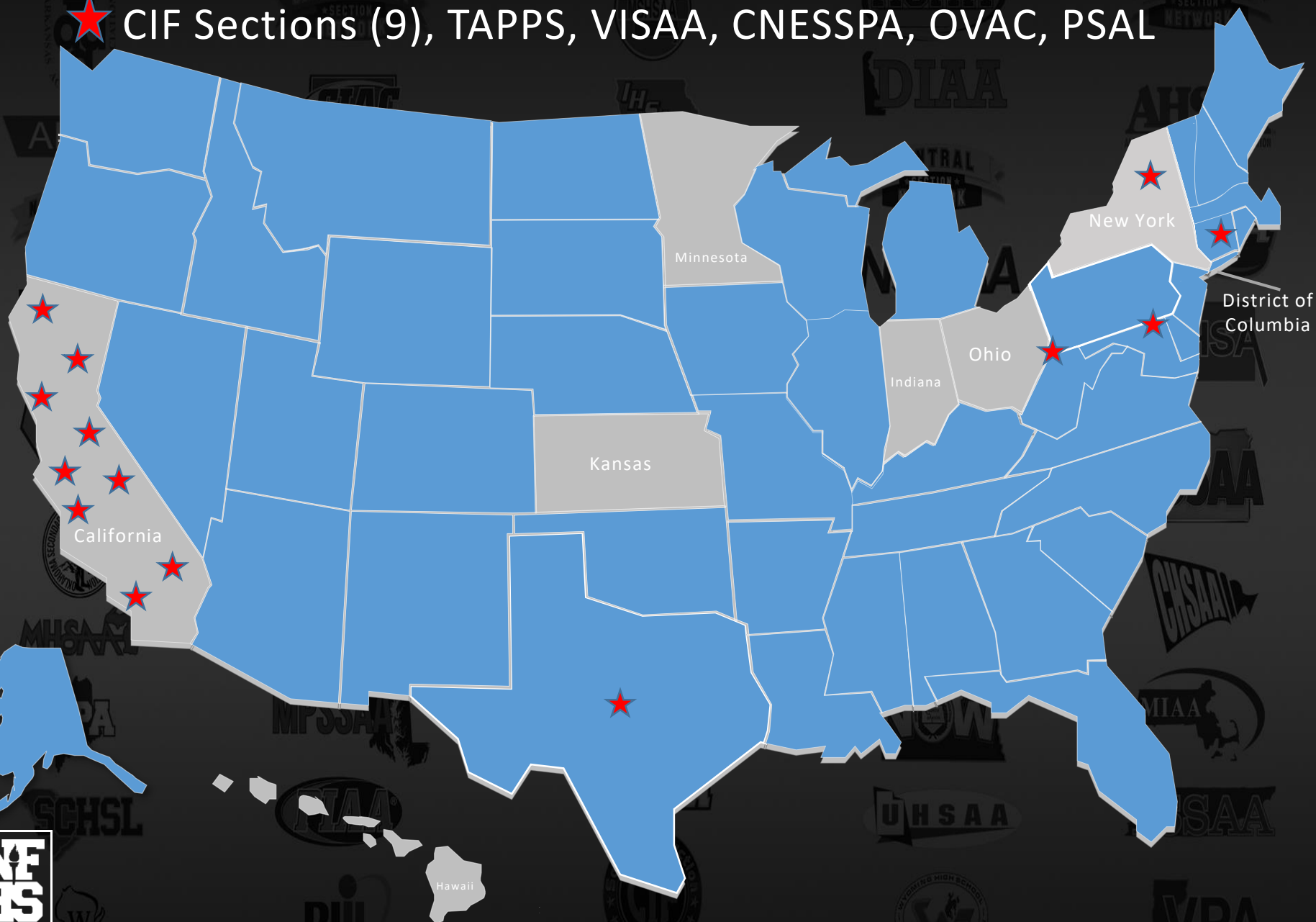


3 MILLION UNIQUE VIEWERS



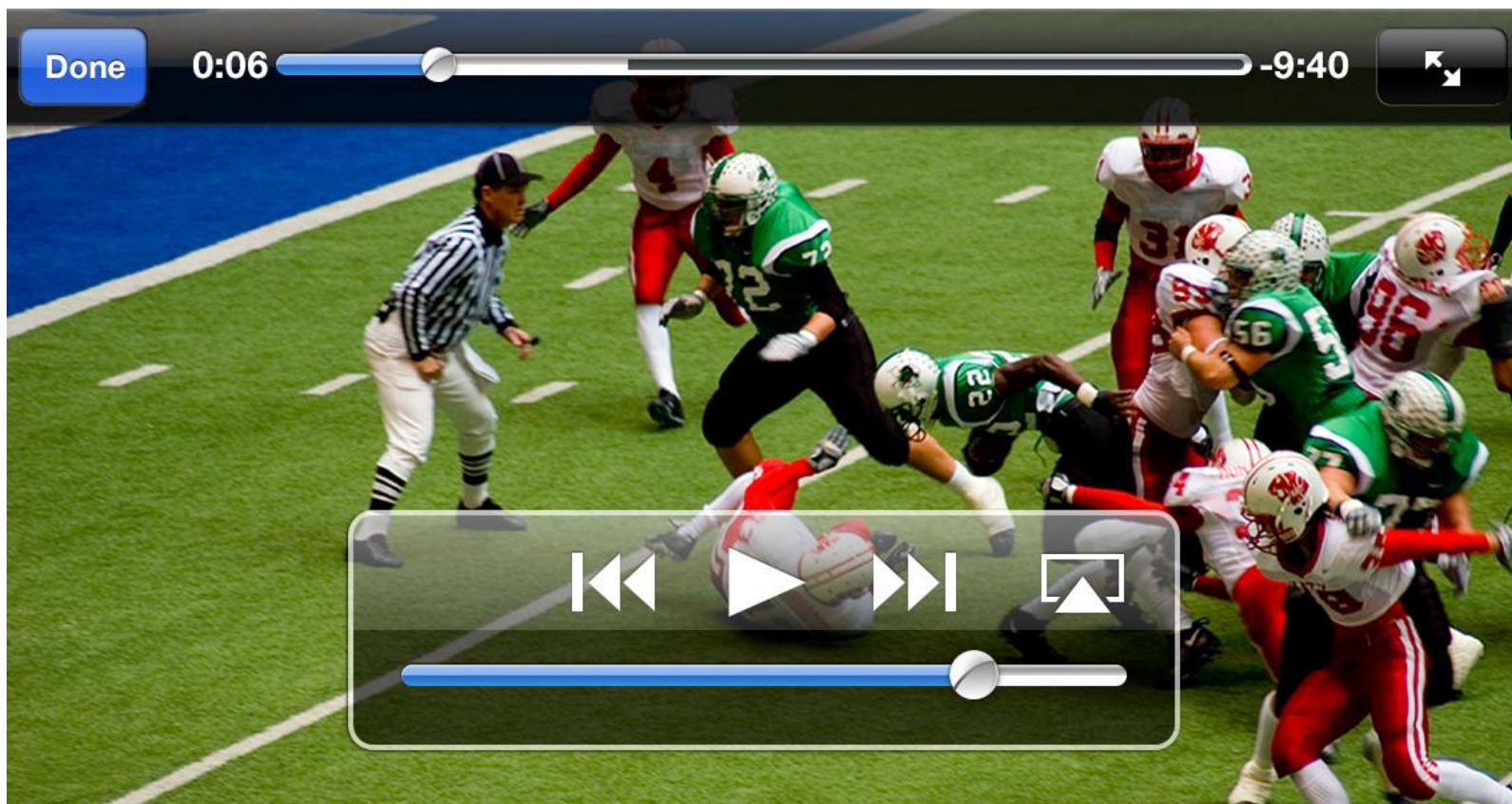
NFHS Network Media Rights States (43)

★ CIF Sections (9), TAPPS, VISAA, CNESSPA, OVAC, PSAL



NFHS NETWORK

- View from mobile...





National Federation of State High School Associations

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THANK YOU!
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