2019 NFHS TRACK AND FIELD RULES POWERPOINT

Rules Changes
Major Editorial Changes
Points of Emphasis
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.

www.nfhs.org
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.
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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  - Free to paid members of the NFHS Coaches and Officials Associations
- [www.nfhs.org/erules](http://www.nfhs.org/erules) for more information
GUIDELINES FOR SCHOOLS AND STATE ASSOCIATIONS FOR CONSIDERATION OF ACCOMMODATIONS

1. Request from Student to School for Accommodation(s)
2. School Conducts Individual Student Assessment
3. Request from School for Accommodation(s) to State Association
4. Notice and Opportunity to be Heard
5. State Association Review of Request
6. State Association Provides Written Determination for Accommodation(s) to School
7. If appropriate, School Provides Letter of Authorization to Head Official for Local Contest Allowing Competition with Accommodation(s)
Rules Changes

NFHS TRACK & FIELD AND CROSS COUNTRY

www.nfhs.org
Rule Change

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

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POINTS OF EMPHASIS

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

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.
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.
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.
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.
Points of Emphasis

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.

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

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• 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
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• API available to state associations to collect results
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- NFHSLearn.com

- Sports such as soccer, basketball and baseball offer direct illustrations of the rules book, including rules references and officials signals
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- Video interpretation of the NFHS Basketball Rules Book created through a partnership with the International Association of Approved Basketball Officials

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- NCAA Eligibility
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!
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
- Basic Laws of Physics
- Drills and Coaching Techniques
- Problem Solving
- Equipment and Facility
- Interactive Exercise

More Information at nfhslearn.com!
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