2017 NFHS TRACK & FIELD AND CROSS COUNTRY 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.
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.
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.

www.nfhs.org
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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
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
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
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.
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.
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

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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.
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

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Points of Emphasis

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
- Coaches must know the prevention keys which are located in the 2017 Rules Book, pg. 77
FUNDAMENTAL MUSTS OF HEAT ACCLIMATIZATION PLAN

- 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.
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.
Points of Emphasis

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.
Points of Emphasis

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
Points of Emphasis

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
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
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
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.
Register on NFHSLearn.com and receive the following great benefits:

- Immediate access to all 18 NFHS free courses
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- Access coursework 24/7/365
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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!
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!
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

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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.

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