



2018 NFHS TRACK & FIELD RULES POWERPOINT

National Federation of State
High School Associations



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Rules Changes
Major Editorial Changes
Points of Emphasis



Rules Changes

NFHS TRACK & FIELD AND CROSS COUNTRY



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COMPETITOR'S UNIFORM

RULE 4-3-1

- Rule 4-3-1:
Art. 1 . . . The competitor's uniform shall be **school-issued or school-approved**, worn as intended by the manufacturer, and **meets** the following **requirements and** restrictions.
 - a. Each competitor shall wear shoes both feet.
 1. **The shoes** shall have an upper and definitely recognizable sole and heel.
 2. The (shoe) upper must be designed so that it can be fastened securely to the foot.
 3. **In cross country, the sole and heel may contain grooves, ridges or track spikes which are no longer than 1 inch.**
Note: the games committee may also determine the length of spikes allowed on all-weather surfaces. (3-2-4a)
 4. The use of slippers or socks does not meet the requirements of the rule.





COMPETITOR'S UNIFORM RULE 4-3-1

- b. Each competitor shall wear a **school-issued or school-approved** full-length track top or one-piece uniform.
- c. Each competitor shall wear a **school-issued or school-approved** track bottom or one-piece uniform.





COMPETITOR'S UNIFORMS RULES 8-6-1(NEW), 4-3

- Duplicate language regarding the uniform has been removed from Rule 8, Cross Country, and all rules regarding the uniform for individuals, relay team members and cross country teams are now all contained in one rule, Rule 4.



FIELD EVENTS

6-2-14 PENALTY(NEW), 6-2-10, 6-2-13

- Several prohibitions regarding the competitors' actions were included, but had no associated penalty should the rule not be followed which created confusion for enforcement.
- The appropriated penalty of disqualification from the event has been added. Penalty: (Articles 10, 13 **and 14**) Disqualification from the event.





POLE VAULT RULE 6-5-11

- Art. 11 . . . The nonmetal crossbar shall **not be less than 14 feet, 8 inches (4.47m) and not more than 14 feet, 10 inches (4.52m)** in length, of uniform thickness, and shall have a weight of not more than 5 pounds.





Editorial Changes

NFHS TRACK & FIELD AND CROSS COUNTRY



DISQUALIFICATION AND CONDUCT RULES 4-6-1 NOTE 2, 3-1 NOTE

Establishes consistent NFHS language within the rules prohibiting the use of tobacco products and similar items and alcohol by participants, school personnel or officials.

Art. 1 . . . Note 2

No **participant, team personnel, coach or administrator** shall use alcohol or any form of tobacco product (e-cigarettes or similar items) beginning with the arrival at the competition site until departure following the completion of the contest.

3-1 Note

No **contest** official shall use alcohol or any form or tobacco product (e-cigarettes or similar items) beginning with arrival at the competition site until departure following the completion of the contest.





TRACK MARKINGS

RULE 5-3-1

- Provides greater flexibility by expanding the professional positions which are qualified to survey and measure a track.

Art. 1 . . . When races are run in lanes around a turn or turns, the starting lines shall be staggered so that each competitor will run the same distance. When the start is on a turn or when relay exchanges are made on turns, the staggered distances should be determined by a competent **surveyor such as, but limited to, a registered land surveyor, professional engineer or experienced track striper**. Each lane shall be measured when the staggers are on a curve.





SHOT PUT RULE 6-7-2

- Corrects clerical error in maximum diameter for the boys indoor shot put.

Art. 2 . . .

The maximum diameter for the boys indoor shot is **132.5** mm and for the girls indoor shot is 130 mm to account for the synthetic cover



LONG JUMP AND TRIPLE JUMP RULE 6-9-8

- Removes duplicate language 6-9-8 which is covered in Rule 6-2-3 regarding excused competitors.

6-2-3...To accommodate those competitors who may be excused to participate in other events, the head event judge may change the order of competition in the preliminary or final rounds of any jumping or throwing event by any method where the competitor being excused jumps. Throws earlier than the spot at which he/she qualified. Successive trials is but one such method. Excused competitors shall inform the head event judge upon return....





Points of Emphasis

NFHS TRACK & FIELD AND CROSS COUNTRY



POINTS OF EMPHASIS

- Uniforms – Waistbands, Trim, Accents and Compliance
- Providing Fluids to Competitors at Cross Country Competitions
- Entry limits for Individual Contestants
- Officials Safety and Recommendations in the Long Throws



UNIFORMS – WAISTBANDS, TRIM, ACCENTS AND COMPLIANCE

- The of purchasing legal uniforms and officiating the NFHS uniform rule are increasingly more difficult nationwide.
- Nature of the competitive event may lend itself to a different style uniform rather than one style for all.
- Some styles of uniform bottoms are more personal and not redistributed from season to season.
- Variations in product lines from manufacturers may change from year to year that leads to configurations that “almost” match but vary slightly in design, accents, or color.



UNIFORMS – WAISTBANDS, TRIM, ACCENTS AND COMPLIANCE

- When evaluating color of uniforms, slight variations in shade of the color should not be considered an automatic violation of Rule 4-3-2.
- It is expected that all relay team members and cross country team members can be clearly identified as representing the same school.



UNIFORMS – WAISTBANDS, TRIM, ACCENTS AND COMPLIANCE

- Examples variations which do not cause a uniform to be noncompliant:
 - Small accent trim
 - Slightly visible pattern of a solid color due to newer materials
 - Addition of small stripe which is in the same direction as existing stipes on earlier models.
- The degree of variation, if any, allowed as examples listed is dependent on the respective state high school association.
- Multiple, visible manufacturer's logos on the uniform item make the item non-compliant with the rules.



PROVIDING FLUIDS FOR COMPETITORS AT CROSS COUNTRY COMPETITIONS

- Properly hydrating will have a positive impact on performance and minimize the risk of heat illness during the season.
- Coaches should ensure that athletes have access to water prior to, during and after practice and encourage all to hydrate whenever they feel it is necessary.
- NFHS Track and Field Rule 3-2-4u grants the Games Committee the authority to provide liquids during a competition.





PROVIDING FLUIDS FOR COMPETITORS AT CROSS COUNTRY COMPETITIONS

- Participating schools should expect the availability of water unless meet organizers have specified otherwise in advance.
- It is the responsibility of the Games Committee, along with host school to provide liquids to athletes on race day.
- This does not limit the coach from providing liquids to his/her athletes in addition.



ENTRY LIMITS FOR INDIVIDUAL CONTESTANTS

- Under Rule 4-2, Participation and Entry Limitations, a contestant shall not compete in more than four events, including relays.
- A contestant exceeds the participation limit whenever he/she reports to the clerk of the course, or the field event judge, in the excess event. The contestant may be listed on relay teams(s) but is not a competitor until he/she reports to the clerk of the course.





ENTRY LIMITS FOR INDIVIDUAL CONTESTANTS

- Contestants may officially enter:

Four Individual events	No relays allowed.
Three Individual events	May be listed on any number of relays but compete in only one relay.
Two Individual events	May be listed on any number of relays but compete in only two relays.
One Individual event	May be listed on any number of relays but compete in only three relays.





OFFICIALS SAFETY AND RECOMMENDATIONS IN THE LONG THROWS

- Risk minimization in the throwing events begins with proper and effective event management:
 1. Event venue is set-up
 2. Monitoring of the warm-up and competition periods
 3. Conduction of the event

- When possible, the events should be staged away from other events, and away from any obstructions that may interfere with the safety of athletes, officials and spectators.



OFFICIALS SAFETY AND RECOMMENDATIONS IN THE LONG THROWS

- Only those marking the attempts and retrieving the implements should be inside the safety zone.
- The head event judge should review with his/her crew how each person's task shall be accomplished and again emphasize the importance of always being alert for his/her own actions and the actions of others during the event's competition and associated warm-ups.





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