



# 2017 NFHS TRACK & FIELD AND CROSS COUNTRY RULES POWERPOINT

National Federation of State  
High School Associations

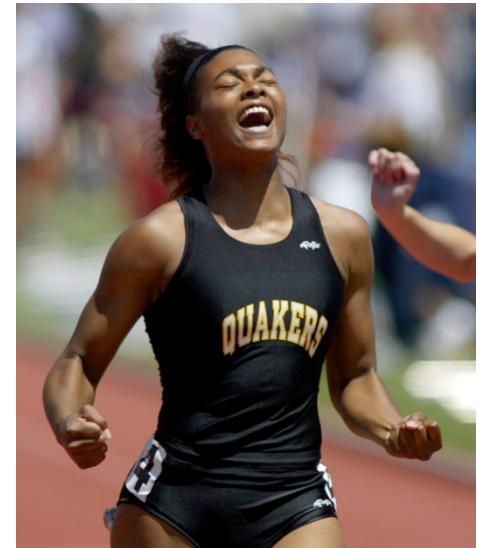


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Rules Changes  
Major Editorial Changes  
Points of Emphasis

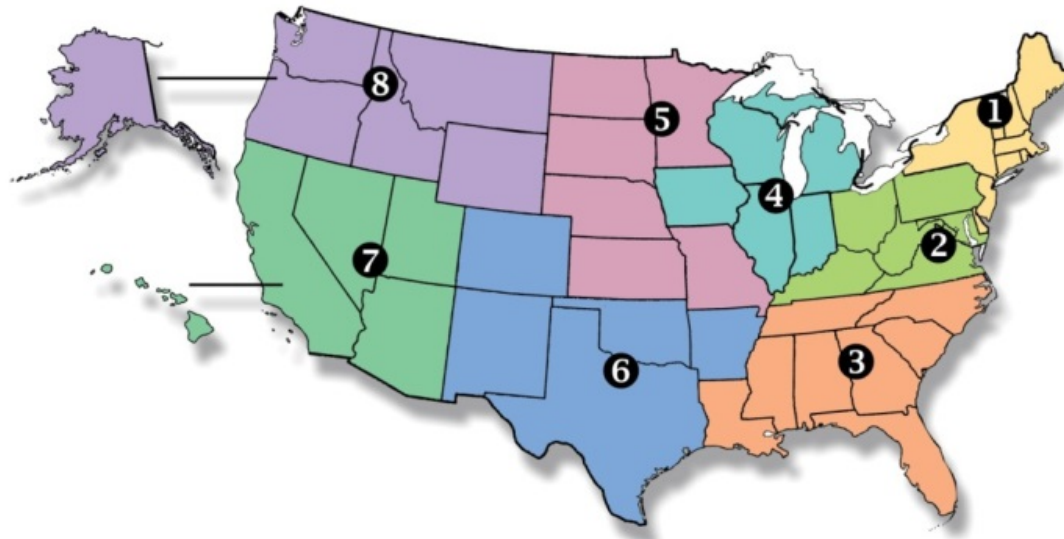
# NATIONAL FEDERATION OF STATE HIGH SCHOOL ASSOCIATIONS

- 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



Bob Colgate  
Football and Sports  
Medicine



Sandy Searcy  
Softball and  
Swimming & Diving



Elliot Hopkins  
Baseball and  
Wrestling



Mark Koski  
Field Hockey



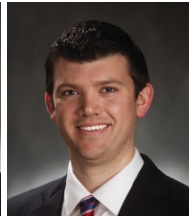
Becky Oakes  
Cross Country,  
Gymnastics,  
Volleyball and  
Track & Field



James Weaver  
Boys and Girls  
Lacrosse and Spirit



Theresia Wynn  
Basketball and  
Soccer



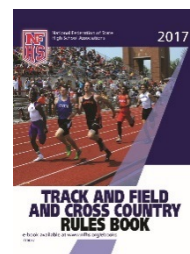
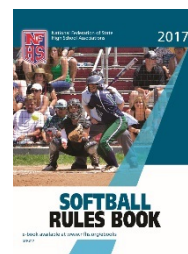
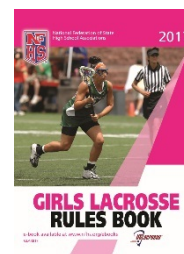
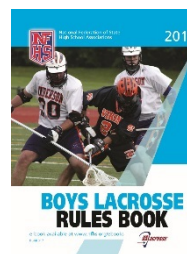
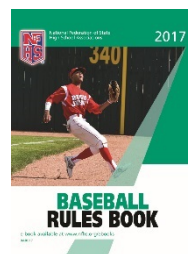
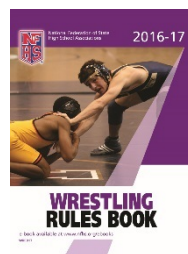
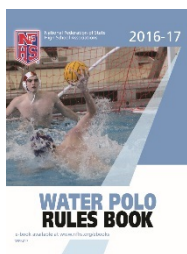
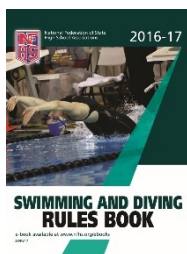
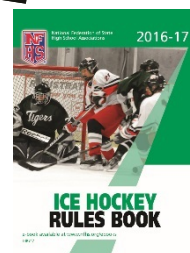
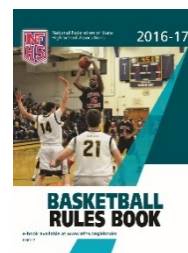
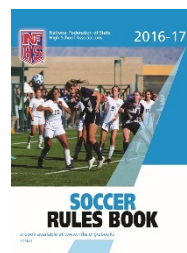
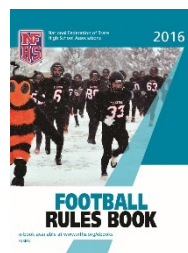
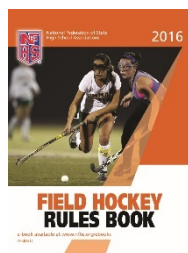
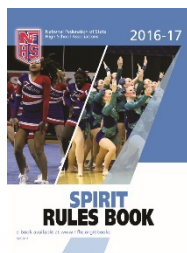
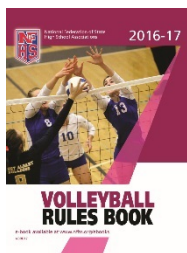
Dan Schuster  
Ice Hockey





# 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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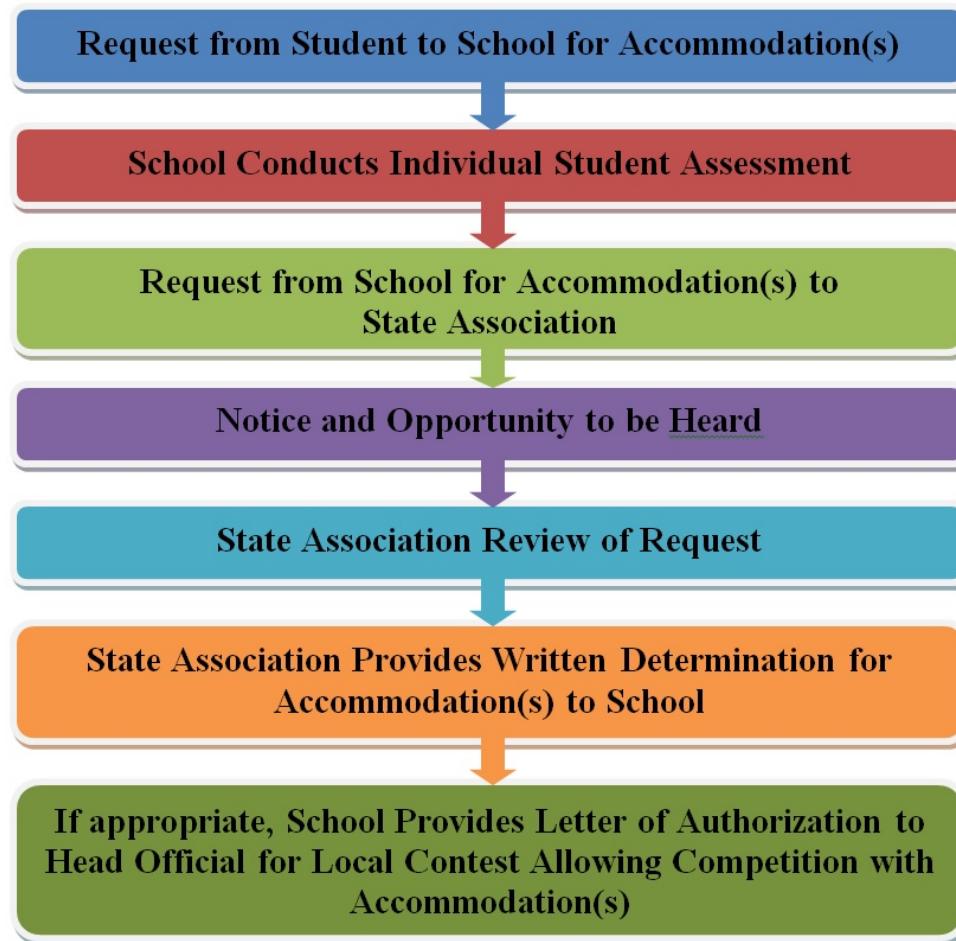
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# GUIDELINES FOR SCHOOLS AND STATE ASSOCIATIONS FOR CONSIDERATION OF ACCOMMODATIONS







Rules Changes

# NFHS TRACK & FIELD AND CROSS COUNTRY





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# GAMES COMMITTEE RESPONSIBILITY

## RULE 3-2-4u

- The games committee has numerous responsibilities
- The responsibility for securing and providing liquids during competition is one such responsibility
- Providing liquids should not be left up to individual coaches





# SIGNALING LAST LAP RULES 3-4-7 AND 3-6-1

- Signaling the last lap now occurs in all races consisting of **two** laps or more
- Signals Used and When
  - When to signal—Outdoors
    - For any race two laps or longer, signal at the beginning of the last lap
  - When to signal—Indoors (Assuming a 200 Meter Track)
    - For any race 400 meters or longer, signal at the beginning of the last lap







# SIGNALING LAST LAP RULES 3-4-7 AND 3-6-1

- What to use
  - A bell is the preferred signal; if no bell is available, a starting device or other noise maker, is used



# AUTHORITY OF REFEREE

## RULE 3-6-1

- The referee has the sole authority for ruling on infractions, **except as provided in Rule 3-6-1**. The referee has the sole authority for ruling on irregularities not covered within the rules. The referee may...
- The exception, Rule 3-6-1, states the starter charging a competitor with a false start is disqualifying the competitor from that event



# STARTER'S RESPONSIBILITIES

## RULES 3-6-1, 3-4-7

- The starter, or any other official designated by the starter, shall give a signal at the beginning of the last lap in each individual race of **two** laps or more.
- The starter, charging a competitor with a false start, is disqualifying the competitor from the event.



# FIELD JUDGES MECHANICS – VERBAL INDICATION OF PERFORMANCE RESULTS: RULE 3-10-7

- The use of flags by the head event judge is the preferred mechanic for signaling the result of the competitor's performance
- It is acceptable to use verbal indication for the result of the performance
- In the absence of flags, “fair” or “foul” **shall** be called
- Using the term “mark” is no longer appropriate



## 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

# RECEIVING ASSISTANCE – ILL/INJURED ATHLETE RULES 4-6-5g and 8-7e

- 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





# RECEIVING ASSISTANCE AND DISQUALIFICATION RULE 8-7e

- 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.



## RECEIVING ASSISTANCE AND DISQUALIFICATION 4-6-5h

- 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.



# TRACK CONSTRUCTION – USE OF CONES

## RULE 5-1-3

- On all-weather tracks, a painted line meeting certain specifications may be used to mark the inner edge of the track
- A raised curb meeting certain specifications is a second option to mark the inner edge of the track
- In the absence of a curb, if cones are used to indicate the inner edge of the track, those cones should just touch the inside of the line and be spaced about 1.5 meters (5 feet) apart around the curve



# FORMING HEATS

## FORMER RULE 5-6-4 DELETED

- The games committee will assign the seeded contestants to the preferred lanes
- When setting up heats based **solely** on qualifying times, rank contestants according to times, determine number of preliminary heats and follow this procedure...(Example in rules book)
- Deleted the requirement that in first round competition if two contestants from the same team fall within the same heat, the slower contestant is moved to another heat





## THE START RULE 5-7-3

- The starting command for individual races, or opening relay legs of 800 meters or more outdoors and 600 meters or more indoors
  - Starter shall ask all competitors to take a position three meters behind the starting line or dashed arc behind the line
- With command “On your marks” all competitors step to the starting line without delay
- When all competitors are steady **and motionless without their hands touching to the ground**, the starter shall fire the starting device







# FIELD EVENTS RULE 6

- Previous Rule 6, Throwing Events, and Rule 7, Jumping Events are now combined into one rule
- Rule 6 is now Field Events
- This change avoids duplicity in the rules, removes unnecessary language and presents field event rules in a more concise manner



# FIELD EVENTS

## RULE 6

- Definitions are located in Section 1

Trial/Attempt	Throwing events
Flight	Pass
Horizontal events	Qualify
Vertical events	Foul

- General rules for all field events are located in Section 2, Articles 1 through 16 and 21
- Section 2, Articles 17 through 20 apply to horizontal jumps and throws
- General rules for the vertical jumps, high jump and pole vault, are covered in Articles 22 through 25



# FIELD EVENTS

## RULE 6

- Breaking ties is addressed in Section 3
- Rules specific only to High Jump appear in Section 4
- Section 5 covers rules specific to Pole Vault
- Throwing events begin with the Discus Throw in Section 6
- Shot Put specific rules are located in Section 7
- Javelin Throw specific rules are located in Section 8
- Section 9 covers Long Jump and Triple Jump specific rules

# FIELD EVENTS RULE 6



To assist in locating event specific rules, a black tab is located on outside margin with initials for specific event throughout Rule 6.



## WARM-UPS RULE 6-2-6

- For purposes of risk management, warm-ups shall not be allowed unless supervised by an event official or the contestant's coach **and the venue has been declared open by the meet director**
- Once a competition has begun, except as scheduled, competitors are not allowed to use for practice purposes the runway, ring, takeoff area or throwing implements associated with the competition





# FIELD EVENTS – IMPLEMENT BREAKS

## RULE 6-2-10

- How trials are recorded when a legal implement breaks during competition are now a part of Rule 6-2-10 rather than a Note
- When a legal implement breaks during a trial in accordance with the rules
  - No penalty is counted against the competitor
  - Replacement trial shall be awarded



# FIELD EVENTS – IMPLEMENT BREAKS

## RULE 6-2-10

- When a legal implement breaks upon completion of a legal trial
  - A replacement trial shall not be awarded
  - Results of the trial shall be recorded provided trial in accordance with rules



# SHOT PUT RULE 6-7-9e

- It is a foul if the competitor:
  - Touches the top or end of the stopboard before **leaving the circle**



# SPECIAL EVENTS

## RULE 7-2-1

- Due to reorganization of previous rules 6 and 7, Rule 8 Special Events now becomes **Rule 7**
- Several special events are listed in Rule 7 and may be included in the order of competition
- The NFHS Track and Field Rules Committee does not write the rules for these special events
- Such events shall be conducted under USATF Youth event rules
  - [www.usatf.org/about/competition-rules.aspx](http://www.usatf.org/about/competition-rules.aspx)
  - State association policy may determine otherwise



# CROSS COUNTRY COURSE

## RULE 8-1-3b

- 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





# RECORDS – PLACEMENT OF WIND GAUGE

## RULES 9-2-2 AND 3-17-2

- Due to reorganization of rules 6 and 7, Records competition rules are now located in **Rule 9**
- In the long jump and triple jump, the wind gauge shall be 20 meters from the foul line. **When multiple takeoff boards are used, the 20 meter distance shall be from the takeoff board furthest from the pit.**
- Clarifies where to place the wind gauge in horizontal jumps when there are multiple takeoff boards being used in the competition.



Major Editorial Changes

# TRACK & FIELD AND CROSS COUNTRY





# DISQUALIFICATION AND CONDUCT

## RULE 4-6-1 NOTES

- 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.





## HIGH JUMP RULE 6-4-8

- A competitor who has passed three consecutive heights **and has not attempted a jump** should be permitted one warm-up jump without the crossbar **or bungee** in place, but shall **attempt a jump** at that height. Such a warm-up must be taken at a height change.
- The three consecutive passed heights take place before the competitor attempts a jump



## OTHER EDITORIAL CHANGES

- 5-10-9, 10 Deletes outdated reference to yards as current tracks are in metric measurement  
200 meters ~~(220 yards)~~  
10 meters ~~(11 yards)~~  
20-meter ~~(22 yard)~~
- 6-1-8 A foul jump and throw is one that is counted as a trial but that is not measured **and declared unsuccessful as a result of a violation of the rules**





## OTHER EDITORIAL CHANGES

- 6-5-11 The nonmetal crossbar shall be 14 feet, 10 inches (4.52m) in length of uniform thickness, and shall have a weight of not more than 5 pounds. It shall be circular with a diameter of not more than  $1\frac{3}{16}$  inches and with the ends flattened to a surface of  $1\frac{3}{16}$  inches by 6 to  $7\frac{3}{4}$  inches (150 to 200 millimeters)...

## OTHER EDITORIAL CHANGES

- 6-5-15 A pole vault competitor(s) who has passed three consecutive heights and has not **attempted a jump** should be permitted two minutes of warm-up jumps per the number of competitors entering at that height without the crossbar **or bungee** in place. The competitor(s) shall **make at least one attempt** at that height. Such warm-up must be taken at a height change.

## OTHER EDITORIAL CHANGES

- 6-9-10f Fails to initiate ~~a trial~~ the purposeful action of completing the requirements of the athletic challenge (jump/trial) of the event within one minute (or prescribed time limit) after the competitor's name is called. (6-2-2 Table 1)

## OTHER EDITORIAL CHANGES

- 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



# 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](http://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.



# USE OF RUBBER DISCUS IN PRACTICE AND COMPETITION

- Rubber discus is a legal implement providing all weights and dimensions are met
  - Must meet requirements throughout competition
- Rubber discus is more susceptible to physical and environmental factors that affect size, shape and weight



# USE OF RUBBER DISCUS IN PRACTICE AND COMPETITION

- Irregularities in the implement occur more frequently because of contact with ground, cage and other hard surfaces
  - Implement should be evaluated periodically during season by coaches and athletes to ensure discus remains legal
- Meet officials and contestants are reminded an implement may become illegal during competition and further use is disallowed
  - Strongly recommended the contestant should check-in two implements in case the rubber discus becomes illegal during competition







# 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



# TRACK AND FIELD UNIFORM REGULATIONS

- 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





# 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



# 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



# 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





# 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

The screenshot displays the NFHS Officials Association Central Hub website. The header features the NFHS logo, the text "OFFICIALS ASSOCIATION", and "POWERED BY Arbitersports". Navigation links include "NFHS HOME", "TRACK & FIELD", "VIDEO", "PUBLICATIONS", "GROUP INFO", "FORUM", and "CONTACT". A user profile for Lindsey Atkinson (Admin) is visible in the top right corner. The main banner reads "NFHS TRACK & FIELD OFFICIATING | WITHIN THE OVAL". Below the banner is a search bar. The content area is divided into three columns. The left column contains sections for "Track & Field Rules" (listing High School Track and Field/Cross Country Rules Changes, 2016 Rule Interpretations, 2016-17 Track and Field Rules Changes with Rationale, 2016-17 Comments on the Rules, and 2016-17 Points of Emphasis) and "Track & Field Resources" (listing 2016 NFHS Track and Field Pre-meeting Notes and 2015 Rules Changes with Rationales). The middle column features a "Welcome" message dated 1/25/2018, a photo of Becky Oakes, and a brief introduction to the NFHS Track and Field/Cross Country Rules Committee. The right column contains a "Sport Specific Information" section with a vertical list of sports: Baseball, Basketball, Cross Country, Field Hockey, Football, Gymnastics, Ice Hockey, Lacrosse, Soccer, Softball, Swimming & Diving, Track & Field, Volleyball, and Wrestling, each with a right-pointing arrow.



# 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



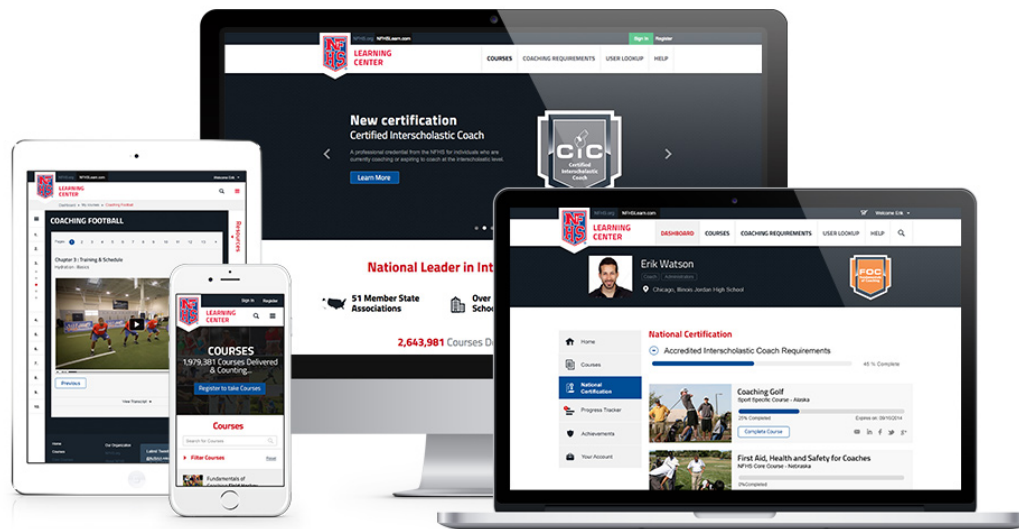


# NFHS LEARNING CENTER



# 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.

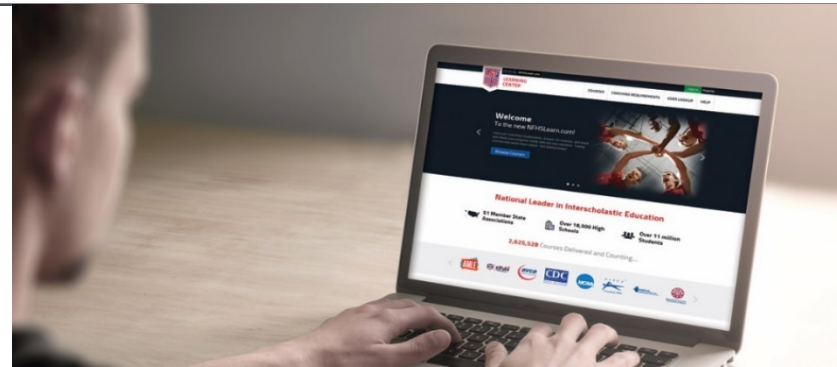




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- Access completion certificates 24/7/365





# 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!\*\*](http://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
- Basic Laws of Physics
- Drills and Coaching Techniques
- Problem Solving
- Equipment and Facility
- Interactive Exercise

More Information at [nfhslearn.com](http://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**





# NFHS NETWORK



# NFHS NETWORK

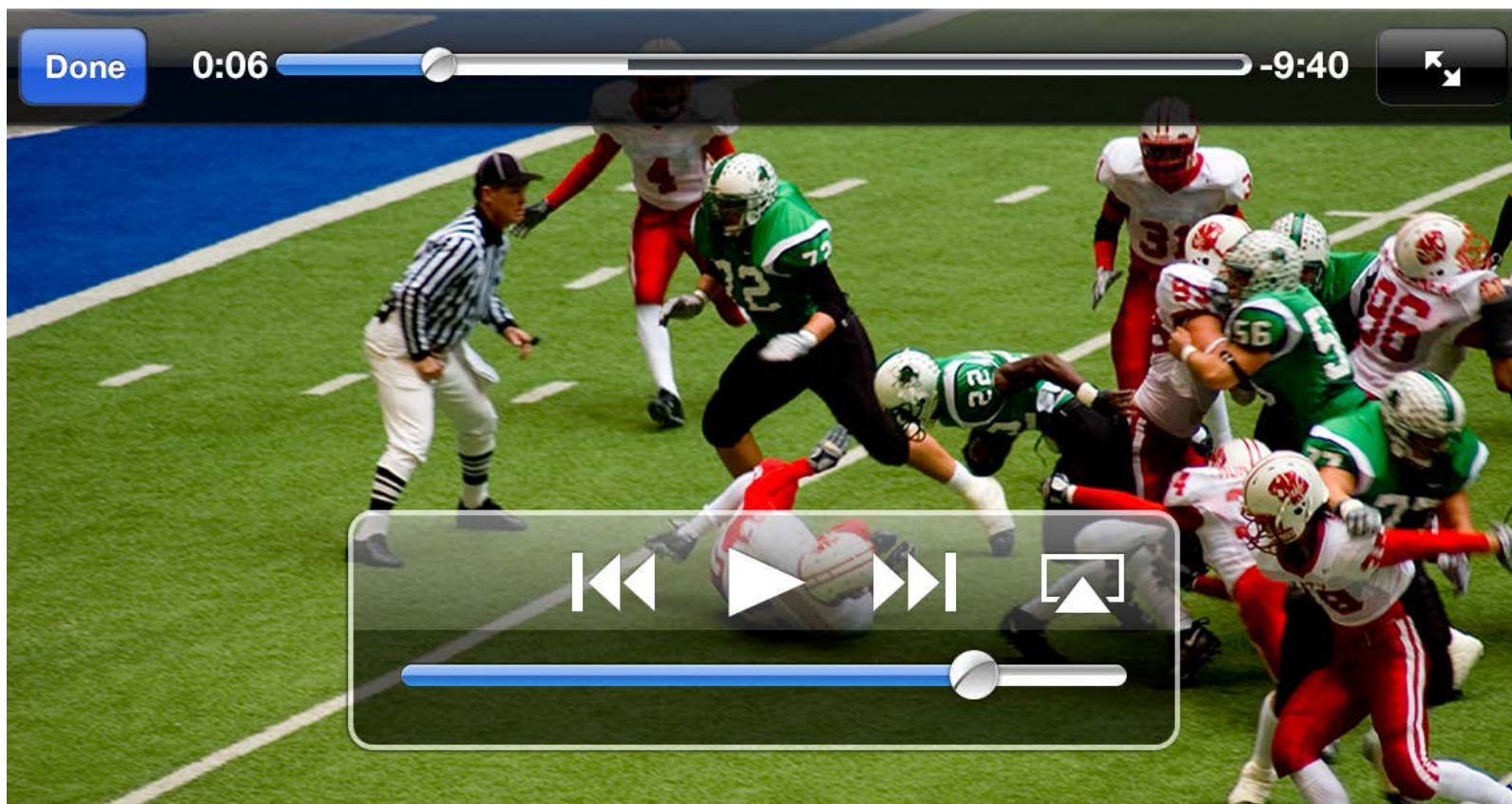
- By 2020, every high school sporting event in America will be streamed live.
- The NFHS Network will be THE DESTINATION for fans to view these broadcasts.





# NFHS NETWORK

- View from mobile...





# 27 DIFFERENT SPORTS AND ACTIVITIES



# 3 MILLION UNIQUE VIEWERS





# THANK YOU!

[www.nfhs.org](http://www.nfhs.org)

