

# 2012 NFHS Track and Field and Cross Country Rules PowerPoint Script

## SLIDE 1

Title Slide – 2012 Track and Field and Cross Country Rules Changes, Major Editorial Changes and Points of Emphasis

## SLIDE 2

2012 Track and Field Rules Book Corrections

- Page 8, 1-1-1 should read “A track and field meet...”
- Page 8, 1-1-2 should read “A track and field/cross country team...”
- Page 41, 6-2-4, 3<sup>rd</sup> line should read “...taken in flights of no less than 5”
- Page 55, 7-7-10, last sentence in Example should read “..., with five the minimum number to begin...”
- Page 64, 7-6-14b: (3-2-4c) should be (3-2-4b)

## SLIDE 3

Referee

Rule 3-4-2

Referee's Authority

- Begins upon arrival at the meet site
- Ends 30 minutes after last event results announced/made official
  - Retains clerical authority through the completion of any reports (including disqualifications) for actions occurring during the meet while the referee has jurisdiction
  - State associations may intercede due to unusual incidents after referee's jurisdiction ends or meet is terminated
- ❖ *Administrative duties for the meet referee may need to continue after the contest to document actions which occur during the competition.*
- ❖ *This revision illustrates the difference between the meet referee's jurisdiction during the competition and other administrative responsibilities such as submitting specific reports after the competition is completed.*
- ❖ *In addition, clarifies that state associations may continue to develop and implement policies that allow for review of unusual incidents that occur while the meet referee has jurisdiction or after the competition is completed.*

## SLIDE 4

Referee

Rule 3-4-2

Referee's Authority

- **SITUATION:** A fight between participants occurred during the meet which involved several schools and some fans. This action caused the meet to end abruptly. Everyone at the meet was immediately evacuated from the premises. The referee and crew were taken into the school. Though the contestants, coaches and fans have all left the venue, the meet referee would still maintain the administrative responsibility to rule on the incidents occurring while the referee had jurisdiction.  
**RULING:** Correct procedure.
- ❖ *The referee has the authority to complete any administrative reports on actions that occurred during the meet.*
- ❖ *In this situation, the report on the disqualification and notification will occur in the locker room, but the report is addressing action that occurred during the meet.*

## SLIDE 5

### Visible Undergarment

Rules 4-3-1b(8), 4-3-1c(7), 9-6-1b, 9-6-1c

- Visible undergarments displaying seams stitched on the outside of the garment in a visible contrasting color to the single, solid color of the undergarment and function as actual seams for garment construction are legal
- ❖ *Stitching of a contrasting color on the visible undergarment does not distract or cause confusion.*
- ❖ *The stitching must be used for actual construction of the garment and not for design purposes.*

## SLIDE 6

### Competitor's Uniform – Jewelry

Rules 4-3-3, 9-6-3, Penalties

- Penalty for wearing jewelry in track and field or cross country has been modified and applies only to the competitor involved
- When a meet official observes a competitor wearing jewelry in track and field, the official shall:
  - for the first violation, require the competitor to remove the jewelry before further competition
  - the competitor shall be issued a warning that a subsequent violation shall result in a disqualification from the event
- The referee shall be notified of the violation by the observing meet official and he/she shall notify the coach of the offending school of the competitor's violation and warning
- ❖ *The wearing of jewelry is prohibited.*
- ❖ *The penalties for a violation of Rules 4-3-3 and 9-6-3 now apply only to the competitor involved.*
- ❖ *Without holding up competition, jewelry should be removed.*
- ❖ *If it can't be removed, the competitor should not compete until legal.*
- ❖ *If a competitor is observed during competition of a violation, the same process of no further competition until legal, warning or disqualification if a subsequent offense applies.*
- ❖ *The protocol for communication of a violation should be established by the officials before the meet begins.*

## SLIDE 7

### Competitor's Uniform – Jewelry

Rules 4-3-3, Penalties

- If a competitor is observed wearing jewelry during competition and this is his/her first violation, the competitor is to remove the jewelry and receives a warning that a subsequent violation results in disqualification from event
- A second violation by the same competitor results in disqualification from the event in which the violation occurs

## SLIDE 8

### Competitor's Uniform – Jewelry

Rule 9-6-3, Penalties

- When a meet official in cross country observes a competitor wearing jewelry prior to the start of the race, the official shall:
  - notify the competitor and his/her coach to remove the jewelry before being eligible to compete
  - by way of the referee, issue a warning to the competitor that a second violation of the jewelry rule shall result in disqualification from the event
- ❖ *If the competitor is observed wearing jewelry prior to the start, he/she can remove and become legal to participate.*
- ❖ *This should be done without a real delay in starting the race.*

## SLIDE 9

### The Start

#### Rule 5-7-3

- For individual races or opening relay legs of 800 meters or more outdoors (600 meters or more indoors)
  - Starting command shall be to direct competitors to take a position three meters (3) behind the starting line or dashed arc behind the line
  - With command “On your marks,” all competitors step to starting line without delay
  - When field is steady the starter shall fire the starting device
- ❖ *This is a change in the distance to three meters the competitors assume before the command “On your marks.”*
- ❖ *This distance creates consistency in the distance behind the starting line for the step-up mark used in one command running events.*
- ❖ *Three meters is far enough behind the line that competitors will have a definite stop before the starting line and eliminate a leaning movement into the start.*

## SLIDE 10

### Vertical Jumps – Flights

#### Rules 7-4-10, 7-5-17

- When the games committee assigns competitors to flights for preliminary competition:
  - flights contain no less than five competitors
  - continuing flights, the first five competitors constitute a flight
    - bar is cleared, a pass or competitor eliminated, the next competitor in order moves up so number of competitors in flight remains constant
    - recommends when starting new height and there are eight or fewer competitors remaining, continuing flight procedure ends and competitors called in order appearing on event sheet
- ❖ *Defines the minimum number of competitors in a flight and eliminates the maximum number of competitors in a flight.*
- ❖ *Clarifies the use of “five alive” and the procedure to follow to end “five alive” in an orderly manner.*

## SLIDE 11

### Vertical Jumps – Flights

#### Rules 7-4-10, 7-5-17

#### Example

If competitors A, B, C, D, E, F, G, H, I, J, K, L, M and N were entered, the first five (A, B, C, D and E) would be grouped to begin competition. F would be moved into the continuing flight whenever one of the competitors cleared the height, passed the remaining turns at that height or was eliminated. G would be the next competitor to move into the continuing flight under the same conditions and would be followed by H, I, J, K, L, M and N, in order. This procedure would be repeated for each height, with five to begin an active flight. The competitors would be assigned in order as they appear on the event sheet

## SLIDE 12

Pole Vault  
Rule 7-5-2

- The vaulting pole may:
  - be of any material, length and diameter
  - have a binding of layers of adhesive tape of uniform thickness on the grip end
  - may be protected by layers of tape on the plant end
    - PVC, metal, sponge rubber
    - other suitable material to protect it when placed in planting box
- ❖ *The change eliminates the previous restriction of only two layers of tape of uniform thickness being permitted on the grip end of the pole.*
- ❖ *The vaulter may now have multiple layers of tape of uniform thickness to suit his/her preference on the grip end.*
- ❖ *However, the competitor cannot build a knob type grip of tape as thickness must be uniform.*

## SLIDE 13

Pole Vault  
Rules 7-5-25, 7-5-29

- When circumstances warrant, the pole may be caught by an assigned official, assigned pole catcher or the competitor
- The pole shall never be caught to prevent the pole from dislodging the crossbar
- Other than when assigned to catch the pole, no person shall be allowed to touch the vaulting pole
- It is always a foul if the competitor touches or catches the pole preventing it from dislodging the crossbar
- ❖ *Clarifies who may touch or catch the vaulting pole and under what conditions.*
- ❖ *Stipulates it is always a foul if the competitor touches or catches the pole and it keeps the crossbar from being dislodged.*

## SLIDE 14

Cross Country Course  
Rule 9-1-1

- The cross country course shall be 2,500 to 5,000 meters (1.5 to 3.1 miles) in length, as determined by the games committee
- Measurement of the course shall be along the shortest possible route a runner may take
- ❖ *This method of measurement is a more accurate distance of the running route taken by competitors.*
- ❖ *Updates the rule to the more current, acceptable trends of the sport for measuring the course.*

## SLIDE 15

Cross Country – Computerized Transponders and Chips  
Rules 9-3-3, 9-6-2

- The finish of a cross country race may be recorded by computerized transponders/chips
- When used:
  - A bib transponder or two computerized chips (one attached to each shoe) must be used for this method of recording the finish
  - The official order of finish for the runners is that recorded by the transponders/chips
  - Competitors shall wear the assigned computerized transponders/chips unaltered for the purposes of official timing and place finish
- ❖ *This change clarifies that a computerized bib transponder is also allowed for timing and place finishes.*

- ❖ *When worn on the shoes, one transponder/chip is to be worn on each shoe.*
- ❖ *Both an official number and transponder may be assigned to each competitor.*
- ❖ *Both shall be worn as assigned and unaltered.*

## **SLIDE 16**

Title Slide – 2012 Track and Field and Cross Country Major Editorial Changes

## **SLIDE 17**

Rule Modification for Individual Accommodation

Rule 4-4 NOTE

- Each state association may, in keeping with applicable law, authorize exceptions to NFHS playing rules to provide reasonable accommodations
  - to individual participants with disabilities and/or special needs
  - to individual participants with unique and extenuating circumstances
- ❖ *Clarifies that an individual state association may authorize exceptions to the playing rules to provide reasonable accommodations to individual participants with disabilities and/or special needs or other unique circumstances.*

## **SLIDE 18**

Rule Modification for Individual Accommodation

Rule 4-4 NOTE

- The accommodations should not:
  - Fundamentally alter the sport
  - Allow an otherwise illegal piece of equipment to be used
  - Create risk to the athlete/others
  - Place opponents at a disadvantage
- ❖ *When considering an accommodation, illegal equipment specified by rule should not be permitted.*
- ❖ *The accommodation should not create unnecessary risk of injury.*
- ❖ *The accommodation should not create an advantage or disadvantage in the competition.*

## **SLIDE 19**

Rule Modification for Individual Accommodation

Rule 4-4 NOTE

Examples

Diabetic	Insulin Pump
Hearing Impaired	Hearing aid
Missing limb	Artificial limb

- ❖ *Unique and extenuating circumstances could address religious matters.*

## **SLIDE 20**

Relays – Baton Exchange

Rule 5-10-7

- The baton shall be handed from the incoming runner to the outgoing runner. A legal exchange must occur within the exchange zone

## SLIDE 21

Relays – Baton Exchange  
Rule 5-10-7

- Passing commences when baton is first touched by outgoing runner and completed when baton solely in possession of outgoing runner
- Outgoing runner shall not take sole possession while baton is outside exchange zone

## SLIDE 22

Relays – Baton Exchange  
Rule 5-10-7

Picture of illegal baton exchange – outside of zone

Picture of legal baton exchange – inside of zone

## SLIDE 23

Major Editorial Changes  
Rule 6-3-2

- Removed and replaced unnecessary verbiage describing the tie breaking procedure. For places in throwing events, the second best performance of the athletes tying shall resolve the tie. Then, if necessary, the third best and so on

## SLIDE 24

Major Editorial Changes  
Rule 7-4-16

- Clarifies that it is a foul if the competitor takes off from two feet or uses weights or artificial aids. Both are covered in other rules but should appear under “It is a foul...”
- ❖ *No change in rules, simply included these two violations under “It is a foul if the competitor...”*

## SLIDE 25

Major Editorial Changes  
Rules 9-6-1, 2 PEN, 9-6-4 PEN

- Corrects a clerical error and clarifies the disqualification is from the meet

## SLIDE 26

Other Editorial Changes

- 1-1-1, 2      Consistency in language throughout rules book “Track and Field”
- 5-3-7      Correction in length (**20** centimeters)
- 6-2-3      Consistency with Rule 3-2-4d, that the games committee may determine when the event is to be concluded
- 6-2-5      Consistency with Rule 7-2-3 and eliminates unneeded reference to successive trials as this is addressed elsewhere in the rules

## SLIDE 27

### Other Editorial Changes

- 6-2-6 Added “and finals” for clarification as to when head event judge may change order of competition
- 6-2-7 Added “and finals” for consistency in language
- 6-6-2 Corrects the javelin weight conversion from grams to pounds and now lists metric weight first
- |                  | <b>Boys</b>         | <b>Girls</b>       |
|------------------|---------------------|--------------------|
| Weight (minimum) | 800 g (1 lb, 12 oz) | 600 g (1 lb, 5 oz) |

## SLIDE 28

### Other Editorial Changes

- 7-1-3, 4 Consistency in language with Rule 6-1.  
Article 3 – To qualify is to earn the right...  
Article 4 – A foul jump is one which is counted as a trial but which is not measured or declared successful because of some violations of the rule
- 7-2-2 Consistency in language and clarification of games committee authority.  
“...The time at which the preliminaries in each horizontal jumping event must be concluded or completed may be set by the games committee...”

## SLIDE 29

### Other Editorial Changes

- 7-3-3, 2-2-3 Clarifies that a competitor shall be credited with his/her best achievement including performances in a jump-off
- 7-4-16d Provides consistency in language in vertical jumps and removes unnecessary language  
“d. Fails to initiate a trial that is carried to completion within the defined time period after being called and after the crossbar has been set.”

## SLIDE 30

### Other Editorial Changes

- 7-5-29e Deletes listing a specific time as this changes during progression of competition. “...defined time period...” is sufficient as specific times for trials are listed elsewhere
- 9-4-2 Clarifies the referee has the authority to deal with “other irregularities” such as in timing or other unusual circumstances

## SLIDE 31

Title Slide – 2012 Track and Field and Cross Country Points of Emphasis

### **SLIDE 32**

#### Points of Emphasis Starter Positions

- Starters and assistant starters must be positioned to fairly observe the start of each race
- The type of race and physical layout of facility will determine appropriate positioning
- The starter and assistant starter should be positioned to minimize unnecessary exposure to the report of the starting device by competitors, officials and spectators

### **SLIDE 33**

#### Points of Emphasis Exchange Zones

- Exchange zones need to be properly staffed so the entire field and all of the exchanges can be observed
- Officials need to be knowledgeable of the specific relay exchange rules
  - Specific exchange zone and any acceleration zone
  - Positioning of outgoing runners
  - Baton exchange
    - Begins
    - Ends
    - Pass within zone
    - Position of baton not the runners
    - Options if baton is dropped

### **SLIDE 34**

#### Points of Emphasis Jewelry and Uniforms Compliance Responsibilities

- Coach's responsibility to make certain all competitors are in legal uniforms and are not wearing jewelry
  - Athletes must be educated of rules and application before competing
  - Coach has responsibility, with competitors, to be certain in legal uniforms and no jewelry at the meet
  - Coach confirms with referee all competitors are in legal uniform and no jewelry

### **SLIDE 35**

#### Points of Emphasis Jewelry and Uniforms Compliance Responsibilities

- Officials serve two roles
  - Preventive – make an effort to monitor illegal uniforms or wearing of jewelry and have made legal or removed before competition and when feasible, before the “warning” penalty
  - Enforcer of rules – issue warnings and disqualifications when competitors not in rule compliance – ultimate responsibility belongs to coach and competitors

### **SLIDE 36**

#### Points of Emphasis Safety Around Landing Systems

- Host school is responsible for providing legal landing systems for competition
- Host school is responsible for properly padding hard and unyielding surfaces around the vertical jumps landing pads
- Area surrounding landing areas should be clear of other items not part of the official equipment (hurdles, chairs, other event equipment, etc.)

**SLIDE 37**

## Points of Emphasis

## Risk Minimization in Throwing Events

- Landing sectors should be roped off, etc. to keep individuals out of the throwing sector and areas where errant throws may occur
- Spectator seating should be back and away from throwing sector area
- Head event judge should declare how event will be conducted and cover safety rules for the event
- Coaches should always review safety rules and requirements of the event with his/her athletes

**SLIDE 38**

## NFHS Track and Field Pre-Meet Notes

*NFHS Track and Field Pre-Meet Notes* will be available online in early December at

<http://www.nfhs.org/track.aspx>

NFHS Track and Field Pre-Meet Notes is made possible through the cooperative efforts of the NFHS Track and Field Rules Committee and USA Track and Field Officials Training Subcommittee