

National Federation of State
High School Associations



2012 Track and Field and Cross Country

Rules Changes

Major Editorial Changes

Points of Emphasis

Take Part. Get Set For Life.™

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, 3rd 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 (3-2-4**b**)



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



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.

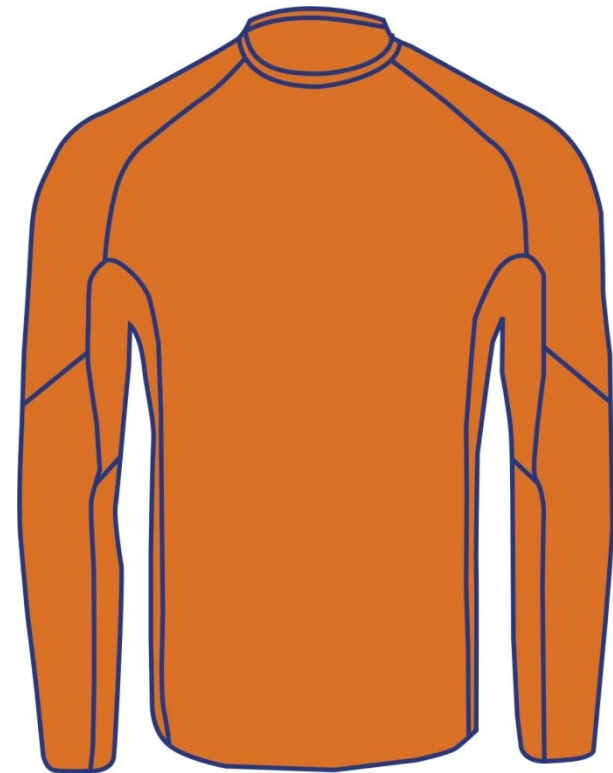


Visible Undergarment

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

**Legal
Visible
Undergarment**



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



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



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



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



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



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



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



Pole Vault

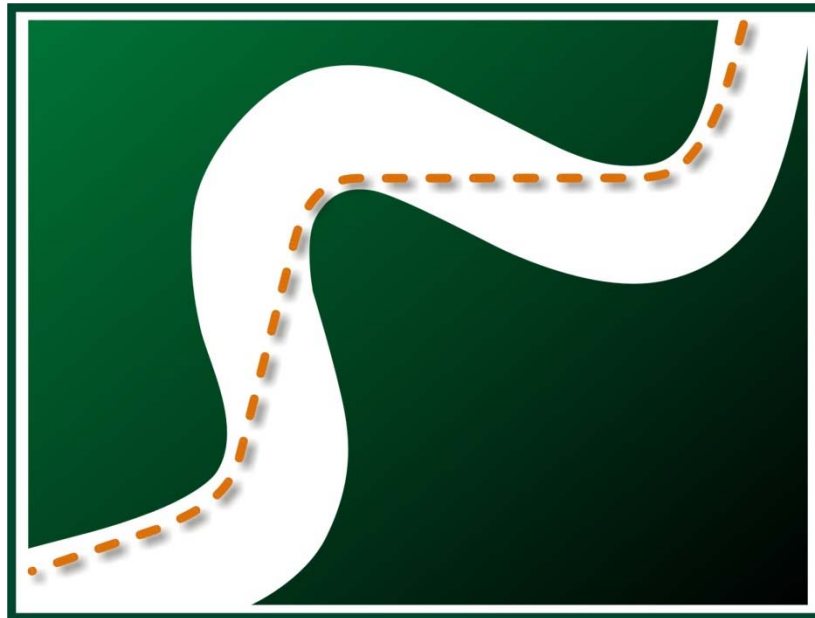
Rules 7-5-25, 7-5-29

- 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



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**



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



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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



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



Rule Modification for Individual Accommodation Rule 4-4 NOTE

Examples

Diabetic

Insulin pump

Hearing Impaired

Hearing aid

Missing limb

Artificial limb



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



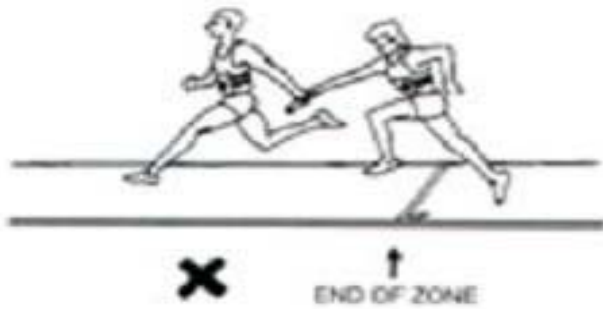
Relays – Baton Exchange

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

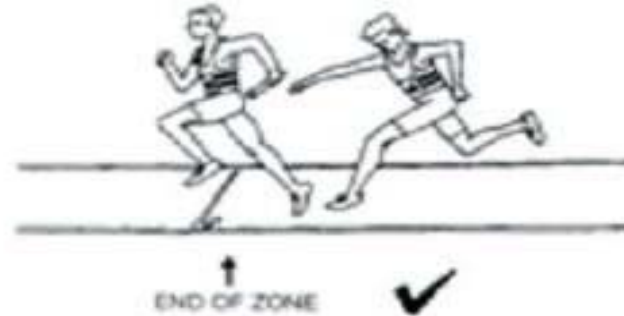


Relays – Baton Exchange Rule 5-10-7



**Baton exchange
outside of zone**

Illegal



**Baton exchange
inside of zone**

Legal



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



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...”



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**



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



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

	Boys	Girls
Weight (minimum)	800 g (1 lb, 12 oz)	600 g (1 lb, 5 oz)



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...”



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.**”



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



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2012 Track and Field and Cross Country

Points of Emphasis

Take Part. Get Set For Life.™

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



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



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



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



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.)



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



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

Track and Field Pre-Meet Notes

2009

Inside this issue:

- Leaving Ground in Pole Vault is a Foul
- Music in My Ears or Not
- A Matter of (Tenths of a) Second
- The Crossbar's Cloth Marker: A Retrospective
- That Runner is Wearing A Hat. How is That Legal?
- Recent Pole Vault Rule Changes
- Spotlight: Umpiring the 4x100 Meter Relay
- Basic Training: Officiating the Javelin Throw
- Start of the Race
- What is Excused Time and How Does it Work?
- Breaking Ties in Running Events

Track and Field Pre-Meet Notes

2010

Inside this issue:

- Relay and Cross Country Team Members Required to Wear Same Uniform Design
- Clearing Crossbar with Uprights Positioned Incorrectly
- Bungee Cord/Elastic Crossbar Now Permitted in Warm-ups
- Pole Vault
- Circular Crossbars Mandatory January 2013
- Let's Go to the Replay ...
- Are They Contestants or Competitors?
- Spotlight: Operating Wind Gauge for Run and Horizontal Jump
- Consistent Starting Procedure Required for All Heats
- Games Committee Responsibilities
- Coaching Boxes
- Basic Training: Clerk the Course
- Competitor's Responsibilities When Participating in Multiple Events

Track and Field Pre-Meet Notes

National Federation of State High School Associations

2011


Mid-Competition Warm-Up Procedure Change for Pole Vault

Inside this issue:

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Risk minimization is a number one concern for all track and field events. Over the past 10 years, the pole vault rules have been adjusted to help ensure the safety of the competitors. Experienced or more proficient vaulters often begin the competition on the sidelines as they wait until the bar is raised to the height where they enter the competition. This wait time depends on the number of competitors and the starting height. A long wait places the waiting competitor(s) at a disadvantage as the idle body negates the effect of warming up prior to the competition. Previously, a competitor who had not entered and passed three consecutive heights was allowed one warm-up vault without the bar in place during the change to the height he or she would enter. For 2011, the rule has changed to allow that same competitor use of the runway and landing pit for two minutes and as many warm-up jumps as desired during that period. (Rule 7-5-16)

As an official, when more than one competitor enters and is eligible for a warm-up period, the warm-up periods are added together. So, if two competitors enter at a height, four minutes are allowed for the warm-up period. If three competitors enter, six minutes are allowed. This is unlike the NCAA, where the warm-up time, while also two minutes, is not combined for multiple competitors.



**Want to become an official?
Start your training today!**

The NFHS Track and Field Rules Committee and the USA Track & Field Officials Training Subcommittee are combining efforts and experience to provide the NFHS Pre-Meet Notes, an online track and field education publication. It is our goal to encourage more individuals to become track and field officials.

High School - Contact your state high school athletic/activities association at www.nfhs.org >State Association Listing >Member State Associations

USATF - Contact USA Track & Field at www.usatfofficials.com >Certification