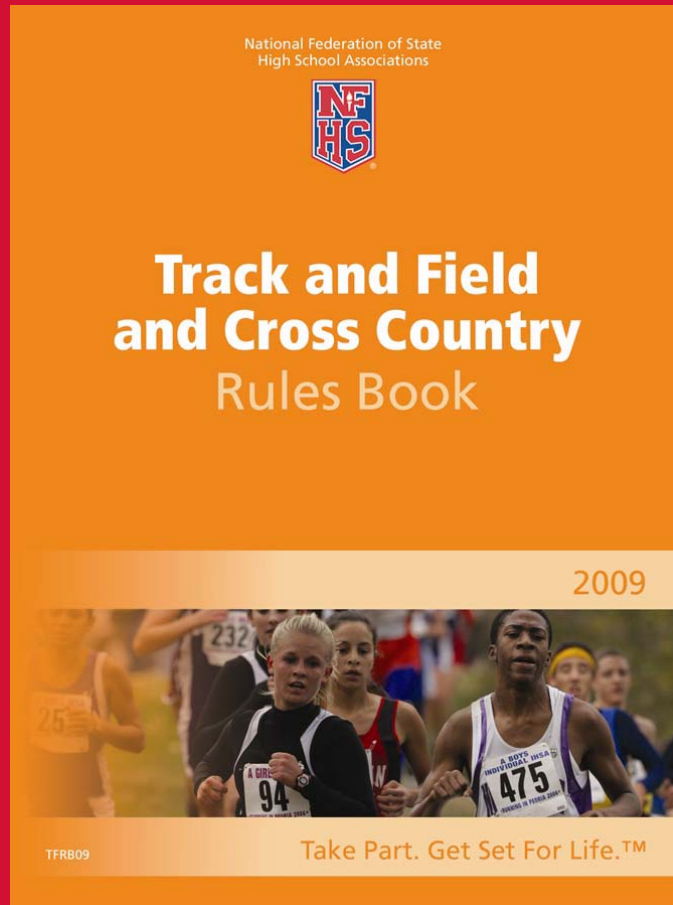


National Federation of State
High School Associations



2009 Track and Field and Cross Country

Rules Changes
Major Editorial Changes
Interpretations
Points of Emphasis



Take Part. Get Set For Life.™

Starter's Pistol

Rule 3-9-2

- When a pistol is used as the starting device, it shall be a closed barrel starter's pistol
- Rationale:
 - State laws address possession of firearms on school property
 - Starter's pistol is not capable of discharging live rounds
 - Closed barrel starter's pistol is adequate to produce required results for starting a race



Fully Automatic Timing (FAT) Rule 3-9-6

When using Fully Automatic Timing (FAT)...

- The official time recorded shall be in 1/100th of a second

10.52

- Ties for place finishes shall be broken by time recorded to 1/1000th of a second

10.523 10.526

- Ties for determining qualifiers for a subsequent round shall be broken by time recorded to 1/1000th of a second

10.523 10.526



Starter's Pistol

Rule 3-9-9

- Any meet indoors or outdoors where FAT is being used may be started by a .32 or .22 caliber starter's pistol or electronic, gunless device for record purposes
- Rationale:
 - FAT systems do not require the noise of a .32 caliber starter's pistol, and a .22 caliber is clearly heard by competitors and provides adequate smoke for manual timing.



Discus Throw and Shot Put Rules 6-4-9c and 6-5-9c

- It is a foul if the competitor:
 - **After starting the attempt**, touches the circle, not including the inner face of the band, if one is used, or the ground outside the circle during a throw.
- Rationale:
 - A competitor in the discus throw or shot put now has the opportunity to exit the circle to dry his/her hands, clean his/her shoes or wipe off the implement etc. and re-enter the circle without penalty.
 - A competitor may enter the circle, exit the circle and re-enter the circle without fouling provided he/she does so within the allotted 1 minute and does not exit the circle after the pause starting the throw.





Vertical Jumps

Deleted Rules 7-4-11 and 7-5-18

- The option for the event judge, in both the high jump and pole vault, to place a cloth marker on the crossbar for sighting purposes is removed from the rules.
- Rationale:
 - Current crossbars are of bright, contrasting colors and no longer present a sighting problem for competitors, therefore the use of the cloth marker is no longer allowed.



Pole Vault-Pole Ratings

Rule 7-5-3 NOTE

- Etchings, serial numbers etc. that may appear on poles shall not replace the requirement of the manufacturer's pole rating of the minimum $\frac{3}{4}$ -inch marking in contrasting color on each pole.
- Rationale: most poles have an etching on the pole which is a code to the manufacturer and may not be identifiable to the coach, vaulter, or official in regard to identifying the pole's weight rating. The requirement of the mark in contrasting color indicating the pole rating as determined and placed on the pole by the manufacturer is for purposes of risk minimization and shall not be set aside and be adhered to strictly. Contact the manufacturer if a pole needs the required weight rating band.



Pole Vault

Rule 7-5-29

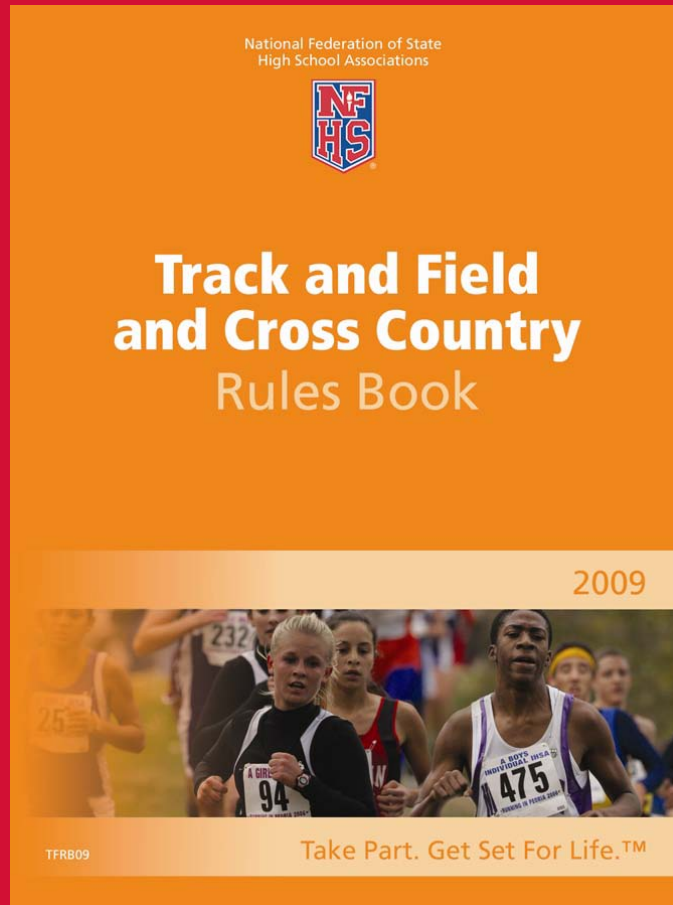
- It is a foul if the competitor:
 - leaves the ground in an attempt and fails to clear the crossbar.

Exception: The competitor aborts the approach and in stopping, plants the pole and momentum causes his/her feet to leave the ground

- Rationale:
 - The change last year by the committee was not intended to allow a vaulter to abort a vault but rather to have the opportunity to stop and abort an approach. However, the language was not clear and as written allowed a vaulter to abort a vault. This change clearly reflects the original intent of the committee to abort only the approach and have the opportunity to restart the approach as long as it is done so within the allotted time limit.



National Federation of State
High School Associations



2009 Major Editorial Changes

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Editorial Changes

- Rule 4-3-2b –
Uniforms

Language used to state requirements for relay team uniforms is now the same language as cross country team uniforms (9-6-1b). No change in requirements, only clarification in wording

- Rule 4-5-8b –
Unfair Act Assistance

Clarifies it is an unfair act and considered assistance when there is pacing by a teammate **not in the race...**



Editorial Changes

- Rule 4-5-10 –
Injury, Bleeding

A competitor who is bleeding, has an open wound, has **any** amount of blood on his/her uniform, or has blood on his/her person, may complete the running or field event.

Not in rule book → (TRIAL)

He/she shall be directed to leave the activity until the bleeding is stopped, the wound covered, the uniform and/or body is appropriately cleaned, and/or the uniform is changed before returning to competition.



Editorial Changes

- Rules 6-4-5, 6-5-5 –
Throws

The **inside** edges of these lines shall **mark** the sector

- Rules 6-4-7, 6-5-7 –
6-6-6
Throws

Taping any part of the **throwing hand** or fingers shall, ...
(Non-throwing hand may be taped)

- Rule 7-5-4 NOTE –
Pole Vault

Altering the pole in any fashion renders it illegal. Examples:
Changing required markings
or shortening the length of
the pole



Editorial Changes

- Rule 5-7-3 – Start
Recommends competitors take a position (at least one **meter**, which may be marked) behind the starting line at the starting command for outdoor, individual races, or opening of relays 800 meters or longer and 600 meters or more indoors



Editorial Changes

- Rule 7-5-4 – Pole Vault
A competitor in the pole vault shall not use during warm-up or competition: **A bungee cord**, variable weight pole, a pole which is improperly marked, or a pole rated below his/her weight
- Rule 7-5-13 –
The zero point is at the top of the back of the plant box (**vertical plane**)

Zero Point = Vertical Plane





Rule Interpretations



FAT

Rule 3-9-6

SITUATION: In the finals of the 100-meter dash, two runners cross the finish line in what appears to be first place with identical times to the hundredth of a second. The FAT system records times to the one one-thousandth of a second. The tie is broken using times recorded to the one one-thousandths.

RULING: Correct procedure.

COMMENT: The times recorded to the one one-thousandths are used only to break the tie for the place finish and all official times are recorded to the one one-hundredths of a second.



Shot or Disc

Rule 6-4-9c and 6-5-9c

SITUATION: Discus thrower A1 enters the front of throwing circle and walks to the back. Realizing that the bottom of his/her shoes are caked with mud A1 leaves the ring through the front to wipe off their shoes. A1 reenters the back of the ring, pauses, then completes their attempt and leaves the back of the ring after the official calls mark.

RULING: legal

COMMENT: A competitor may enter the circle, exit the circle and re-enter the circle without fouling provided he/she does so within the allotted 1 minute and does not exit the circle after the pause starting the throw.



Pole Vault

Rule 7-5-3 NOTE

SITUATION: Prior to competition, the official responsible for inspecting vaulting poles notices that the vaulters from school A are using poles that do not have the visible pole rating in $\frac{3}{4}$ -inch contrasting color. The inspector points this out to the vaulters and they refer to the etchings on the pole they believe should be accepted for the rating. The official does not allow the pole to be used without the proper marking.

RULING: Correct procedure.

COMMENT: The etchings that appear on poles are codes for the manufacturer. They do not necessarily correspond to the weight rating for the pole and shall not serve to meet the requirements in Rule 7-5-3. Should a school have an older pole, the coach should check the manufacturer's website or contact them directly.



High Jump Pit

Rule 7-4-16b

SITUATION: High jumper A1, while clearing the cross bar
a) incidently contacts the front of the pit with his/her foot or,
b) contacts the top of the pit with their foot.

RULING: In a) the event judge rules a successful attempt.
In b) the event judge rules an unsuccessful attempt. Correct procedure.

COMMENT: A competitor having incidental contact with the front of the pit which does not provide an aid to the jumper would not constitute a foul. If the contact results in aiding the competitor a foul shall be called. When a competitor contacts the top of the pit this would be considered an aid and result in an unsuccessful attempt.





Uniform

Rules 3-2-4(o), 4-3-1 and 9-6-1



The items on the arms are not considered a visible undergarment, and not a part of the official uniform. These items are legal unless the games committee restricts the wearing of such items, or restricted by state association policy.



Uniform

Rules 3-2-4(o), 4-3-1 and 9-6-1

Design and style of undergarments are constantly changing.

Track and Field Rules Committee reaffirms the requirements of Rules 4-3-1, 2 and 9-6-1 that visible undergarments must be unadorned and of a single color.

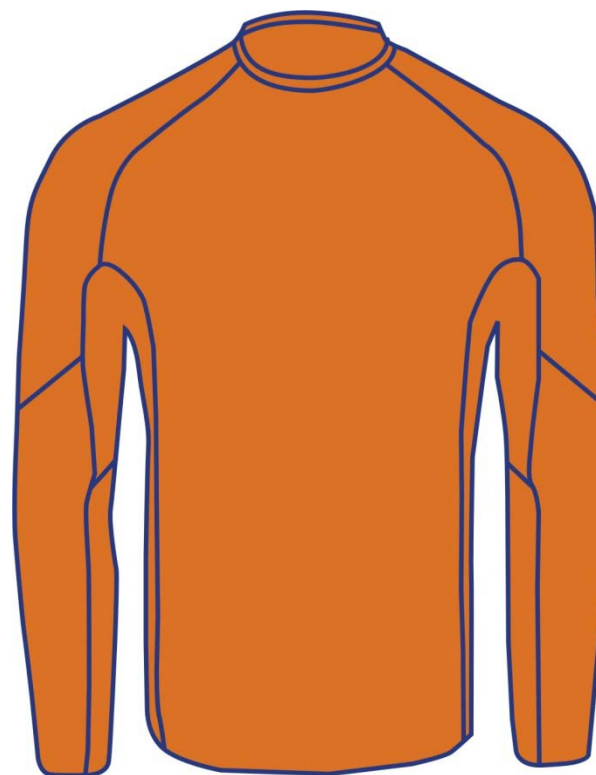


Uniform

Rules 3-2-4(o), 4-3-1 and 9-6-1

Visible undergarments displaying seams stitched on the outside of the garment in a visible contrasting color to the undergarment will be illegal beginning with the 2010 track and cross country seasons.

Contrasting color of seams makes garment illegal in 2010



Uniform

Rules 3-2-4(o), 4-3-1 and 9-6-1

This one year exemption is a result of a previous interpretation approved by the committee and distributed by the NFHS.

Coaches must be aware of the rule requirements when purchasing undergarments and must inform students, who are purchasing their own competitive undergarments, of the rules to avoid non-compliance.





2009 Points of Emphasis



Points of Emphasis: Electronic Devices

- NFHS rules do not completely eliminate the use of personal electronic devices by coaches, contestants, or officials.
- The rules do prohibit the use of wireless communication devices, other than the official communication equipment, unless approved by the games committee.
- The games committee determines allowable electronic devices and those electronic devices that are to be prohibited at the meet.



Points of Emphasis: Equipment Failure

- When equipment, such as jumping event standards or timing devices (FAT), malfunctions and the competitor's performance or advancement is affected, the competitor should be allowed an additional trial or opportunity.
- Competitors shall not be penalized if their performance is affected by equipment malfunction.
- This decision of equipment malfunctioning and impact on competitor(s) rests with meet officials.



Points of Emphasis: Wind-Gauge

- verification that there are three wind gauges for the meet;
- locating and setting up the gauges properly and verifying they are operational;
- communicating with the persons operating the gauges to make sure they understand operating the wind gauge and the correct recording procedures.



Points of Emphasis: Measurement in the Vertical Jumps

- **The standards in the HJ and PV have markings as to what height the crossbar is set, but are rarely accurate. In the PV there could be as much as 4” in error. Therefore, each consecutive height in the vertical jumps shall be measured accurately with a non-stretchable tape or height caliper.**
- **Check the crossbar for sag and make sure that the crossbar is level when set on the pins. Mark the left and right sides of the crossbar and which side is up. Replace the crossbar onto the standards the same each time. In the PV always measure directly over the zero point.**
- **For ranking purposes, all vertical heights will be listed in the rankings measured to the lesser $\frac{1}{4}$ inch. You can purchase an inexpensive but accurate measuring device from Gill Athletics for \$75 - PV height caliper.**



Points of Emphasis: Rule Enforcement throughout the Season

- The NFHS competition rules and interpretations are the foundation for creating fair and equitable competition for all athletes. Fairness in all competition starts with making sure that all timing, marks, and judgments are made by officials who understand the rules.
- Understanding and enforcing the rules consistently throughout the season is imperative for certified officials retained for the numerous meets held all over the state. Whether uniform, jewelry, wind gauges, etc; all competition rules must be upheld to promote fair and equitable competition for all competitors.



Informational Sources on the CHSAA Website

- Link for NFHS Track and Field Pre-Meet Notes
[sitehttp://www.nfhs.org/web/2009/01/track_and_field_premeet_notes.aspx](http://www.nfhs.org/web/2009/01/track_and_field_premeet_notes.aspx)
- This powerpoint for your use
- MS Word Document summarizing this presentation

