



2022 NFHS TRACK AND FIELD AND CROSS COUNTRY RULES POWERPOINT

National Federation of State
High School Associations



Rules Changes
Major Editorial Changes
Points of Emphasis

TITLE IX^{at}50
Celebrating and Growing Opportunities

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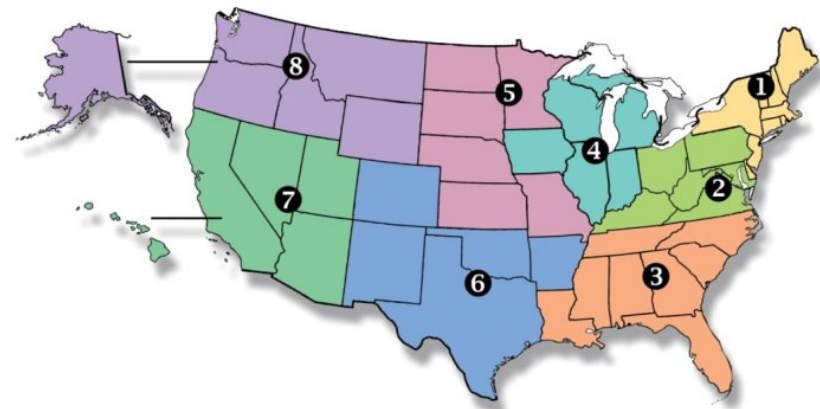
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TITLE IX^{at}50
Celebrating and Growing Opportunities

- NFHS (located in Indianapolis, IN – Est. 1920):
 - National leader and advocate for high school athletics and performing arts programs.
 - Serves 51 state associations, 19,500 high schools and 12 million student participants.
 - Writes playing rules for 17 high school sports for boys and girls.
 - Offers online education courses for high school coaches, officials, parents, students and others.
 - Ensures that students have opportunity to enjoy healthy participation, achievement and good sportsmanship in education-based athletics.



NFHS RULES REVIEW COMMITTEE

TITLE IX^{at}50
Celebrating and Growing Opportunities

- 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



Lindsey Atkinson
Basketball, Girls
Lacrosse and
Volleyball



Bob Colgate
Football and Sports
Medicine



Sandy Searcy
Softball, Swimming &
Diving and Water Polo



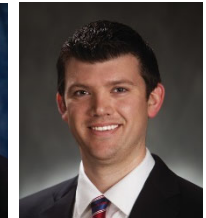
Elliot Hopkins
Baseball and
Wrestling



Julie Cochran
Cross Country, Gymnastics,
Field Hockey, Soccer and
Track & Field



James Weaver
Boys Lacrosse
and Spirit



Dan Schuster
Ice Hockey



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- The NFHS writes playing rules for 17 sports for boys and girls at the high school level.
 - Publishes 4 million pieces of materials annually.



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National Federation of State High School Associations

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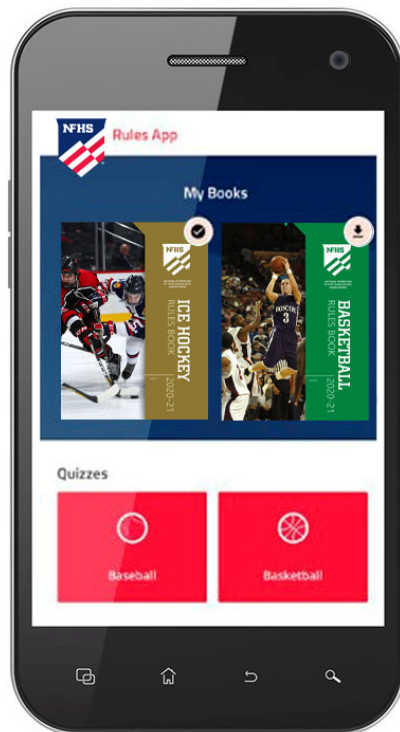
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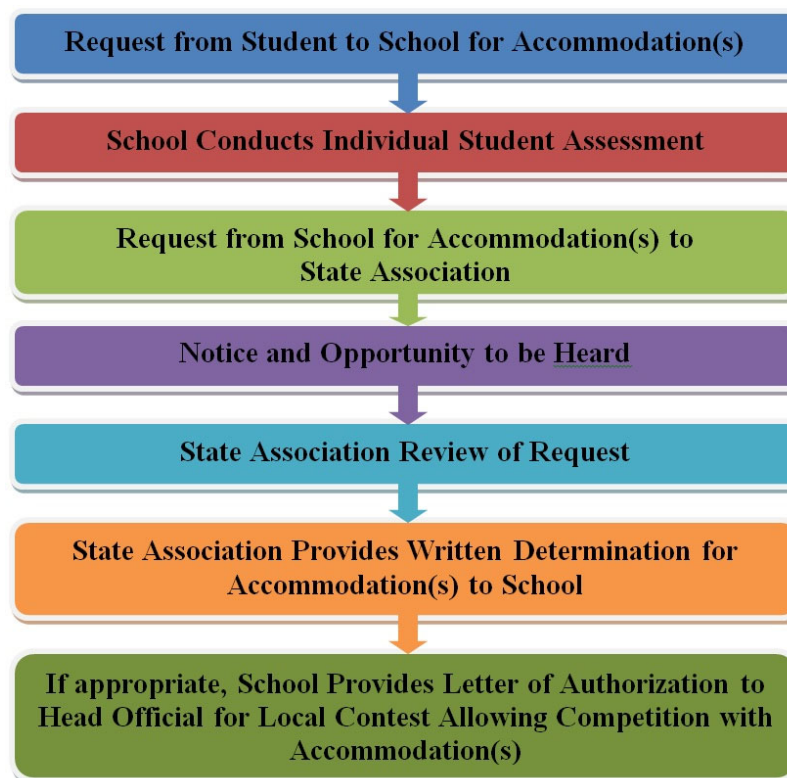


- Rules App features:
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 - www.nfhs.org/erules for more information





GUIDELINES FOR SCHOOLS AND STATE ASSOCIATIONS FOR CONSIDERATION OF ACCOMMODATIONS





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2022 NFHS TRACK AND FIELD AND CROSS COUNTRY RULES CHANGES





RULE 4-3-1



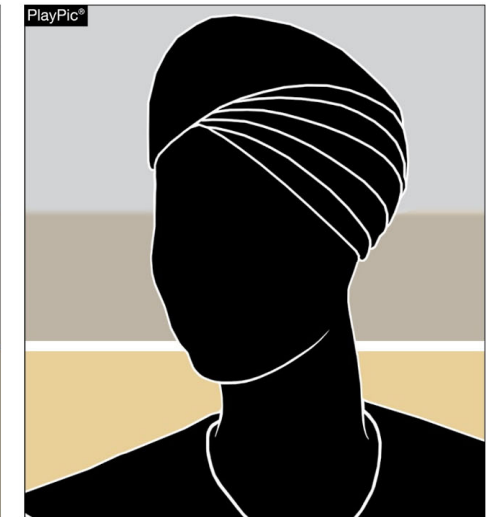
logo larger than 2 ¼"
around waistband
only



b. Each competitor shall wear a school-issued or school-approved full-length track top and track bottom or one-piece uniform. Any outer garment (e.g., t-shirts, sweatpants, tights) that is school-issued or school-approved becomes the official uniform, when worn.

5. A single manufacturer's logo/trademark/reference, no more than 2¼ square inches with no dimension more than 2¼ inches, is permitted on the top or one-piece uniform. **Bottoms may have manufacturer's logo/trademark/references larger than 2¼ square inches around the waistband.**

RULE 4-3-1b, 8 (NEW)



- Players may wear head coverings for religious reasons.
- The headwear must fit securely and be made of non-abrasive or soft materials.



RULE 5-3-3, 5-10-6 NOTE

Section 3 Track Markings

ART. 3 . . . An exchange zones is designated for exchanging the baton during relay races. It is an area the width of one lane and 20 or 30 meters long. The lines marking the limits of the exchange zone are included in these measurements. In relay races in which the incoming competitor is running 200 meters or less **in lanes**, the exchange zone shall be extended 10 meters in the direction of the incoming competitor.

ART. 6. . . Each competitor shall carry his/her own team's baton by hand throughout the race and shall pass it to the succeeding teammate. The first competitor shall start with the baton, and the last competitor shall carry the baton until he/she has finished the race. The baton must be passed while the baton is within the exchange zone. A baton that inadvertently leaves a runner's hand must be retrieved immediately without interference to other runners.

NOTE: In the 4x100-meter relay and 4x200-meter relay, and other relays with legs of 200 meters or less, each exchange zone in which the incoming competitor is running 200 meters or less **in lanes** will be 30 meters long. All exchange zones for races **with incoming legs of** more than 200 meters **or when the incoming competitors are not in assigned lanes** will remain at 20 meters.





RULE 6 FIELD EVENTS

- Reorganization
 - Sections
 - Definitions
 - General Field Rules
 - Breaking Ties
 - Shot Put
 - Discus Throw
 - Javelin Throw
 - Horizontal Jumps
 - Vertical Jumps
 - Venue Specifications
 - Implement Specifications

NEW





RULE 6-2-6 THRU 9

Section 2 General Rules For Field Events

ART. 6 . . . 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.

ART 7 . . . Warm-up approaches, in horizontal jumps, pole vault or javelin shall only be run in the direction the event will be conducted.

NOTE: During competition and while a competitor is on the clock (6-2-2), it is permissible for an athlete, after an aborted attempt, to run, jog, or walk backward in the opposite direction the event is being conducted.

ART 8 . . . 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.

ART 9 . . . At the conclusion of any field event, there shall be no further practice and implements, including vaulting poles, shall be removed from the area.

PENALTY: (Articles 6-9) First offense shall result in a warning and, if repeated, disqualification from that event. If the incident recurs, the athlete will be disqualified from further competition in the meet.





RULE 6-9-9

Section 9 Long Jump and Triple Jump

ART. 9 . . . Each legal jump shall be measured perpendicularly to the foul line or its extension and from that point in the pit touched by the person or anything that was attached to the body at the time it made the mark which is nearest the foul line or its extension.

RULE 8 CROSS COUNTRY

8-1-1

ART. 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 meet director or games committee. Measurement shall be along the shortest possible route a runner may take on the prescribed course. The course shall be clearly marked using one or more of the following methods:

- a. A single wide line or boundary lines, both inside and outside, marked with a material which is not injurious to the eyes or skin;
NOTE: A single wide line, if used on turns, should utilize other methods of markings listed below to assist the runner in identifying the course route.
- b. The use of natural or artificial boundary markers; or
- c. Signposts with large directional arrows wherever the course turns, or flags about 1 foot square and mounted on stakes which hold them 6 feet or more above the ground.

NOTE: If a single wide line is used, it may or may not mark the shortest possible route that a runner may take.



RULE BOOK CORRECTIONS

TITLE IX^{at}50
Celebrating and Growing Opportunities

Page 76:

~~6-9-9~~ 6-7-4: The change no longer penalizes the athlete for a hat or sunglasses falling in the pit after they have made their mark.





RULE 6-7-4

Section 7 Long Jump and Triple Jump

ART. 4 . . . Each legal jump shall be measured perpendicularly to the foul line or its extension and from that point in the pit touched by the person or anything that was attached to the body at the time it made the mark which is nearest the foul line or its extension.



RULE 9 RECORDS

9-3-2 b and c

ART. 1 . . . In the field events, a record will be recognized for each competitor when two or more tie at the record height or distance even though the points and places in the event are determined by the method for breaking ties. A record in the field events is valid even when it is made in a preliminary trial and regardless of whether the competitor places in the final standings.

ART. 2 . . . In the vertical jumping events:

a. A competitor shall be credited with his/her best achievement, including performances made in the jump-off of a first-place tie.

b. An accurate measurement of the height of the crossbar shall be taken before each record attempt. Mark the crossbar and base of the standards to ensure consistent placement of the crossbar. Any displaced or jostled crossbar should be placed on the standards in exactly the same position as before its displacement. ~~A displaced crossbar means any movement of the bar not only a dislodged bar from the pins or standards.~~

c. The crossbar height shall also be measured if the bar has been touched by a competitor before another competitor also jumping at the record height proceeds.





Other Rules Affected 6-8-12, 6-8-28

- **OTHER RULES AFFECTED**

- 6-8 Page 48 ART. 12 . . . An accurate measurement of the height of the crossbar shall be taken before each record attempt. Mark the crossbar and base of the standards to ensure consistent placement of the crossbar. Any displaced or jostled crossbar should be placed on the standards in exactly the same position as before its displacement. ~~A displaced cross bar means any movement of the bar not only a dislodged bar from the pins or standards.~~

- 6-8 Page 50 ART. 28 . . . An accurate measurement of the height of the crossbar will be taken before each record attempt. Any displaced or jostled crossbar should be placed on the standards in exactly the same position as before its displacement. To ensure this, one face should be marked for identification. ~~A displaced cross bar means any movement of the bar not only a dislodged bar from the pins or standards.~~

QUESTIONS?





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2022 NFHS TRACK AND FIELD AND CROSS COUNTRY EDITORIAL CHANGES





RULE 2-2-4

Section 2 Scoring of Ties

Art. 4. . . The number of tied competitors determines the number of scoring places to be added together.

NOTE: A tie by two competitors for second place means the scoring points for second and third places shall be added together and divided by two. Third place shall remain vacant.





RULE 3-2-3

Section 2 The Games Committee

ART. 3. . . The games committee has the authority to determine the:
h. Approved items (tape, chalk, half-tennis balls, etc.) and locations of these marks for all relay races run in lanes.





6-9-13 NOTE

ART. 13 . . . The declination in the approach shall be limited to 2:100 (2 percent) laterally and 1:1000 (0.1 percent) downward in the running direction and in the jumping direction.

NOTE: Calculate the slope by comparing the elevation at the start of the runway to the elevation at the take-off board; intermediate measurements are not considered.

QUESTIONS?



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2022 NFHS TRACK AND FIELD AND CROSS COUNTRY POINTS OF EMPHASIS





EXCHANGE ZONE

- The exchange zone in the last two rules books do not require that tracks are repainted or resurfaced in order to be in compliance with NFHS rules.
- The acceleration zone is incorporated into the exchange zone.
- The outgoing runner must be positioned within the 30-meter exchange zone.
- 30-meter exchange zone is used for relay races when the incoming competitor is running 200 meters or less **in lanes**.





USE OF ELECTRONIC DEVICES

- The games committee for each meet determines the restricted and unrestricted areas in the meet.
- The use of electronic devices is permitted in unrestricted areas and coaches' boxes provided it doesn't interfere with the progress of the meet.
- When a competitor views a video or uses a wireless device in a restricted area during competition there is an unfair advantage gained.
 - During competition = an athlete is on the clock for a trial in a field events of in a race for running events.
- State Associations may also have policies in place to further address the use of electronic devices.





ADAPTED ATHLETES

- Existing playing rules can be adapted to include students with disabilities and many times do not require undue administrative burden.
- Existing track and field venues can be used.
- Accommodations should not fundamentally alter the sport, heighten risk to the athlete or others or place an opponent at a disadvantage.
- The NFHS is available to assist state associations with questions and accommodations.

QUESTIONS?





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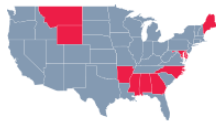
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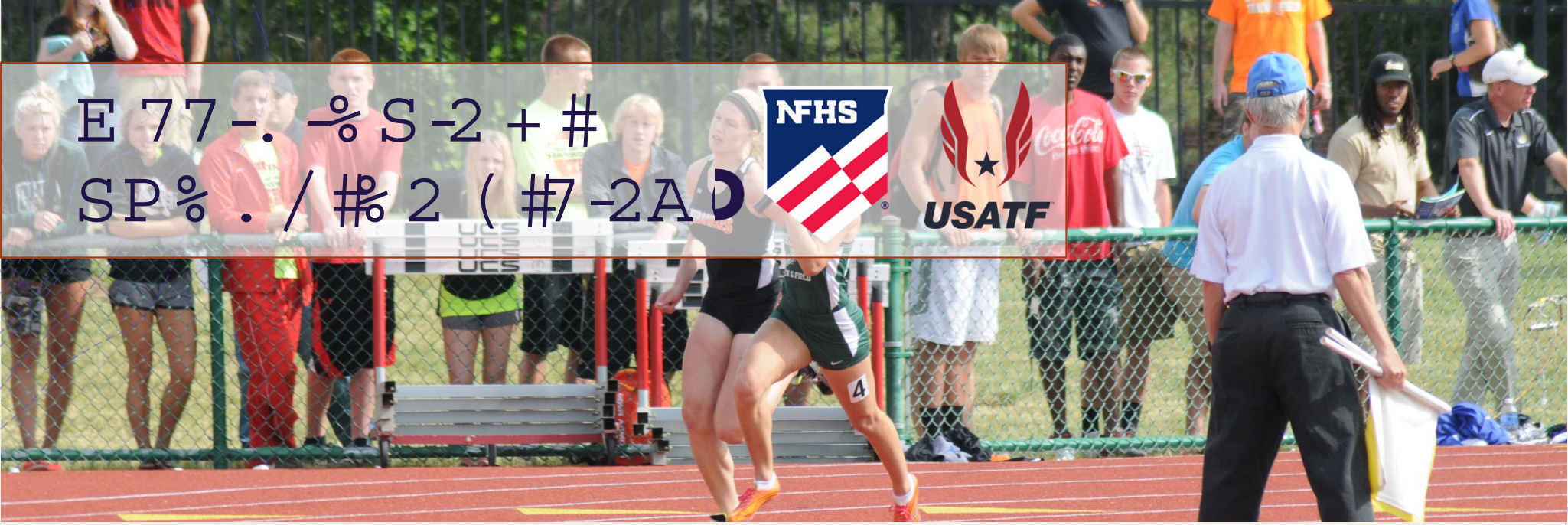


Rules and Case Books

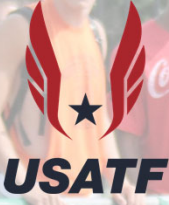


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Developed in concert with USA Track & Field, "Officiating Track and Field" is constructed to assist officials in presiding over the sport's diverse collection of events. The course outline contains separate modules for track event and field event officiating responsibilities, and details important guidelines and recommendations for keeping meets running smoothly and safely for competitors, coaches and spectators.

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Coaching Cross Country



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- Explain the cycles of the season and how to develop training plans based on them
- Illustrate drills using video of student-athletes
- Identify common Cross Country injuries and ways to prevent them
- Introduce the concepts of Team Dynamics and explain how they affect a team's performance and experience
- Provide an overview of goal-setting and mental toughness

Units

- Training Plan
- Goal Setting and Mental Toughness
- Team Dynamics
- Tapering Principles
- Common Injuries and Prevention
- Ancillary Training Activities
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Coaching Track and Field



Course Objectives

- Display fundamentals of running, jumping and throwing
- Highlight the importance of sound mechanics in teaching basic skills
- Identify key points of a skill
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Units

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- Jumping
- Throwing

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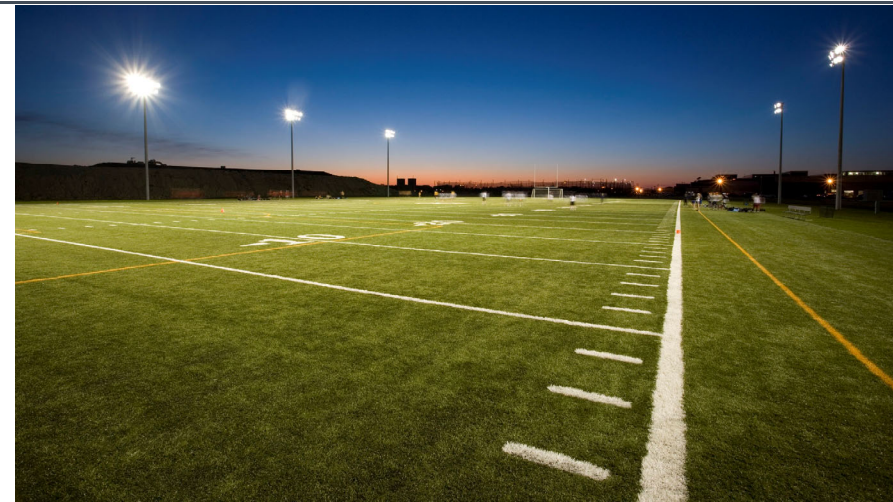
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