



2013 NFHS TRACK AND FIELD AND CROSS COUNTRY RULES BOOK

ROBERT B. GARDNER, Publisher
Becky Oakes, Editor
NFHS Publications

To maintain the sound traditions of this sport, encourage sportsmanship and minimize the inherent risk of injury, the National Federation of State High School Associations writes playing rules for varsity competition among student-athletes of high school age. High school coaches, officials and administrators who have knowledge and experience regarding this particular sport and age group volunteer their time to serve on the rules committee. Member associations of the NFHS independently make decisions regarding compliance with or modification of these playing rules for the student-athletes in their respective states.

NFHS rules are used by education-based and non-education-based organizations serving children of varying skill levels who are of high school age and younger. In order to make NFHS rules skill-level and age-level appropriate, the rules may be modified by any organization that chooses to use them. Except as may be specifically noted in this rules book, the NFHS makes no recommendation about the nature or extent of the modifications that may be appropriate for children who are younger or less skilled than high school varsity athletes.

Every individual using these rules is responsible for prudent judgment with respect to each contest, athlete and facility, and each athlete is responsible for exercising caution and good sportsmanship. These rules should be interpreted and applied so as to make reasonable accommodations for disabled athletes, coaches and officials.

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2013 Track and Field Rules Changes

- 3-19-2, 6-2-17** Only legal implements, as inspected by the implement inspector, shall be allowed in warm-ups and competition.
- 4-3-1, 2 Penalty, 9-6-1 Penalty** For the wearing of an illegal uniform, when a violation is observed and noted by a meet official, the competitor shall be required to make the uniform legal before becoming eligible for further competition and 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 the referee shall notify or cause to be notified the head coach of the off-ending school of the competitor's violation and warning.
- 5-1-5 New** When feasible, it is recommended that there be an obstacle-free zone on the inside and outside of the track at least 1 meter in width.
- 5-10-7, Note** The baton shall be handed from the incoming runner to the outgoing runner within the exchange zone. Both runners shall not touch the baton outside of the 20-meter exchange zone.
- 6-2-2** The three preliminary trials shall be taken in flights of no less than five in the order in which the competitors are listed.
- 6-2-3 7-2-3** One or more competitors than there are scoring places shall qualify for the finals.
- 6-4-2** The discus shall meet the following specifications thus allowing a ¼-inch range in the rim thickness:
- | | Boys | Girls |
|---------------------------------|--------------|--------------|
| Rim thickness ¼" from the edge: | | |
| Minimum: | 12mm (.472") | 12mm (.472") |
| Maximum: | 13mm (.512") | 13mm (.512") |
- 6-5-9j New** Puts the shot using the "cartwheel" technique is a foul.
- 6-6-9** If the javelin breaks during the throw or in the air, it shall not count as a trial and a replacement throw shall be awarded.
- 7-2-2** The three preliminary trials shall be taken in flights of no less than five.

7-2-10 New Adds time limits for consecutive attempts in field events and includes chart for all prescribed event time limits.

7-4-2 The approach shall consist of an unvarying surface.

**7-4-6,
7-5-11** In addition to the commonly used four-sided flat crossbar ends, the use of a crossbar fitted with alternative ends (semicircular) is permitted.

7-5-19 Changes the range for the position of the standards to 18 inches (45.7cm) measured beyond the vertical plane of the top of the stopboard, zero (0) point, up to a maximum distance of 31.5 inches (80cm) in the direction of the landing surface.

7-5-21 Forearm covers may be worn to prevent injuries and competitors may also use chalk or an adhesive or similar substance such as rosin directly on the pole during competition.

2013 Track and Field Major Editorial Changes

4-6-7 Removes reference to any other person as assistance includes non-persons as well.

**6-2-1
thru 18** Rule 6-2 has been rewritten and edited for clarity and a more logical sequence of the articles.

**6-4-5,
6-5-5** Replaces the current diagrams with more useful diagram to assist with visual of a proper sector.

6-6-2 The javelin shall meet all IAAF specifications. Reflects change in maximum length of metal head that is already commonly in use.

	Boys Competition	Girls Competition
Length of metal head		
(minimum)	9-13/16 in. (25 cm)	9-13/16 in. (25 cm)
(maximum)	13 in. (33 cm)	13 in. (33 cm)

6-6-3 Specifies a line 2 3/4 inches in width and 2 feet, 5 1/2 inches in length rather than allowing the line to be longer and is now consistent for marking.

6-6-4 Replaces the current diagram with a more useful diagram.

7-2-1 thru 17 Rule 7-2 has been rewritten and edited for clarity and a more logical sequence of the articles.

2013 Track and Field Editorial Changes

3-1-1c, 3-2-3(l), 3-10-3 thru 7, 3-19-2, 4-4-3 Penalty, 5-1-2, 6-3-2, 7-4-10, 7-4-10 Example, 7-4-16, 7-5-29, 7-5-1, 7-5-5, 7-5-12, 7-6-1, 7-6-9, 9-6-3 Penalty

2013 Track and Field Points of Emphasis

(For a complete discussion of these points of emphasis, see page 79.)

1. Officiating when the acceleration zone is not used
2. Mechanics for head event judge when excused competitor has not returned
3. Head event judge responsibilities to enhance event safety
4. Use of flags by field event judges
5. Continuous flights, "5 Alive" and "5 Active"

Accommodation for special-needs students may be addressed through rules and policies promulgated by a variety of organizations. Three such organizations are:

Special Olympics
1133 19th Street NW
Washington, DC 20036
www.specialolympics.org

Disabled Sports USA
451 Hungerford Drive
Suite 100
Rockville, MD 20850
www.dsusa.org

U.S. Paralympics
25 North Tejon
Lower Level 110
Colorado Springs, CO 80903
www.usparalympics.org

FOREWORD

Any organization that sponsors an extensive program of competition is responsible for determining the rules and standards by which this competition is conducted. This will ensure the activity is administered in accordance with the objectives of the program. State high school associations are responsible for conducting interscholastic track and field and cross country competition and for being certain the rules for these sports reflect the philosophy of secondary schools.

The rules herein are intended to govern the specific track and field events and cross country meets that are held as part of competition at the local level, as well as for qualifying and culminating meets. These rules also grant authority to meet management for the conduct of these meets.

The increased interest in and corresponding expansion of competition in interscholastic track and field and cross country requires rules which are written for high school students and adapted to their ability level. NFHS rules reflect concern for the maturity of participants and consider the endurance, skill and strength of these individuals. Experimentation may be conducted annually, in addition to other research conducted by the NFHS, to establish a basis for rules revisions.

The NFHS Track and Field and Cross Country Case Book is designated as a supplement to the rules book. Situation/rulings in the case book are officially approved by the NFHS Track and Field and Cross Country Rules Committee and are considered an integral part of the rules. The officials' manual is a source of information that will assist the officials in carrying out their responsibilities by outlining procedures and techniques to be used.

The NFHS Track and Field and Cross Country Rules Committee is comprised of dedicated, experienced and knowledgeable individuals who are experts and specialists in track and field and cross country. As a result, NFHS rules are written for high school competition by persons who are actually involved at the interscholastic level and who are directly responsible to secondary schools.

These rules have been adopted as official by the National Federation of State High School Associations and are recommended for use in all schools and allied organizations. Their use will standardize interscholastic track and field and cross country competition within each state and throughout the nation.

ROBERT B. GARDNER, Publisher
NFHS Publications

2012 NFHS TRACK AND FIELD AND CROSS COUNTRY RULES COMMITTEE



Roger Buhrley
Syracuse, UT
NFHS Coaches—2014



Marcy Thurwachter
Stevens Point, WI
Chair—2015



Robert B. Gardner
Publisher
NFHS



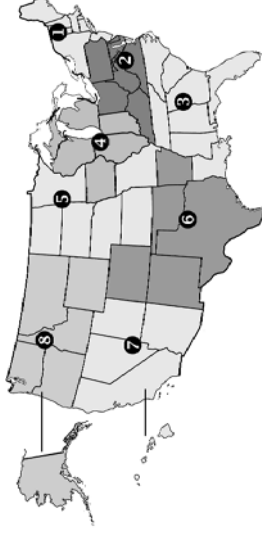
Becky Oakes
Editor
NFHS



Randy Belicek
Purcell, OK
NFHS Officials—2012



Bob Bolles
Casper, WY
Section 8—2014



Charles Sweeney
West Kingston, RI
Section 1—2012



David Hines
Phoenix, AZ
Section 7—2013



David Jackson
Oklahoma City, OK
Section 6—2015



Rick Bowden
Topeka, KS
Section 5—2012



Ron McGraw
Bloomington, IL
Section 4—2015



Nessie Harris
Columbia, SC
Section 3—2014



Jack Hedlund
Kane, PA
Section 2—2013

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Requests for rule interpretations or clarifications should be directed to the state association which is responsible for administering and conducting the high school track programs in your state. The NFHS will assist in answering rules questions from state associations whenever called upon.

Rule 1

Order of Events

SECTION 1 TRACK AND FIELD MEET

ART. 1 . . . A track and field meet consists of races of different lengths, called track events, and of contests in jumping and throwing called field events. Competition is by individuals, except in the relays, which involves competition among relay teams consisting of four individuals.

ART. 2 . . . A track and field/cross country team consists of coaches, contestants, managers, trainers and other associated school personnel.

SECTION 2 ORDER OF RUNNING EVENTS

ART. 1 . . . The order of events listed shall be conducted unless changed by the games committee or the meet director.

ONE-SESSION MEETS

- A. When no preliminary flights or heats are required, the following is the order of events:

BOYS

4x800-meter Relay	400-meter Dash
110-meter High (39-inch) Hurdles*	300-meter Intermediate (36-inch) Hurdles*
100-meter Dash	800-meter Run
4x200-meter Relay	200-meter Dash
1600-meter Run	3200-meter Run
4x100-meter Relay	4x400-meter Relay

GIRLS

4x800-meter Relay	400-meter Dash
100-meter High (33-inch) Hurdles*	300-meter Low (30-inch) Hurdles*
100-meter Dash	800-meter Run
4x200-meter Relay	200-meter Dash
1600-meter Run	3200-meter Run
4x100-meter Relay	4x400-meter Relay

* National records are recognized only in the boys 110-meter high (39-inch) and 300-meter intermediate (36-inch) hurdles, and the girls 100-meter high (33-inch) and 300-meter (30-inch) low hurdles.

- B. When preliminaries are required, the following table is the recommended order of events:

BOYS

4x800-meter Relay Finals
 110-meter HH Prelims
 100-meter Dash Prelims
 400-meter Dash Prelims

110-meter HH Finals
 100-meter Dash Finals
 4x200-meter Relay Finals
 1600-meter Run Finals
 4x100-meter Relay Finals
 400-meter Dash Finals

300-meter IH Prelims
 200-meter Dash Prelims
 800-meter Run Finals
 300-meter IH Finals
 200-meter Dash Finals
 3200-meter Run Finals
 4x400-meter Relay Finals

GIRLS

4x800-meter Relay Finals
 100-meter HH Prelims
 100-meter Dash Prelims
 400-meter Dash Prelims

100-meter HH Finals
 100-meter Dash Finals
 4x200-meter Relay Finals
 1600-meter Run Finals
 4x100-meter Relay Finals
 400-meter Dash Finals

300-meter LH Prelims
 200-meter Dash Prelims
 800-meter Run Finals
 300-meter LH Finals
 200-meter Dash Finals
 3200-meter Run Finals
 4x400-meter Relay Finals

ART. 2 . . . When girls and boys meets are held at the same time and place, it is recommended the same order of events, listed for a one-session meet, be followed.

ART. 3 . . . Combining male and female competitors in events (while scoring them separately) may occur if the head coaches of the competing teams unanimously agree or the referee deems it necessary.

ART. 4 . . . When preliminary flights or heats are required for qualifying, the events should be held in the same order. Preliminary heats in races of 800 meters and longer should not be required in a one-session meet.

SECTION 3 FIELD EVENTS

The following events may be conducted unless changed by the games committee or the meet director:

BOYS

Discus Throw
 High Jump
 Javelin Throw
 Long Jump
 Pole Vault
 Shot Put
 Triple Jump

GIRLS

Discus Throw
 High Jump
 Javelin Throw
 Long Jump
 Pole Vault
 Shot Put
 Triple Jump

SECTION 4 INDOOR TRACK AND FIELD

Indoor competition shall consist of the following order of events unless changed by the games committee or meet director:

WITHOUT PRELIMINARY HEATS

4x800-meter Relay High Jump
 55-meter HH Long Jump
 55-meter Dash Pole Vault
 4x200-meter Relay Shot Put
 1600-meter Run Triple Jump
 600- or 400-meter Dash
 55-meter LH
 1000- or 800-meter Run
 300-meter Dash
 3200-meter Run
 4x400-meter Relay

WITH PRELIMINARY HEATS

HH Trials High Jump
 Dash Trials Long Jump
 4x800-meter Relay Pole Vault
 HH Finals Shot Put
 Dash Finals Triple Jump
 4x200-meter Relay
 1600-meter Run
 600- or 400-meter Dash
 LH Trials
 1000- or 800-meter Run
 LH Finals
 300-meter Dash
 3200-meter Run
 4x400-meter Relay

Rule 2**Scoring****SECTION 1 MEET SCORING**

ART. 1 . . . Team points are awarded to place winners according to the order in which competitors finish a given event. For scoring purposes, a team is made up of one or more competitors representing a single school. The team winner is determined by totaling the points won by the individuals and relay teams representing that school.

ART. 2 . . . The number of places to be scored for each event, unless otherwise announced by the games committee, shall be according to the accompanying table:

Number of Teams Competing in the Meet	Individual Scoring	Relay Scoring
2	5-3-1	5
3	5-3-2-1	5-3
4	6-4-3-2-1	6-4-2
5	8-6-4-2-1	8-6-4-2
6	10-8-6-4-2-1	10-8-6-4-2
7 or more (6 scoring)	10-8-6-4-2-1	10-8-6-4-2-1
7 or more (7 scoring)	10-8-6-4-3-2-1	10-8-6-4-3-2-1
7 or more (8 scoring)	10-8-6-5-4-3-2-1	10-8-6-5-4-3-2-1

ART. 3 . . . When any apparent place winner is disqualified in an event, lower place winners in that event shall be advanced to fill vacant places, unless the disqualification occurs after the event results have become official.

ART. 4 . . . Event points will be awarded to the opposing team(s) upon the determination by the referee, that the venue is unacceptable for competition. Points will be totaled and divided equally among visiting teams. The host team will receive no points.

ART. 5 . . . The score of a forfeited dual meet shall be 9-0.

ART. 6 . . . In the absence of prior mutual agreement, if in a track meet normally contested under the standard order of events (excluding "specialty" meets), the host school does not provide one or more of the events, points for each non-contested event shall be totaled and divided equally among the visiting teams. The host team shall receive no points.

SECTION 2 SCORING OF TIES

ART. 1 . . . A tie in a running event occurs when two or more competitors cross the finish line simultaneously, or when two or more competitors or relay teams running in separate sections, finish with identical times.

ART. 2 . . . A tie in the field events occurs when two or more competitors finish with the same distance or height.

ART. 3 . . . In the vertical jumping events, a competitor shall be credited with his/her best achievement if it occurs in a jump-off for first place.

ART. 4 . . . If there is a tie by any number of competitors for any scoring places, the points for tied places shall be added together and divided by the number of competitors who are involved in the tie.

SECTION 3 CORRECTION OF ERRORS

ART. 1 . . . Clerical or team scoring errors may be corrected up to 48 hours after the conclusion of the meet, unless another time period is specified in advance by the games committee or meet director.

ART. 2 . . . Correction of meet results involving a contestant who has been disqualified from further participation in the meet may be made at any time.

ART. 3 . . . Appeals regarding misapplication of the rules shall be filed within 30 minutes after the results have been announced or made official in that event. The head coach first protests to the referee. The decision of the referee is appealable if the coach still feels that the terms and conditions of competition or the application of the rules have been misapplied or misinterpreted. A written appeal shall be made to the jury of appeals, if one has been appointed. See Appendix IX in the NFHS Officials' Manual for a sample appeal form.

NOTE: See Rule 3-5 for the duties, procedures and responsibilities of the jury of appeals.

Rule 3 Meet Officials and Their Duties

SECTION 1 MEET OFFICIALS

ART. 1 . . . The listed officials for a meet may be supplemented by the games committee. All officials work under the direction of the games committee and the meet director.

- | | |
|----------------------------------|-----------------------------------|
| a. General officials: | |
| games committee | marshals |
| meet director | medical personnel |
| referee | press steward |
| assistant referees | record clerk |
| announcers | scorers |
| custodian of awards | surveyor |
| b. Track-event officials: | |
| chief finish evaluator – (FAT) | umpires |
| clerks of the course | starters |
| finish judges | hand-timers |
| finish-line recorder | timing-device operator(s) – (FAT) |
| hurdle crew and block crew | wind-gauge operator |
| lap counter | |
| c. Field-event officials: | |
| head field judge | head event judge |
| event judges | inspector of implements |
| wind-gauge operator | |

NOTE: No official or meet personnel shall use any form of tobacco product beginning with arrival at the site of competition until departure from the site following completion of the meet.

SECTION 2 THE GAMES COMMITTEE

ART. 1 . . . The administrative body is the games committee. The games committee is responsible for the proper conduct of a track and field or cross country meet. The games committee may consist of:

- An individual (meet director or referee) in dual meets.
- State association appointed individuals for qualifying and final state meets.

- c. Selected individuals for large invitational meets.

This committee also may serve as the jury of appeals.

ART. 2 . . . The games committee shall have general supervision of the meet and shall determine the administrative procedures, terms and conditions that will govern the competition. It shall secure sanctioning for the meet from the proper authority, provide the competition areas and meet equipment, padding, and determine the time schedule. It has the authority to establish reasonable deadlines for receipt of entries in large meets. Preliminary and semifinal heats shall be formed by the games committee so that no competitor will run more heats than another in order to qualify for the finals.

ART. 3 . . . The games committee has the authority to determine the:

- a. Meet officials.
- b. Competition area.
- c. Meet time schedule.
- d. Number of heats required.
- e. Heat and lane assignments for competitors.
- f. Number and criteria to qualify for the next round of competition.
- g. The reduction or elimination of the use of timers at the finish line when a FAT system is used.
- h. Approved items (tape, chalk, half-tennis balls, etc.) and locations in the acceleration zones of all relay races run in lanes.
- i. Method of exchanging the baton in relays not run in lanes.
- j. Starting height and successive heights of the crossbars.
- k. Location of throwing areas.
- l. Assign competitors to flights of no less than five for preliminary competition.
- m. Order in which competitors take their trials.
- n. Time limitation or number of warm-up opportunities in the field events.
- o. Time limit and procedure to follow when competitors are excused to compete in another event.

ART. 4 . . . The games committee also may:

- a. Determine the length of spikes allowed on all-weather surfaces.
- b. Specify the marking material, if any, and the number and location of check marks allowed.
- c. Place markers to the side of the landing area and sector lines, for the purpose of marking records or minimum qualifying standards.
- d. Determine the time at which field events shall terminate.
- e. Specify the number of throws and distances to be measured in the throwing events.
- f. Specify the number of jumps and distances to be measured in the horizontal events.
- g. Designate specific areas for coaches to observe and confer with competitors during competitions.

NOTE: All areas designated for the coaches to observe and confer with competitors shall be clearly identified and marked by the host meet management.

- h. Provide batons, starting blocks and implements in the throwing events.
- i. Determine restricted areas where only competitors and meet officials are allowed.
- j. Declare that the top portion of the uniform must be tucked into the bottom portion.
- k. Restrict the use of electronic devices.
- l. Be the jury of appeals or appoint a jury of appeals. The referee shall not be included as a member of the jury.
- m. Appoint separate or assistant referees as deemed necessary.
- n. Change the announced order of events, the number of heats and the number to qualify, if necessary.
- o. Restrict the wearing of items which are worn in excess of the school uniform required by rule.
- p. Authorize official pictures/video of the finish to assist in the final decision of place finish in a race.
- q. Determine the procedure for handling a lapped runner.
- r. Approve the use of a voice amplification system for starting running events.
- s. Designate a procedure to follow when there is a malfunction in the FAT system.
- t. Specify a time other than 48 hours for the correction of scoring errors.
- u. Determine the procedure for impounding and releasing illegal implements.

ART. 5 . . . A meet may be suspended by the games committee, in collaboration with the referee, due to an emergency such as hazardous weather conditions or power failure.

ART. 6 . . . Competition, interrupted because of events beyond the control of the responsible administrative authority, shall be continued from the point of interruption unless there are conference, league or state association rules which apply. All trials and marks, made up to the point of interruption, shall stand.

ART. 7 . . . Video replay or television monitoring equipment, other than the official finish line equipment approved by the games committee prior to the start of competition, shall not be used to make decisions related to the meet.

ART. 8 . . . The use of wireless communication devices, other than the official communication equipment, shall be prohibited unless approved by the games committee.

SECTION 3 MEET DIRECTOR

ART. 1 . . . The meet director shall serve as the official representative of host meet management. He/she shall supervise the conduct of the meet and perform such duties to guarantee the competition will run smoothly. When there is no games committee, the meet director shall have general supervision of the meet and perform those duties assigned to the games committee.

ART. 2 . . . The meet director and/or his/her designee shall be responsible for handling unsporting conduct by a spectator(s) and other matters outside the competition rules.

ART. 3 . . . When entry limitations are more restrictive than NFHS Rule 4-2, the meet director shall announce the number of contestants who may represent a school and the number of events in which each contestant may compete.

SECTION 4 REFEREE

ART. 1 . . . The referee is directly in charge of activities during the meet. The referee shall answer questions which are not specifically placed under the jurisdiction of other officials.

ART. 2 . . . The referee's authority begins upon arrival at the meet site and concludes 30 minutes after the last event results have been announced or made official. The referee retains clerical authority over the contest through the completion of any reports, including those imposing disqualifications, that are responsive to actions occurring while the referee had jurisdiction. State associations may intercede in the event of unusual incidents after the referee's jurisdiction has ended or in the event that a contest is terminated prior to the conclusion of regulation play.

ART. 3 . . . The referee has the sole authority to determine if a race shall be rerun, and if so, who is eligible to participate in the rerun and when it should be scheduled.

NOTE: Refer to the NFHS Case Book for guidelines to follow in determining whether a race should be rerun.

ART. 4 . . . Upon determining that the event venue does not meet the criteria set forth in the rules, the referee shall declare that the event will not be contested, and points for the event will be divided among visiting teams. The host team will receive no points.

ART. 5 . . . When a competitor is disqualified, the referee shall notify or cause to be notified, the competitor or the competitor's coach, of the disqualification.

ART. 6 . . . The referee has the sole authority for ruling on infractions or irregularities not covered within the rules. The referee may seek the advice of the head umpire or field referee/head field judge before making a ruling. The referee is also authorized to disqualify a competitor who commits an infraction personally observed by the referee.

ART. 7 . . . The referee shall note and call aloud, for the benefit of each competitor, the laps remaining in individual races or relay legs of three laps or more. This responsibility may be delegated to a lap caller. Lap cards may be used in lieu of verbal reports.

ART. 8 . . . Prior to the meet, the referee shall, either by a meeting or written communication, address the following with all head coaches and team captains:

- a. All team members are expected to exhibit good sporting conduct.
- b. The head coach shall verify verbally, or in writing, that all of his/her competitors are properly equipped (uniform, equipment, and no jewelry) in compliance with these rules.

- c. Any special circumstances, procedures and information pertaining to the meet.

ART. 9 . . . The referee shall approve the official scorer's final results and record the time the meet was officially concluded.

SECTION 5 JURY OF APPEALS

ART. 1 . . . A jury of appeals, if appointed, shall serve as the final board of appeals.

ART. 2 . . . A coach first protests to the referee. If the coach still feels that the terms and conditions of competition or the application of the rules have been misapplied or misinterpreted, a written appeal shall be made to the jury.

ART. 3 . . . Situations that are eligible to protest/appeal include, but are not limited to:

- a. Misapplication of the rules which must be filed within 30 minutes after the announcement of event results.
- b. Correction of clerical or team scoring errors which may be corrected up to 48 hours after the end of the meet, unless another time period is specified in advance by the games committee or meet director.
- c. Correction of meet results involving an ineligible participant which may be made at any time when discovered.
- d. Failure to follow a procedure contained in the terms and conditions of competition announced in advance by the games committee or meet director. This would include such items as the time schedule, the number of qualifiers to advance, number of trials, etc.

ART. 4 . . . Situations that are not subject to protest:

- a. Any judgment decision pertaining to violations or alleged violations of the rules.
- b. A decision made by the finish judges or timers that does not involve misapplication of a rule, or the terms and conditions of competition.
- c. Whether a start is fair and legal.

SECTION 6 STARTER

ART. 1 . . . The starter shall have full responsibility for the competitors on the starting line and during the start. The starter and assistant starter(s) shall decide, without protest, whether a start is fair and legal, or which competitor(s) shall be charged with a false start. The starter is also responsible for avoiding unnecessary delay in the continuance of events, and shall start the track events promptly after the competitors have been assigned their positions and given appropriate information/instruction by the clerk of the course. 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 three laps or more.

ART. 2 . . . The starter shall receive a whistle or white-flag signal from the head finish judge that the judges and timers are ready. When the judges and timers are

not ready, the finish judge shall use an overhead wigwag motion or a red-flag signal and withhold the use of the whistle.

ART. 3 . . . The assistant starter(s) or recall judge may stop the race and recall the competitors if there is an unfair start or a spill during the first 100 meters due to contact with another competitor. The use of an assistant starter is especially recommended for "staggered" starts where it is difficult for one starter to observe all competitors. During distance races, the assistant starter should take a position on the first turn where there may be a spill which would be cause for recalling the race.

SECTION 7 CLERK OF THE COURSE

ART. 1 . . . The clerk of the course shall be responsible for recording the name and number of each competitor and shall assign each runner to the proper heat and starting position, as approved by the games committee or meet director.

ART. 2 . . . The clerk of the course is responsible for giving all necessary instructions concerning the rules governing the race, and either the clerk of the course or the assistant starter shall be at the starting mark before each race and announce the lane assignments and hold each competitor responsible for reporting promptly to the starting line when the race is announced. Also, the clerk of the course should check and enforce uniform, visible apparel and shoe regulations.

ART. 3 . . . Adjustments to heat or lane assignments or in the number of heat qualifiers may be made by the clerk of the course with the approval of the referee when unusual conditions make the original lanes or number of qualifiers unfair to any competitor. The clerk of the course shall provide the head finish judge with a listing of changes in writing.

ART. 4 . . . In a race run in lanes, each competitor shall run in the lane drawn, unless the clerk of the course moves the competitor to avoid use of a lane which, because of unusual conditions, would unfairly handicap a competitor.

SECTION 8 FINISH JUDGES AND TIMERS/FULLY AUTOMATIC TIMING

ART. 1 . . . When fully automatic timing (FAT) is used, there shall be a minimum of two appointed officials whose duties shall be to operate the automatic timing system and evaluate finish line pictures/video:

- a. The timing device operator shall be responsible for the operation of the finish timing device.
- b. The chief finish evaluator shall be responsible for evaluation and interpretation of the official pictures/video and determine the finish places and times.

ART. 2 . . . In fully automatic timing (FAT), the equipment shall be started automatically by a starting device and it shall record the finish time automatically when any part of the competitor's torso (as distinguished from the head, neck,

arms, hands, legs or feet) reaches the perpendicular plane of the nearer edge of the finish line.

NOTE: A timing device which operates automatically at either the start or the finish, but not both, shall not qualify as FAT. Such devices shall be considered to produce manual times.

ART. 3 . . . Electric or digital timers which measure one one-hundredth of a second must be used. However, unless it is a fully automatic system, times registered in one one-hundredth of a second shall be rounded up to the next tenth of a second. (Example: 10.42 will be recorded as 10.5 unless a FAT system is used.) If FAT and manual times must be integrated, the hand-held times shall first be rounded up to the slower one-tenth of a second. Then a conversion factor of .24 must be added (i.e. $MT + .24 = FAT$). A record shall not be granted unless the time is recorded by FAT.

ART. 4 . . . When fully automatic timing (FAT) is used, time shall be recorded in one-hundredths of a second. When the FAT system allows, all ties for place finishes and/or determining qualifiers for a subsequent round, shall be broken by time recorded to one one-thousandth of a second.

ART. 5 . . . When a FAT system is used, the games committee may reduce or eliminate the use of judges at the finish line.

ART. 6 . . . When a FAT system and finish judges are both used, FAT shall take precedence over the finish judges.

ART. 7 . . . Any meet, indoors or outdoors, where a FAT system is being used may be started by a .32 or .22 caliber starter's pistol (closed-barrel) or electronic, gunless device for record purposes.

ART. 8 . . . The fully automatic timing operator shall not recall a start unless designated by the games committee.

ART. 9 . . . When a FAT system is used, the games committee may reduce or eliminate the use of timers at the finish line.

ART. 10 . . . When a FAT system and timers are both used, the FAT system shall take precedence over the hand-held times.

SECTION 9 FINISH JUDGES AND TIMERS/MANUAL TIMING

ART. 1 . . . The head timer shall have general jurisdiction over the assistant timers. Each track event shall be timed by the head timer, two assistant timers and one substitute timer. The time recorded by the substitute timer shall be used only when one of the three regular timers fails to record the time of the event. The head timer shall designate one of the assistant timers to announce the lap times in distance races.

ART. 2 . . . The head finish judge shall designate the places to be picked by the finish judges. At least two judges shall be assigned to each place to be scored, and they shall be positioned on opposite sides of the track. The judges shall pick one or more finish places than the number to score. (current Rule 3-8-1)

ART. 3 . . . The official time of a race starts with the firing of a starting device which provides smoke or visible flash from an electronic, gunless device. When a pistol is used as the starting device, it shall be a closed-barrel starter's pistol. If two watches agree and the third disagrees, the time indicated by the two is considered the official time. If all watches disagree, the time indicated by the watch showing the middle time is official. When only two watches record a winning time, the slower time shall be recorded.

ART. 4 . . . Without consulting other judges, each finish judge shall write the number, or numbers, of the place winner they selected on a card and hand the card to the head finish judge. The decision of any judge picking the higher scoring place shall overrule the decisions of any judge(s) picking a lower scoring place.

ART. 5 . . . The head finish judge shall view the finish of each races as a whole. Should a place winner be overlooked, the head finish judge may place a competitor in the position in which the head judge saw the competitor finish. The head judge may make such a decision only if the matter cannot be determined by the other judges.

ART. 6 . . . The decision of the judges shall be final and without appeal except for possible misapplication of a rule by the individual or entity that has the final appeal. The games committee may authorize a review of official pictures/video of the finish to assist in the final decision of place finish in a race.

ART. 7 . . . Proper procedure dictates that judges concentrate on the competitors until they are all within 10 meters of the finish line. The judges should then watch the finish line. In races 400 meters or longer, it is recommended one judge select the first competitor to finish, another judge select the first and second to finish, another judge select the second and third, another the third and fourth, etc.

ART. 8 . . . Electric or digital timers which measure one one-hundredth of a second must be used. However, unless it is a fully automatic system, times registered in one one-hundredth of a second shall be rounded up to the next tenth of a second. (Example: 10.42 will be recorded as 10.5 unless a FAT system is used.) If FAT and manual times must be integrated, the hand-held times shall first be rounded up to the slower one-tenth of a second. Then a conversion factor of .24 must be added (i.e. MT + .24 = FAT). A record shall not be granted unless the time is recorded by FAT.

ART. 9 . . . Immediately after the finish of the race, timers shall present their watches to the head timer who will record the official time.

ART. 10 . . . At the conclusion of a race, the head finish judge shall certify the order in which the competitors finish.

SECTION 10 FIELD JUDGES

ART. 1 . . . The field referee or the head field judge shall have jurisdiction over all judges in the field events; shall oversee the measuring, weighing and inspec-

tion of the implements and apparatus; check records; and see that the field events start on time and continue without delay.

ART. 2 . . . The head field judge is responsible for checking and certifying event cards for all field events before the cards are given to the scorer and shall report any irregularity to the referee for a final decision.

ART. 3 . . . The head event judge may change the order of competition by any method in the preliminaries and finals to accommodate those who may be excused to participate in other events.

ART. 4 . . . The head event judge may choose to permit a competitor to take preliminary and final trials in succession.

ART. 5 . . . The head event judge shall check and enforce uniform, visible apparel and shoe regulations.

ART. 6 . . . The head event judge shall be responsible for the judging and measuring of each legal trial of a competitor in all field events. The head event judge signs the event card, indicating the place winners of each event.

ART. 7 . . . The head event judge's decisions, approved by the field referee or the head field judge, shall be final and without appeal except for possible action taken by the referee or by the jury of appeals.

SECTION 11 UMPIRES

ART. 1 . . . The head umpire shall have general supervision over the umpires and be responsible for assigning the umpires to positions from which they shall carry out their responsibilities.

ART. 2 . . . The head umpire in hurdle races shall signal when the hurdles are set properly and umpires are properly positioned.

ART. 3 . . . When lanes extend around a turn, umpires shall be assigned to adequately observe the entire turn. Each umpire on a turn near the finish line should move toward the finish line as the race is ending and watch for possible infractions.

ART. 4 . . . The umpire shall be equipped with both a yellow and white flag. When an infraction or irregularity is detected during a race, the umpire shall immediately signal by waving a yellow flag overhead. When the race is completed, the umpire shall report the infraction to the head umpire, who shall report to the referee. The referee shall make the final decision. When no infraction is observed, the umpire shall signal by waving the white flag.

SECTION 12 MARSHALS

The marshals shall keep the competition areas free from all persons except officials, contestants and other individuals authorized by the games committee.

SECTION 13 SCORER

The scorer shall keep a record of the competitors, the point winners in each

event and complete team scores, and shall deliver these records to the meet director and referee at the end of the meet.

SECTION 14 SURVEYOR

ART. 1 . . . The surveyor shall inspect and measure the track and all courses, takeoffs and landing pits for the jumps and vaults, throwing circles for the shot and discus, foul line for the javelin, and exchange zones for the relays.

ART. 2 . . . The surveyor also shall determine whether the course is level and present a written statement of these findings to the games committee and the referee. The track should be surveyed when altered or restriped.

SECTION 15 MEET ANNOUNCER

ART. 1 . . . The announcer shall be responsible for giving proper announcements to assist competitors in reporting to the clerk of the course or to the field-event judges on time.

ART. 2 . . . It is recommended the first call be given 15 minutes before the event, the second call 10 minutes before the event and the final call five minutes before the event.

SECTION 16 PRESS STEWARD

The press steward shall obtain from the scorer all competitors' names in each event; names and school affiliation of all point winners and time, height or distance of each winning or record performance, and keep the representatives of the press informed.

SECTION 17 WIND-GAUGE OPERATOR

ART. 1 . . . The wind-gauge operator shall read and record the wind velocity and report the readings to the finish-line recorder or event judge, where applicable, and is responsible for the proper placement of the anemometer (wind instrument) when required.

ART. 2 . . . One anemometer (wind instrument) is required for races up to and including 200 meters, plus the long and triple jumps. The anemometer shall be placed 4 feet (1.22 meters) above the ground and within 2 meters of the track or runway. In all races that require a wind reading, the anemometer shall be set 50 meters from the finish line, and for the long jump and triple jump, 20 meters from the foul line. It shall face the start, in order to measure any favoring wind.

SECTION 18 MISCELLANEOUS OFFICIALS

ART. 1 . . . The finish-line recorder shall record the official order of finish of all qualifiers or place winners from results submitted by the head finish judge and head timer, or the chief finish evaluator if fully automatic timing is used. Wind-gauge readings also should be recorded when applicable. These results should be delivered directly to the official scorer.

ART. 2 . . . The records clerk shall be in charge of all clerical work involving meet records. The records clerk must have a complete list of the full names and school affiliations of all entries.

ART. 3 . . . The custodian of awards shall carefully inventory and arrange all awards before the meet starts.

ART. 4 . . . The hurdle chief, who is usually assisted by 10 to 20 hurdle setters, shall have the responsibility to:

- a. Set each flight of hurdles at proper height and at prescribed point in each lane, adjust weights properly.
- b. Reset hurdles and check alignment after each heat.
- c. Notify head umpire when all hurdles have been set properly.
- d. Remove hurdles from track as soon as the event is completed.

ART. 5 . . . The block chief shall be responsible for having enough starting blocks available for all lanes at the starting line of each race and for removing all blocks as soon as the race has started.

SECTION 19 INSPECTOR OF IMPLEMENTS

ART. 1 . . . The referee, field referee or head field judge shall have jurisdiction over all implement and apparatus inspectors.

ART. 2 . . . The implement inspector(s) shall weigh, measure and inspect all implements used in the throwing events, allowing only legal implements in warm-ups and competition.

ART. 3 . . . Implement inspector(s) shall inspect vaulting poles to verify that the poles are legal equipment.

ART. 4 . . . The implement inspector(s) shall inspect all starting blocks used in the running events.

ART. 5 . . . All implements passing inspection shall be marked in such a manner that the event judges can easily distinguish between a legal and illegal implement or apparatus.

Rule 4 *Competitors and Competition*

SECTION 1 COMPETITORS

ART. 1 . . . A contestant is any athlete entered in the meet. The contestant becomes an entry at the time the games committee has established as the deadline for accepting entries.

ART. 2 . . . Contestants officially become competitors when they report to the clerk of the course or field-event judge for an event in which they are entered.

ART. 3 . . . Contestants who fail to report prior to the clerk of the course closing the entries in the running events or after the judge starts competition in the field events shall not be allowed to participate in that event.

ART. 4 . . . Each contestant shall be responsible for obtaining a contestant number, if used, and knowing the time schedule. Each contestant is solely responsible for promptly reporting for each event entered and at the location designated.

SECTION 2 PARTICIPATION AND ENTRY LIMITATIONS

ART. 1 . . . A competitor shall not compete in more than four events, including relays.

ART. 2 . . . A contestant shall not be entered in more than four events, excluding relays. If a contestant is entered in more than the allowable number of events, meet management shall scratch the contestant from the excess event(s) by following the listed order of events.

PENALTY: A competitor who participates in more events than allowed by rule shall forfeit all individual places and points and shall be disqualified from further competition in that meet. In a relay event, the team's relay points and place(s) shall also be forfeited.

ART. 3 . . . These entry and participation limitations do not apply to multi-event competition.

ART. 4 . . . Unless state association, conference or league rules apply:

- a. In dual meets, each school is entitled to enter three contestants in individual events, but it is recommended each school be permitted to enter as many contestants as conditions warrant.
- b. In triangular meets, each school is entitled to enter not more than four contestants.
- c. In meets which involve four or more schools, not more than three contestants from a given school shall be allowed to enter an individual event.
- d. In a relay race, only one team per school may be designated as a scoring team.

SECTION 3 COMPETITOR'S UNIFORM

ART. 1 . . . The competitor's uniform shall be issued by the school, worn as intended by the manufacturer, and have the following restrictions:

- a. Each competitor shall wear shoes.
 1. Shoes shall be worn on both feet and shall have an upper and definitely recognizable sole and heel.
 2. The (shoe) upper must be designed so that it can be fastened securely to the foot.
 3. The use of slippers or socks does not meet the requirements of the rule.
- b. Each competitor shall wear a full length track top or one-piece uniform issued by the school.
 1. When numbers are used, each competitor shall wear his/her assigned, unaltered contestant number.
 2. The top or one-piece uniform may have school identification and the top may have the competitor's name.

3. The top shall not be knotted or have a knot-like protrusion.
4. A single manufacturer's logo/trademark/reference, no more than 2¼ square inches with no dimension more than 2¼ inches and with state association approval, is permitted on the top or one-piece uniform.
5. The American flag, not exceeding 2x3 inches, and either a commemorative or memorial patch, not to exceed 4 square inches and with state association approval, may be worn on the uniform top.

NOTE: Only one American flag and/or commemorative patch may be displayed on the uniform (one or two piece).

6. Bare midriff tops are not allowed.
7. The top must hang below or be tucked into the waistband of the bottom when the competitor is standing upright.
8. Any visible garment(s) worn underneath the uniform top must be unadorned and of a single, solid color. As per NFHS rules, a single, visible manufacturer's logo and/or single school name or insignia no more than 2¼ inches are permitted on the undergarment. Visible items worn under both the top and the bottom do not have to be the same color.

NOTES:

1. If more than one visible garment is worn under the uniform top, all must be the same color.
2. A visible garment worn under the uniform top displaying contrasting stitching to the single, solid color of the undergarment and functions as the actual seam for the undergarment's construction is legal.
- c. Each competitor shall wear a track bottom or one-piece uniform issued by the school.
 1. The bottom or one-piece uniform may have the school identification.
 2. Loose-fitting, boxer-type bottoms or compression-style bottom are permitted for boys and girls. Closed-leg briefs are acceptable for girls.
 3. French or high-cut apparel shall not be worn in lieu of the uniform bottom.
 4. The waistband of a competitor's bottom shall be worn above the hips.
 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 bottom or one-piece uniform.
 6. The American flag, not exceeding 2x3 inches, and either a commemorative or memorial patch, not to exceed 4 square inches and with state association approval, may be worn on the uniform bottom.

NOTE: Only one American flag and/or commemorative patch may be displayed on the uniform (one or two piece).

7. Any visible garment(s) worn underneath the uniform bottom must be unadorned and of a single, solid color. As per NFHS rules, a single, visible manufacturer's logo and/or single school name or insignia no more than 2¼ inches are permitted on the undergarment. Visible items worn under both the top and the bottom do not have to be the same color.

NOTES:

1. If more than one visible garment is worn under the uniform bottom, all must be the same color.

2. A visible garment worn under the uniform bottom displaying contrasting stitching to the single, solid color of the undergarment and functions as the actual seam for the undergarment's construction is legal.

ART. 2 . . . Additional restrictions for relay races.

- a. Each team member shall wear the same color and design of school uniform although the length of the bottom or one-piece uniform may vary.
- b. Any visible garment(s) worn by two or more relay team members underneath the uniform top and/or bottom shall be unadorned and of the same single, solid color, but not necessarily the same length.

NOTE: Visible items worn under both the top and the bottom do not have to be the same color.

PENALTY: (Arts. 1,2) For the wearing of an illegal uniform, when a violation is observed and noted by a meet official, the competitor shall be required to make the uniform legal before becoming eligible for further competition, and 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 the referee shall then notify or cause to be notified the head coach of the offending school of the competitor's violation and warning.

ART. 3 . . . Jewelry shall not be worn by competitors.

- a. Medical alert medals are not considered jewelry. The alert should be visible. When the medal is attached:
 1. to a bracelet made of metal or an unyielding material, it shall be taped to the body.
 2. to a bracelet made of a pliable material, it is not required to be taped to the body.
 3. to a necklace, it shall be taped to the body.
- b. Religious medals are not considered jewelry and must be worn under the uniform and taped to the body.
- c. A watch may be worn around the wrist.
- d. Unadorned devices, such as bobby pins, barrettes and hair clips, no longer than 2 inches, may be worn to control a competitor's hair.

PENALTY: For the first violation, the competitor shall be required to remove the jewelry before further competition, and 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 then notify or cause to be notified the head coach of the offending school of the competitor's violation and the warning.

NOTE: The ultimate responsibility to have each competitor compliant with uniform and jewelry rules is with the coach.

ART. 4 . . . Removing any part of the team uniform, excluding shoes, while in the area of competition, as defined by the games committee, is illegal.

PENALTY: This shall lead to a warning and if repeated, to disqualification from the event. If the incident recurs, the competitor will be disqualified from further competition in the meet.

SECTION 4 BRACES, CONCUSSION MANAGEMENT AND MODIFICATIONS

NOTE: Each state association may, in keeping with applicable laws, authorize exceptions to NFHS playing rules to provide reasonable accommodations to individual participants with disabilities and/or special needs, as well as those individuals with unique and extenuating circumstances. The accommodations should not fundamentally alter the sport, allow an otherwise illegal piece of equipment, create risk to the athlete/others or place opponents at a disadvantage.

ART. 1 . . . If a guard, cast, brace, splint, etc. (hard or unyielding items) is worn and determined by the referee that padding is required, such padding shall be closed-cell, slow-recovery foam no less than ½" thick. Knee and ankle braces which are unaltered from the manufacturer's original design/production do not require any additional padding.

ART. 2 . . . Any competitor who exhibits signs, symptoms, or behaviors consistent with a concussion (such as loss of consciousness, headache, dizziness, confusion, or balance problems) shall be immediately removed from the meet and shall not return to the meet until cleared by an appropriate health-care professional. (See Appendix C, NFHS Suggested Guidelines for Management of Concussion on page 86.)

ART. 3 . . . 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 trial. He/she shall be directed to leave the activity until the bleeding is stopped, the wound is covered, the uniform and/or body is appropriately cleaned, and/or the uniform is changed before returning to competition. (See Appendix G, NFHS Communicable Disease Precautions on page 88.)

SECTION 5 QUALIFICATION

ART. 1 . . . To qualify is to win the right to participate in the next level of competition by meeting certain standards in an earlier race or flight.

ART. 2 . . . A preliminary flight or heat is the first level of competition in any event which qualifies competitors for the next level of competition.

ART. 3 . . . A semifinal race or flight is designed to eliminate all competitors except those who qualify to participate in the finals.

ART. 4 . . . If there is a tie in any heat or flight which affects qualification for the next level of competition, the tying competitors shall qualify if lanes or positions are available. If they are not available, the tying competitors shall compete again for the available lane or position. (See 3-9-6)

NOTE: The preliminary races should be arranged so that no competitor is scheduled to run in more heats than another competitor unless tying competitors from a preliminary heat are competing for an available lane in a final heat.

ART. 5 . . . If a competitor or relay team qualifies for an event through earlier competition in that meet and then withdraws, no substitute from his/her school or any other school may replace them.

SECTION 6 DISQUALIFICATION

ART. 1 . . . Unsporting conduct is behavior that is unethical or dishonorable. It includes, but is not limited to: disrespectfully addressing an official, any flagrant behavior, intentional contact, taunting, criticizing or using profanity directed toward someone. This shall apply to all coaches, contestants and other team/school personnel.

PENALTY: Disqualification from that event and further competition in the meet. Disqualification of a coach or other school personnel shall be from further involvement in the meet.

NOTES:

1. 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.
2. No coach, contestant or other school personnel shall use any form of tobacco product beginning with arrival at the site of competition until departure from the site following completion of the meet.

ART. 2 . . . Unacceptable conduct by a competitor includes, but is not limited to: willful failure to follow the directions of a meet official, using profanity that is not directed at someone or any action which could bring discredit to the individual or his/her school.

PENALTY: Disqualification from that event.

ART. 3 . . . If interference occurs in a preliminary heat, the referee may allow the offended competitor or relay team to start in a subsequent heat in the same round of heats if a lane is available, or in the next round of heats, the same as if the offended competitor or relay team had won a place.

ART. 4 . . . If interference occurs in the final heat or section, the referee may order a new race between all those in the finals, or between those who, in the referee's opinion, are entitled to the privilege.

PENALTY: (Arts. 3,4) Disqualification from event.

ART. 5 . . . If a nonparticipating team member interferes with a competitor during competition, the nonparticipating team member may be disqualified from the meet. The nonparticipant's teammate(s) also may be disqualified from that event.

ART. 6 . . . A competitor shall not compete while wearing an illegal uniform or using an illegal implement.

ART. 7 . . . It is an unfair act when a competitor receives any assistance. Assistance includes:

- a. Interference with another competitor.
- b. Pacing by a teammate not in the race or persons not participating in the event.
- c. Competitors joining or grasping hands with each other during a race.
- d. Competitor using an aid during the race.

- e. Communicating with a competitor through the use of any device.
- f. Coaching a competitor from a restricted area.
- g. A competitor views a videotape or any other visual reproduction of the competitor's performances prior to the completion of the competition.

NOTES:

1. The use of an atomizer during competition containing a prescription drug designed to alleviate the asthmatic condition is not considered to be an illegal aid as long as a physician's statement documenting the need of the athlete to use the prescription is presented to the meet director/referee prior to the beginning of the meet.
2. The use of a watch worn around the wrist is not considered an aid for racing.
3. A coach may verbally instruct a competitor provided the coach is positioned in an unrestricted area.

PENALTY: (Arts. 6, 7) Disqualification from the event.

SECTION 7 EVENT START/CONCLUSION

ART. 1 . . . A running event or heat begins when the competitors report to the starting line, and is considered to be official and concluded when places have been determined and the results have been recorded at the finish line.

ART. 2 . . . A field event begins at a time designated by the games committee and is considered official and concluded when the places have been determined and the field event judge has recorded the results.

ART. 3 . . . The referee shall approve the official scorer's final results and record the time the meet was officially concluded.

Rule 5

Running Events

NOTE: For more detailed information regarding track construction, contact American Sport Builders Association (ASBA), 8480 Baltimore National Pike, #307, Ellicott City, MD 21043, 410-730-9595, info@sportsbuilders.org, www.sportsbuilders.org.

SECTION 1 TRACK CONSTRUCTION

ART. 1 . . . A 400-meter track is standard. It has two straight sides and two curved ends. The length of the track and the radius of the curve is often influenced by the available space. The radius of tracks may differ, depending on the configuration for activities inside the oval.

ART. 2 . . . Inclination shall be limited to 2:100 (2 percent) laterally and 1:1000 (0.1 percent) downward in the running direction.

ART. 3 . . . A solid curb with a rounded top surface 2 inches (5 centimeters) above track level shall mark the inner edge of the track. On all-weather tracks, a painted line 2 inches (5 centimeters) or more in width may be used for this purpose.

ART. 4 . . . The direction of running in lap races shall be such that the inner edge of the track is to the left of the runners. An event run entirely on the straight-away may be run in either direction.

ART. 5 . . . When feasible, it is recommended that there be an obstacle-free zone on the inside and on the outside of the track at least 1 meter in width.

SECTION 2 COURSE MEASUREMENTS

ART. 1 . . . Course is a general term to indicate the path of a runner. In races during which each runner is required to remain in a specified lane, the course is the same as the lane.

ART. 2 . . . The course length shall be measured between two theoretical hairlines. The marks to indicate these hairlines shall be perpendicular to the course and approximately 2 inches (5 centimeters) wide. The mark at the start shall be within the course and shall have that edge which is nearer the starting competitors identical with the actual starting line. The mark at the finish shall be outside the course and shall have its nearer edge identical with the actual finish line. On 400-meter tracks, where a common finish line is used, it is recommended that the finish line be located at the point of curve or within 20 meters of that point.

ART. 3 . . . A lane is the course which is marked on the track for a race or that part of a race during which the runner must stay in a prescribed path. Lanes vary in width depending upon the size of the track and the number desired for a given event. Standard lane width is 42 inches (1.07 meters).

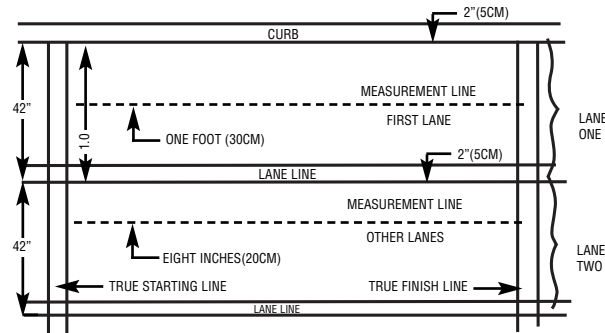
ART. 4 . . . Each lane shall be marked so the left-hand boundary line is outside the competitor's lane and the right-hand boundary line is within the lane. Lanes should be marked with a material which is not injurious to the eyes or skin. If more than one stagger is marked within a lane, a different color of material should be used for each stagger. The lane nearest the inner edge of the track is referred to as Lane 1. It is also called the pole.

RECOMMENDED STANDARDIZED COLOR MARKINGS FOR TRACKS

Problems which arise in the running of races, particularly distance races involving a large number of contestants, can be reduced and sometimes completely eliminated through the use of standardized color markings to denote alleys, starting lines, finishing lines and exchange zones. The NFHS Track and Field and Cross Country Rules Committee recommends the use of the following color lines to aid in the administration of the meet:

Starting lines:	Color:
100 meters.....	White
110 HH.....	White
200 meters.....	White
300 meters.....	White
400 meters.....	White
800 meters.....	Green
1600/3200 meters.....	White
4x200-meter Relay.....	Red
4x400-meter Relay.....	Blue

FIGURE 1 - TRACK MEASUREMENTS



Finish Line.....White
Break Line.....Green

Relay Exchange Zones:

400 meters.....Yellow
 800 meters – Lane 1 only split color - Red/YellowRed
 1-2 and 2-3 Red: 3-4 Yellow (same mark as 400 meters, 2-3)
 1600 metersBlue
 3200 meters.....Green

Hurdle Locations:

100-meter HH (Girls)Yellow
 110-meter HH (Boys)Blue
 300-meter LH/IH (Girls/Boys)Red
 One-turn StaggerGreen
 Two-turn StaggerWhite
 Three-turn StaggerBlue
 Four-turn StaggerRed

ART. 5 . . . A lap is one complete counterclockwise circuit of the track.

ART. 6 . . . Distances which are run around a curve but not in lanes shall be measured upon a line 12 inches (30 centimeters) outward from the inner edge of the track when a raised curb is used. If a painted line is used to mark this inner edge on all-weather tracks, the distance shall be measured upon a line 8 inches (20 centimeters) outward from the inner edge of the track. Those distances which do not involve a curve shall be measured in a direct line from the starting line to the finish line.

ART. 7 . . . Distances which are run in lanes and which involve a curve shall be separately measured for each lane, and the measurement shall be upon a line 8

inches (20 centimeters) from the nearer edge of the lane line which is on the runner's left, except the lane next to the inside raised curb shall be measured 12 inches (30 centimeters) into the lane from the raised curb.

SECTION 3 TRACK MARKINGS

ART. 1 . . . When races are run in lanes around a turn or turns, the starting lines shall be staggered so that each competitor will run the same distance. When the start is on a turn or when relay exchanges are made on turns, the staggered distances should be determined by a competent engineer. Each lane shall be measured when the staggers are on a curve.

ART. 2 . . . An alley is a combination of two or more adjoining lanes which are utilized when three or more runners start from the same stagger. The lane line of the innermost lane of the alley becomes the lane boundary for all competitors running in that alley.

ART. 3 . . . An exchange zone is designated for exchanging the baton during relay races. It is an area the width of one lane and 20 meters (22 yards) long. The lines marking the limits of the exchange zone are included in the 20-meter (22-yard) measurement.

ART. 4 . . . The acceleration zone is that distance in each lane, 10 meters (11 yards) preceding the exchange limit line in relay races in which the incoming competitor is running 200 meters (220 yards) or less. A distinctive mark shall be made on the track to denote this extended running limit, and the line marking the limit of the acceleration zone is included in the 10-meter (11-yard) measurement.

ART. 5 . . . For races which are run in lanes and have starting lines and relay exchange zones on the straightaway, the placement of the staggered starting lines is determined by the table following 5-3-6. Lane 1 is the inside lane. The distances are accurate for any track which has semicircular turns, regardless of the number of laps per mile or 1600 meters.

ART. 6 . . . If a painted line is used in lieu of a raised curb to mark the inner edge of the track, or if Lane 1 is laid 4 inches wider than the other lanes, the stagger schedule for Lanes 3, 4, 5, 6, 7 and 8 also must be applied to Lane 2.

NOTE: When using staggered starting lines, if the starting line in Lane 1 is not located on the straightaway, all starting lines shall be located by measuring the distance from the finish line back to the starting line in each lane.

STAGGERS IN FEET AND INCHES

FOR 30-INCH LANES

(INDOOR ONLY)

Staggers for:	1 Turn*	2 Turns	3 Turns	4 Turns
Lane 2 over 1**	6-9 ⁵ / ₈	13-7 ¹ / ₄	20-4 ⁷ / ₈	27-2 ¹ / ₂
All other lanes	7-10 ¹ / ₄	15-8 ¹ / ₂	23-6 ³ / ₄	31-5

FOR 36-INCH LANES				
Lane 2 over 1**	8-4½	16-9	25-1½	33-6
All other lanes	9-5	18-10¼	28-3¼	37-8⅝
FOR 42-INCH LANES				
Lane 2 over 1**	9-11⅜	19-10¾	29-10⅞	39-9½
All other lanes	11-0	21-11⅞	32-11⅞	43-11¾

STAGGERS IN METERS

FOR 30-INCH LANES (INDOOR ONLY)				
Staggers for:	1 Turn*	2 Turns	3 Turns	4 Turns
Lane 2 over 1**	2.07 m	4.14 m	6.22 m	8.29 m
All other lanes	2.39 m	4.79 m	7.18 m	9.57 m
FOR 36-INCH LANES				
Lane 2 over 1**	2.55 m	5.10 m	7.66 m	10.21 m
All other lanes	2.87 m	5.74 m	8.62 m	11.49 m
FOR 42-INCH LANES				
Lane 2 over 1**	3.03 m	6.06 m	9.10 m	12.13 m
All other lanes	3.35 m	6.70 m	10.06 m	13.40 m

* A turn is the curved portion of the track. A standard 400-meter track has two turns (curves) in one lap.

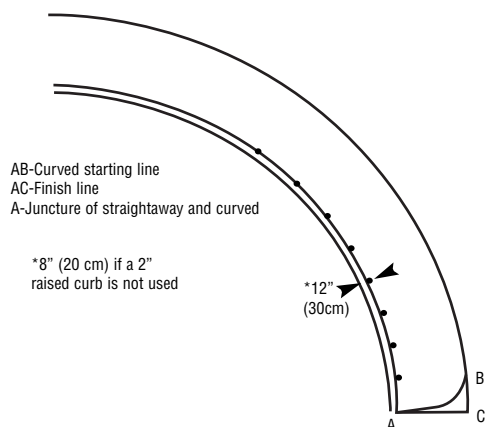
** Use only when track has a 2-inch raised curb and Lane 1 is not 4 inches wider than other lanes.

ART. 7 . . . For races around one or more curves that are not run in lanes, a curved starting line may be used so that each competitor will run the same distance going into the first curve. The curved starting line may be established by driving a row of pins 10 feet (3 meters) apart, 12 inches (30 centimeters) from the curb. The first pin is to be 12 inches (30 centimeters) from the curb at the start. Usually seven or eight pins are sufficient.

NOTES:

1. If a painted line is used to mark the inside lane boundary for Lane 1, the first pin is to be 8 inches (20 centimeters) from the curb at the start. Using a steel tape 100 feet (30 meters) long or longer with the pin farthest from the start as a center, scribe an arc from the pole to the outer curb of the track. This will not be an arc of a circle as the radius will change as the tape loses contact with each successive pin.

2. It is recommended that a dashed line of the same color and curvature as the starting line(s) be painted on the track three meters behind the curved starting line(s) in order to aid in the step-up start.



The 3-meter (10-foot) distance for spacing of the pins is an arbitrary and sufficiently accurate interval. The accompanying diagram will help in properly constructing the starting line.

When using the curved starting line on the straightaway, scribe an arc with the center at the pole and with a radius of 100 feet. In this case, the curved line will be an arc of a circle since the radius is constant. For races around one or more curves where alleys are used, a

curved starting line within each alley should be utilized. To accurately equate the starting line, each alley shall be measured separately using this procedure.

ART. 8 . . . Hurdle Spacing:

Boys Competition

Distance of Race	No. of Hurdles	Hurdle Height	Starting Line to First Hurdle	Between Hurdles	Last Hurdle to Finish Line
55 m	5	39 in.	13.72 m (45 ft.)	9.14 m (30 ft.)	4.72 m (15 ft., 5 ³ / ₈ in.)
110 m	10	39 in.	13.72 m (45 ft.)	9.14 m (30 ft.)	14.02 m (45 ft., 10 ⁵ / ₈ in.)
300 m	8	36 in.	45 m (147 ft., 7½ in.)	35 m (114 ft., 10 in.)	10 m (32 ft., 9¾ in.)

Girls Competition

Distance of Race	No. of Hurdles	Hurdle Height	Starting Line to First Hurdle	Between Hurdles	Last Hurdle to Finish Line
55 m	5	33 in.	13 m (42 ft., 8 in.)	8.5 m (27 ft., 10¼ in.)	8 m (26 ft., 3 in.)
100 m	10	33 in.*	13 m (42 ft., 8 in.)	8.5 m (27 ft., 10¼ in.)	10.5 m (34 ft., 5½ in.)
300 m	8	30 in.	45 m (147 ft., 7½ in.)	35 m (114 ft., 10 in.)	10 m (32 ft., 9¾ in.)

*State associations may adopt either the low (30-inch) or high (33-inch) height in the 100-meter hurdle race for girls, but national records are recognized only at the 33-inch height.

SECTION 4 TRACK EQUIPMENT

NOTE: The NFHS does not perform scientific tests on specific items of equipment to determine if the equipment poses undue risks to student-athletes, coaches, officials or spectators. Such responsibilities are determined by the manufacturers.

ART. 1 . . . Starting blocks are blocks or pedals mounted on a frame to ensure a rigid surface against which the feet may be braced to start a race. Springs, hand or body supports shall not be permitted.

ART. 2 . . . An adapter on the blocks may be used by competitors, provided it is not necessary to modify the track.

ART. 3 . . . The relay baton shall not exceed 11.81 inches (30 centimeters) in length. Its circumference shall be at least 4 inches and no more than 5 inches (102-127 millimeters). It shall be a smooth, hollow tube, made in one piece of wood, metal or other rigid material. It shall weigh at least 1.766 ounces (50 grams). Tape shall not be used to wrap the baton.

ART. 4 . . . The hurdle shall be constructed to fit within the track lanes, and the top bar shall have a dimension of about 2¾ inches (7 centimeters) in height. It shall be painted white or white with two or more vertical or diagonal stripes.

ART. 5 . . . The pullover force is that force which, when applied to the top of a hurdle, will cause it to overturn.

ART. 6 . . . The hurdle shall be of such weight and balance that it requires a steady pullover force of not less than the following weights at the specified heights as follows:

30 in. = 8 lb.	(3.629 kg)	36 in. = 6 lb.	(2.722 kg)
33 in. = 7 lb.	(3.175 kg)	39 in. = 6 lb.	(2.722 kg)

ART. 7 . . . The hurdle gates shall be pinned or set so they are rigid. The hurdles shall be placed so that the turnover resistance is nearer the starting line. The maximum steady pullover force at any height is 8 pounds, 13 ounces (4.0 kilograms). In testing the pullover force, the scale should be attached to the center of the top edge of the crossbar and the pull shall be in the running direction.

ART. 8 . . . The "L" type hurdle having the base entirely behind the hurdle gate should be used.

SECTION 5 QUALIFYING PROCEDURES

ART. 1 . . . A heat is a preliminary race to eliminate slower competitors so the final race will include as many of the faster competitors as desired. When there are many entries in an event, the heats are arranged in preliminary and semifinal rounds. The number of final competitors should be at least one greater than the number of places to score.

ART. 2 . . . The number to qualify for a final race, the number of heats to choose the qualifiers and the number of sessions required for preliminary and semifinal heats shall be determined by the games committee.

ART. 3 . . . When heats are prescribed but the number of contestants to report is not more than the number of available lanes, the clerk of the course, with the approval of the referee, is empowered to specify that only one heat be run. The games committee shall determine the procedure for qualifying to the next round of competition.

ART. 4 . . . The games committee may grant a chance to qualify on the basis of time; but under most circumstances, this is not desirable. Head-to-head competition is preferred.

ART. 5 . . . The preliminary races should be arranged so no competitor is scheduled to run in more heats than another. The number to qualify for the final race should be at least one greater than the number of places to score.

ART. 6 . . . A section is one of a series of two or more "timed-final races" in a particular event, run in lieu of preliminary and final heats.

ART. 7 . . . When a final race is run in sections, the slower runners or relay teams shall be placed in the first section, with the faster competitors assigned to the last section. All sections for an event shall use the same starting procedure.

SECTION 6 FORMING HEATS

ART. 1 . . . Forming heats, drawing lanes and determining the number of competitors to qualify in each heat shall be done by the games committee with the assistance of the referee and clerk of the course.

ART. 2 . . . For the first round of competition, runners who are known to have the best times should be placed in different heats and given the preferred lane assignments.

ART. 3 . . . If times for qualifying contestants are not available, the games committee shall decide how the heats will be formed and assignment of lanes determined. All heats shall use the same starting procedure.

ART. 4 . . . In the first round of competition only, if two contestants from the same team fall within the same heat, move the slower contestant to another heat by interchanging with a contestant of nearest comparable place and time weighing place first, and time second.

NOTE: 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 (set up for six heats):

1	2	3	4	5	6
12	11	10	9	8	7
13	14	15	16	etc.	

ART. 5 . . . After the first round, the formula to be used for forming heats when times are available for all qualified contestants is as follows:

- a. Weigh place first
- b. Weigh time second
- c. Working from left to right and right to left:
 1. Group and seed first-place winners by their times.
 2. Group and seed second-place winners by their times.
 3. Group and seed third-place winners by their times.
 4. Group and seed fourth-place winners by their times.
- d. If all heats do not have the same number of contestants, draw for the extra contestant assignment to a heat by lot.

EXAMPLES**Legend**

1a - Fastest first-place contestant

2a - Fastest second-place contestant

1b - Second fastest first-place contestant

To form 2 heats from:

3 heats, 4 qualifiers

Heat 1	Heat 2
1a	1b
2a	1c
2b	2c
3b	3a
3c	4a
4c	4b

4 heats, 4 qualifiers

Heat 1	Heat 2
1a	1b
1d	1c
2b	2a
2c	2d
3a	3b
3d	3c
4b	4a
4c	4d

5 heats, 3 qualifiers

Heat 1	Heat 2
1a	1b
1d	1c
1e	2a
2c	2b
2d	2e
3b	3a
3c	3d
3e	draw for heat by lot

ART. 6 . . . When any race or first leg of a relay is run the entire distance in lanes, the games committee shall assign the two top-seeded contestants or qualifiers in each round of competition to the middle lanes or the preferred lanes as determined by the games committee, and the next two best qualifiers to the adjacent lanes, and so on.

ART. 7 . . . When any race or first leg of a relay is not run the entire distance in lanes, and qualifying times are available, the games committee may assign the faster contestants or relay teams to the preferred lanes or starting positions, as determined by the games committee. When qualifying times are not available, starting positions shall be determined by lot.

SECTION 7 THE START

ART. 1 . . . All races shall be started with the firing of a closed-barrel pistol (starter's pistol) or gunless device which provides smoke or a flash visible to the timers. A misfire does not indicate a start. When a pistol is used as a starting device, .32 caliber is recommended for outdoor venues and a .22 caliber is recommended for indoor venues.

ART. 2 . . . The starting commands for races or opening relay legs of less than 800 meters outdoors and 600 meters indoors shall be: "On your marks." At this signal, the competitors will immediately take their proper positions behind their starting lines. After they have taken their positions and are steady on their marks, the starter then shall instruct them, "Set." At this command, all competitors shall at once, and without delay, assume their full and final set position in such a manner that no part of their person touches on or over the starting line. When all competitors are set and motionless, the starter shall fire the starting device. The interval between the set command and the firing of the starting device is usually one

to two seconds. After a starter gives the order "Set," if any competitor is in motion, the starter shall not fire the starting device.

ART. 3 . . . The starting command for individual races, or opening relay legs of 800 meters or more outdoors and 600 meters or more indoors shall be to ask all competitors to take position three meters behind the starting line or dashed arc behind the line. With the command "On your marks" all competitors will step to the starting line without delay. When all competitors are steady, the starter shall fire the starting device.

ART. 4 . . . Starting violations which constitute a false start include:

- a. Failure to comply with the starter's commands.
- b. Having any part of the body in contact with the starting line or running surface beyond the line, when the starting device is fired.
- c. Failure to remain motionless after assuming the set position prior to the starting device being fired.
- d. Failure to place starting blocks within the respective competitor's lane.
- e. Repeated use of disconcerting acts.

PENALTY: A competitor who commits a false start shall be disqualified.

ART. 5 . . . For an unfair start, the starter or assistant starter shall recall the contestants by firing the starting device.

ART. 6 . . . A race shall be recalled in the first 100 meters when a competitor falls due to contact with another competitor in the following situations:

- a. The race is not started in lanes (waterfall start) or;
- b. Two or more competitors are assigned to a single lane.

ART. 7 . . . If a competitor's starting blocks are slipping due to a condition of the track or a malfunction of the starting block, the starter may authorize an attendant to hold or support the blocks.

SECTION 8 THE FINISH, BREAKING TIES

ART. 1 . . . The finish line shall be painted white, (2 in) 5.08 cm wide, shall be marked on the track just outside the measured distance so that its edge nearer the start is identical with the exactly measured and true finish line. The competitors place in the order in which any part of their bodies, i.e., "torso" as distinguished from head, neck, arms, legs, feet or hands, reaches the edge of the finish line first crossed by the competitor.

ART. 2 . . . For the purpose of aiding the judges, but not as a finish line, soft wool yarn or other soft breakable material not wider than 2 inches may be stretched across the track above the finish line 4 feet above the ground. It shall not be held by the judges, but fastened to the finish post on each side of the track so that it is always at right angles to the course and parallel to the ground. A finish line tape in white, yellow or orange is recommended.

ART. 3 . . . A tie in a running event occurs when two or more competitors cross the finish line simultaneously, or when two or more competitors or relay teams running in separate sections, finish with identical times.

ART. 4 . . . If there is a tie by any number of competitors for any scoring places, the points for tied places shall be added together and divided by the number of competitors who are involved in the tie.

SECTION 9 INFRACTIONS FOR ALL RACES

Interference is any action by a competitor that unfairly changes the course or natural running rhythm of a competitor during a race. This may include bumping, tripping or running across the competitor's path.

PENALTY: Disqualification from event.

SECTION 10 RELAYS

ART. 1 . . . Relays are races between teams of four competitors, each running only one distance (leg). An individual leg of the race is finished when the incoming competitor passes the baton to the succeeding or outgoing competitor.

ART. 2 . . . In relay events, no more than six individuals may be listed on the relay entry card, but only those who actually run will be considered official participants. Any substitutions must come from those names on the relay entry card.

NOTE: It is not necessary to use the same four competitors in the finals who competed in the preliminary rounds of trials.

ART. 3 . . . The order of running may be changed between heats and succeeding rounds or the final.

ART. 4 . . . In relay races which are run the entire distance in lanes, teammates of each starting competitor shall occupy the same lane or corresponding position at each exchange mark, and the baton may be exchanged only in such lane or position.

ART. 5 . . . The baton is the implement which is used in a relay race and is handed by each competitor to a succeeding teammate. Gloves are not permitted in relay events.

ART. 6 . . . Each competitor shall carry the 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 a 20-meter (22-yard) exchange zone. A baton that inadvertently leaves a runner's hand must be retrieved immediately without interference to other runners.

ART. 7 . . . The baton shall be handed from the incoming runner to the outgoing runner within the exchange zone. The passing of the baton commences when the baton is first touched by the outgoing runner and is completed when the baton is solely in the possession of the outgoing runner. If the baton is dropped in the exchange zone, in a legitimate attempt to hand it, either competitor may retrieve it, even from another lane, provided the competitor does not interfere with an opponent and the baton is retrieved within the limits of the original exchange zone extended across the track. If the baton is dropped outside the exchange zone, it must be retrieved by the competitor who dropped it.

NOTE: The incoming and outgoing runners shall not simultaneously touch the baton outside of the 20-meter exchange zone.

ART. 8 . . . After passing the baton, the relieved competitor should stand still or jog straight ahead and step off the track when clear.

ART. 9 . . . An acceleration zone may be used in relay races where the incoming competitor is running legs of 200 meters (220 yards) or less in the assigned lane. When this is permitted, competitors electing to use this option shall be positioned entirely within the limits of the acceleration and exchange zones. The outgoing competitors for each team may take their positions on the track and commence running not more than 10 meters (11 yards) outside the exchange zone, but the baton shall be passed while it is in the 20-meter (22-yard) exchange zone. A distinctive mark shall be made on the track to denote the beginning of the acceleration zone.

ART. 10 . . . In relay races where acceleration zones are not permitted, each outgoing competitor, while waiting for the baton, shall take a position entirely within the passing zone and must complete the exchange while the baton is within the 20-meter (22-yard) exchange zone.

ART. 11 . . . In relays of 800 meters or longer and which are not run in lanes, the games committee shall determine the method of exchanging batons at each station. At each station, competitors shall line up in the same relative lane position as that of their teammate who started the race, but there may be movement to a position better suited to meeting the passer of the baton. Each passer shall keep a straight course to the exchange zone. The responsibility for taking a position which corresponds to that which the passer is entitled to is on the outgoing competitor.

SECTION 11 RELAY INFRACTIONS

ART. 1 . . . A relay team shall pass the baton in accordance with the rules. The track rules relative to fouling, coaching or interference apply identically to relay races. Also, incoming competitors may not assist teammates by pushing them.

ART. 2 . . . The baton shall not be thrown following the finishing of any relay.
PENALTY: (Arts. 1,2) Disqualification of the relay team from the event.

SECTION 12 INFRACTIONS FOR RACES RUN IN LANES

ART. 1 . . . When a race is run in lanes, competitors are expected to run the entire race in their assigned lanes. Competitors who inadvertently run out of their lanes on a straightaway or in the lane to their outside on a curve are not in violation provided they do not interfere with or impede another runner. A competitor shall be considered to be out of the lane when:

- a. Without being fouled and while running around a curve, steps on or over the inside lane line or curb for three or more consecutive steps with either or both feet.
- b. While running on a straightaway, runs in an adjacent lane and interferes with or impedes another competitor.

- c. While running around a curve, runs over the outside lane line and interferes with or impedes another competitor.
- d. He/she does not finish the race in the assigned lane, or if while a member of a relay team, does not make the pass in the assigned lane.
- e. He/she takes one or more steps inside the assigned lane line at the break line.

PENALTY: Disqualification from the event.

ART. 2 . . . The break line is a place in each lane, usually at the point of curve, that marks the end of a lane stagger. It may be a solid line painted on the track, or designated by a flag or pylon located on the inside lane boundary of each lane. When utilized, competitors shall run the entire distance to the break line in their assigned lanes before breaking to the pole position.

SECTION 13 INFRACTIONS FOR RACES NOT RUN IN LANES

ART. 1 . . . Any competitor shall not deliberately run on or inside the track curb (or painted line), and thereby gain an advantage by improving position or shortening the course. A competitor may leave the track to retrieve a dropped relay baton provided no interference occurs and no advantage is gained.

ART. 2 . . . In a race involving a curve where lanes are not specified, a competitor may move toward the inside or outside of the track provided he/she is one full running stride, approximately 7 feet, in advance of the competitor whose path is crossed. It is not a foul if a competitor crosses to the inside or outside if this action does not interfere in any way with another competitor's stride. A competitor shall not, when running around a curve, step on or over the curb, or painted curb line, for three or more consecutive steps with either or both feet.

PENALTY: (Arts. 1, 2) Disqualification from the event.

SECTION 14 HURDLING INFRACTIONS

ART. 1 . . . Hurdling is a technique in which the competitor attempts to clear each hurdle by jumping or striding over the hurdle.

ART. 2 . . . It is an infraction if a competitor:

- a. Does not attempt to clear each hurdle.
- b. Knocks down any hurdle by hand
- c. Advances or trails a leg or foot along the side of and below the height of the hurdle gate.
- d. Runs over a hurdle not in the assigned lane.
- e. Runs around a hurdle.
- f. Impedes another hurdler.

PENALTY: Disqualification from the event.

Rule 6 *Throwing Events*

The NFHS does not perform scientific tests on any specific items of equipment to determine if the equipment poses undue risks to student-athletes, coaches, officials or spectators. Such determinations are the responsibility of equipment manufacturers.

SECTION 1 DEFINITIONS

ART. 1 . . . A trial is an attempt in a throwing event. Each competitor is allowed a specified number of trials.

ART. 2 . . . A flight is a round of trials for a group of competitors in a throwing event.

ART. 3 . . . To qualify is to earn the right to participate in the finals.

ART. 4 . . . A foul throw is one that is counted as a trial but that is not measured because of some violation of the rule.

SECTION 2 GENERAL RULES FOR THROWING EVENTS

ART. 1 . . . Each competitor shall be allowed three preliminary trials. In the finals, each qualifier is allowed three additional trials. Competitors shall be credited with their best performance regardless of whether it occurs in the preliminaries or finals. To place in a throwing event, a competitor shall have had at least one legal throw.

ART. 2 . . . The three preliminary trials shall be taken in flights of no less than five in the order in which the competitors are listed for competition. This order shall be determined by lot or by the games committee.

ART. 3 . . . One or more competitors than there are scoring places shall qualify for the finals. All competitors tying for the last position shall be finalists. To be eligible to participate in the finals, a competitor shall have had at least one legal throw in the preliminaries. If a qualifying competitor withdraws from competition in the finals, no substitute may replace the withdrawn competitor.

ART. 4 . . . The order of competition in the finals shall be the reverse of the best performance in the preliminaries, i.e., the competitor having the best preliminary performance will be the last in order.

ART. 5 . . . To accommodate those competitors who may be excused to participate in other events, the head judge may change the order of competition by any method. *Successive trials is but one such method.* Excused competitors shall inform the head event judge upon their return.

ART. 6 . . . If weather or other conditions might result in unfairness to any competitor, the referee may alter any established order of trials and shall alter a plan for successive trials by prescribing single trials in the preliminaries and in the finals.

ART. 7 . . . In meets with limited entries, the games committee may allow all competitors just four total trials, replacing the preliminaries and finals format. (See Rule 3-2-4e)

ART. 8 . . . Contestants shall report promptly to the head event judge at the designated location when the event is announced.

ART. 9 . . . A competitor shall initiate a trial that is carried to completion within one minute after being called for a trial. Failure to initiate a completed trial within the prescribed time limit, after being called, shall result in an unsuccessful trial being charged. Competitors excused to participate in another event shall not be called for a trial.

ART. 10 . . . The time at which the preliminaries in each throwing event must be concluded or completed may be set by the games committee. Any competitor who does not complete all preliminary attempts within the time specified shall forfeit any remaining preliminary trials.

ART. 11 . . . Time limits for competitors excused to compete in another event shall be determined by the games committee.

ART. 12 . . . In two-session meets, it is recommended all competitors in the throwing events be conducted in one session.

ART. 13 . . . For any conference or championship meet, the games committee may provide implements for the throwing events and require all competitors to use them.

ART. 14 . . . Warm-ups shall not be allowed unless supervised by an event official or the contestant's coach. At the conclusion of any field event, there shall be no further practice and implements shall be removed from the area.

PENALTY: Warming up without the contestant's coach or event official at the venue shall lead to a warning and, if repeated, disqualification from the event. If the incident recurs, the athlete will be disqualified from the meet.

ART. 15 . . . Declination from the throwing area to the landing area shall not exceed 1:100 (1 percent).

NOTE: It is recommended the landing sector be cordoned off with rope, fence or flags placed well outside the sector lines to enhance the safety of spectators and athletes.

ART. 16 . . . To obtain a better grip, competitors are permitted to use chalk or an adhesive or similar substance such as rosin on their hands during competition.

NOTE: The games committee has the authority to restrict the use of adherents or other foreign materials on hands if the host school is supplying all the throwing implements.

ART. 17 . . . A competitor shall not use an illegal implement during warm-up or competition.

NOTE: If a legal implement becomes illegal through use, no penalty shall be counted against the competitor except a failed trial is recorded.

ART. 18 . . . A competitor shall not place personal reference marks in the landing sector of any throwing event.

PENALTY: (Articles 17 and 18) Disqualification from the event.

SECTION 3 BREAKING TIES

ART. 1 . . . A tie in a field event occurs when two or more competitors finish with the same height or distance.

ART. 2 . . . For places in throwing events, the second best performance from either preliminaries or finals of the competitors tying shall resolve the tie. Then, if necessary, the third best, and so on.

ART. 3 . . . If there is a tie by any number of competitors for any scoring places, the points for tied places shall be added together and divided by the number of competitors who are involved in the tie.

SECTION 4 DISCUS THROW

ART. 1 . . . The discus shall be constructed so that its body is of wood or other suitable material attached to a circumscribing smooth metal or plastic rim. Metal plates shall be set flush with the sides of the wood, plastic or composition material body and in the exact center as a means of acquiring the correct weight. These metal plates shall be circular with a diameter of 2 inches (5 centimeters). Each side of the discus shall be a counterpart of the other side and there shall be no indentations, projecting points or sharp edges. Each side shall taper in a straight line from the beginning of the curve of the rim to the edge of the centrally placed metal plate. A discus constructed entirely of rubber, plastic or metal alloys is legal if it conforms with the specifications for weight, size and shape. The rim of the discus shall not be sandblasted and shall remain smooth.

ART. 2 . . . The discus shall meet the following specifications:

	Boys Competition	Girls Competition
Weight (minimum)	3.53 lb. (1.6 kg.)	2.20 lbs. (1 kg.)
Diameter (minimum)	8.23 in. (209 mm)	7.0866 in. (180 mm)
(maximum)	8.31 in. (211 mm)	7.16534 in. (182 mm)
Diameter of Core (minimum)	1.9685 in. (50 mm)	1.9685 in. (50 mm)
(maximum)	2.244 in. (57 mm)	2.244 in. (57 mm)
Thickness of Center (minimum)	1.575 in. (40 mm)	1.457 in. (37 mm)
(maximum)	1.654 in. (42 mm)	1.535 in. (39 mm)
Rim thickness ¼ inch From Edge:		
(minimum)	.472 in. (12 mm)	.472 in. (12 mm)
(maximum)	.512 in. (13mm)	.512 in. (13 mm)
Radius of Edge	.23622 in. (6 mm)	.23622 in. (6 mm)

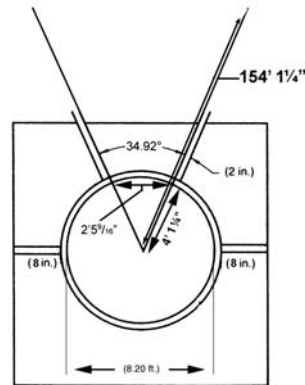


Figure 1

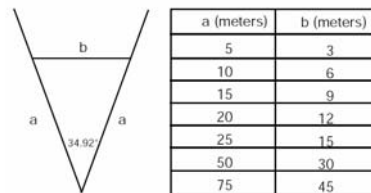


Figure 2

ART. 3 . . . The throwing circle shall be 8 feet, 2½ inches (2.50 meters) in diameter. The circumference shall be marked with a metal, wood or plastic band which shall not rise more than ¾ inch (1.9 centimeters) above the level of the circle or, if the circle has a surface of asphalt, concrete, wood or other hard material, a painted line 2 inches (5 centimeters) wide may be substituted for the band. The inside edge of the line or band is the limit of the throwing circle.

ART. 4 . . . Projecting lines, 2 inches (5 centimeters) wide and 8 inches (20 centimeters) long, lying on the diameter extended and outside the circumference, shall be used to designate the back half of the throwing circle. (Figure 1)

ART. 5 . . . A 34.92-degree sector shall be marked on the ground and drawn from the center of the throwing circle. The inside edges of these lines shall mark the sector. From the center of the circle, mark one sector line. To establish the other sector line, use the point of intersection of the first sector line and the inside edge of the throwing circle and strike an arc with a radius of 2 feet, 5 9/16 inches (75.07 cm), so that it intersects the circle. From the center of the discus circle through this point, construct the second sector line. **Refer to above figure or see Appendix B for setting up the sector.** (Figure 2)

ART. 6 . . . The use of a protective cage is required. For portable or permanent installation, there shall be a rear to the cage as well as sides that extend forward at least to the front of the ring. It is recommended that the cage be constructed of heavy nylon netting or other material that will absorb the energy of the discus to prevent bounce back. **See Appendix A for options regarding dimensions of the cage.**

NOTES:

1. The ends of the cage (wing/gate pole) should be placed within 4 to 5 feet of the sector lines.

2. The discus throwing cage is designed to provide limited protection for competitors, officials and spectators in the immediate throwing area. Due to the nature of the event, it does not assure the safety of the aforementioned personnel.

3. It is recommended that all throwing areas be cordoned off, roped, fenced, or with flags placed well outside the sector lines to minimize the risk of injury for spectators and athletes.

ART. 7 . . . Taping of any part of the throwing hand or fingers shall not be permitted unless there is an open wound that must be protected by tape. Taping of the wrist is permissible. Gloves are not permitted; however, a support belt may be worn. No harness or mechanical device attached to the hand or arm shall be used.

ART. 8 . . . The lines which mark the throwing sector are outside the limits of the sector. A throw shall be made from inside the circle.

ART. 9 . . . It is a foul if the competitor:

- a. Fails to initiate a trial that is carried to completion within 1 minute after being called.
- b. After stepping into the circle, fails to pause before starting the throw.
- c. After starting the attempt, touches any surface outside the circle during a throw.
- d. Throws the discus so it does not fall within the sector lines.
- e. Throws a discus which hits the cage and/or an object outside the sector before landing within the sector.
- f. Is not under control before exiting the back half of the circle.
- g. Leaves the circle before the implement has landed and the judge calls "Mark."
- h. Does not exit the back half of the circle.

PENALTY: The throw is not measured, but counts as a trial.

ART. 10 . . . The measurement shall be from the nearest edge of the first mark made by the discus to the inside edge of the throwing circle nearest such mark, measured along an extended radius of the circle.

ART. 11 . . . Measurements shall be recorded to the nearest lesser inch or even number centimeter (e.g., 0-2-4-6-8). Measurements shall be made with non-stretchable tape such as fiberglass, nylon, steel or certified scientific measurement device (laser). The judges shall hold the tape in such a way that the readings will be at the circle.

SECTION 5 SHOT PUT

ART. 1 . . . The shot shall be constructed so its body is a solid sphere made of any metal or suitable material not softer than brass, or a shell of such metal filled with lead or other material. The shot shall not have indentations other than a weight marking which must be manufactured in such a manner that no advantage is gained by the grip. For indoor meets only, a shot consisting of a shell of rubber or plastic with a center filled with lead pellets may be used.

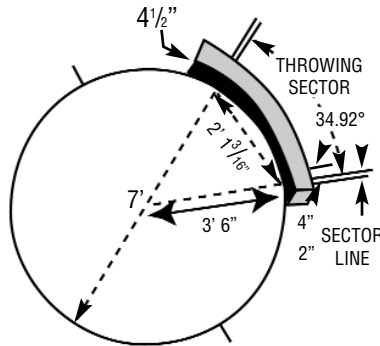


Figure 3

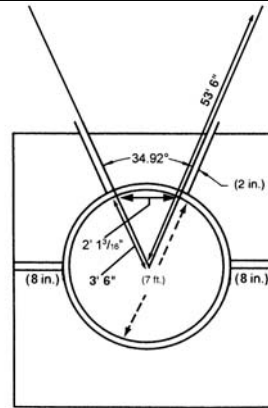


Figure 4

ART. 2 . . . The shot shall meet the following specifications:

	Boys Competition	Girls Competition
Weight (minimum)	12 lb. (5.443 kg)	8.81 lbs. (4.0 kg)
Diameter (minimum)	3 ⁷ / ₈ in. (9.84 cm)	3 ³ / ₄ in. (9.50 cm)
(maximum)	4 ⁵ / ₈ in. (11.75 cm)	4 ¹ / ₄ in. (11.00 cm)
Circumference (minimum)	12 ¹ / ₈ in. (30.91 cm)	11 ³ / ₄ in. (29.84 cm)
(maximum)	14 ¹ / ₂ in. (36.91 cm)	13 ³ / ₈ in. (34.56 cm)

ART. 3 . . . The putting circles shall have an inside diameter of 7 feet (2.134 meters). The circumference shall be marked with a metal, wood or plastic band which shall not rise more than ³/₄ inch (1.9 centimeters) above the level of the circle or, if the circle has a surface of asphalt, concrete, wood or other hard material, a painted line 2 inches (5 centimeters) wide may be substituted for the band. A concrete surface with a ¹/₆₄ inch (1 millimeter) roughness is recommended. (Figure 3)

ART. 4 . . . A stopboard, constructed of concrete, fiberglass, metal, wood or other hard-surfaced material in the shape of an arc, so that the inner edge coincides with the inner edge of the circle, shall be firmly fixed in this position. It shall be 4 feet (1.22 meters) in length along the inside surface, 4 inches (10 centimeters) in height and 4¹/₂ inches (11.4 centimeters) in width. The inside edge of the line or band is the limit of the putting circle. (Figure 4)

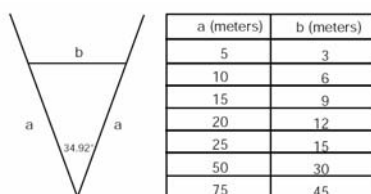


Figure 5

to Figure 5 or see Appendix B regarding setting up the sector.

ART. 6 . . . Projecting lines, 2 inches (5 centimeters) wide and 8 inches (20 centimeters) long, lying on the diameter extended and outside the circumference, shall be used to designate the back half of the throwing circle.

ART. 7 . . . Taping of any part of the throwing hand or fingers shall not be permitted unless there is an open wound that must be protected by tape. Taping of the wrist is permissible. Gloves are not permitted; however, a support belt may be worn.

ART. 8 . . . A legal put shall be made from the shoulder, with one hand only, so that during the attempt, the shot does not drop behind or below the shoulder. A competitor must start from a stationary position inside the circle. No harness or mechanical device attached to the hand or arm shall be used. The put shall be made from inside the circle.

ART. 9 . . . It is a foul if the competitor:

- Fails to initiate a trial that is carried to completion within 1 minute after being called.
- After stepping into the circle, fails to pause before starting the put.
- After starting the attempt, touches any surface outside the circle during a put.
- Allows the shot to drop behind or below the shoulder during the put attempt.
- Touches the top or end of the stopboard before the put is marked.
- Puts the shot so it does not fall within the sector lines.
- Is not under control before exiting the back half of the circle.
- Leaves the circle before the implement has landed and the judge calls "Mark."
- Does not exit the back half of the circle.
- Uses the "cartwheel" technique of shot putting.

PENALTY: The put is not measured, but counts as a trial.

ART. 10 . . . The measurement shall be recorded from the nearest edge of the first mark made by the shot to the inside edge of the stopboard nearest such mark, measured along the extended radius of the circle.

ART. 11 . . . Measurements shall be recorded to the nearest lesser $\frac{1}{4}$ inch or centimeter. Measurements shall be made with non-stretchable tape such as fiberglass, nylon, steel or certified scientific measurement device (laser). The

ART. 5 . . . A 34.92-degree sector shall be marked on the ground. Radial lines 2 inches (5 centimeters) wide shall extend from the center of the circle to form an area into which legal puts must be made. The inside edges of these lines shall mark the sector and the lines shall be placed equidistance from the ends of the stopboard. **Refer**

judges shall hold the tape in such a way that the readings will be at the circle.

SECTION 6 JAVELIN THROW

ART. 1 . . . The javelin shall be constructed of metal or of solid wood with a metal point or rubber tip. A whipcord binding shall be placed around the shaft at the center of gravity. The outer diameter of the binding shall not exceed the shaft diameter, immediately forward of the binding, by more than 8 mm. Wrapping the whipcord binding with tape is prohibited.

Specifications for the alternate rubber tip used in lieu of the metal point:

Overall length of rubber tip	35-77 millimeters
Diameter of front of rubber tip	14-35 millimeters
Thickness at front of rubber tip	5 millimeter minimum

NOTE: When a rubber tip is used, the metal point shall end (before affixing the rubber tip) in a slightly rounded button-shape 18-21 mm in diameter for the boy's 800-gram javelin and 16-18mm in diameter for the girl's 600-gram javelin. The rubber tip should be made of rubber or an equivalent soft plastic.

ART. 2 . . . The javelin shall meet all IAAF specifications. The most important specifications are outlined below:

	Boys Competition	Girls Competition
Weight (minimum)	1 lb, 12 oz (800 g)	1 lb, 5 oz (600 g)
Overall Length		
(minimum)	8 ft. 6 ³ / ₈ in. (260 cm)	7 ft. 2 ⁵ / ₈ in. (220 cm)
(maximum)	8 ft. 10 ⁵ / ₁₆ in. (270 cm)	7 ft. 6 ⁹ / ₁₆ in. (230 cm)
Length of metal head		
(minimum)	9 ¹³ / ₁₆ in. (25 cm)	9 ¹³ / ₁₆ in. (25 cm)
(maximum)	13 in. (33 cm)	13 in. (33 cm)
Distance from tip of metal head to center of gravity		
(minimum)	2 ft. 11 ⁷ / ₁₆ in. (90 cm)	2 ft. 7 ¹ / ₂ in. (80 cm)
(maximum)	3 ft. 5 ³ / ₄ in. (106 cm)	3 ft. 3 ⁷ / ₁₆ in. (92 cm)
Diameter of shaft at thickest point, front of grip		
(minimum)	3 ¹ / ₃₂ in. (25 mm)	2 ⁵ / ₃₂ in. (20mm)
(maximum)	1 ³ / ₁₆ in. (30 mm)	3 ¹ / ₃₂ in. (25mm)
Diameter of tail midpoint (minimum)	No less than 90% of diameter of front of grip	No less than 90% of diameter of front of grip
Diameter of front midpoint (maximum)	No greater than 90% of diameter of front of grip	No greater than 90% of diameter of front of grip
Width of cord grip		
(minimum)	5 ²⁹ / ₃₂ in. (15 cm)	5 ¹ / ₂ in. (14 cm)
(maximum)	6 ⁵ / ₁₆ in. (16 cm)	5 ²⁹ / ₃₂ in. (15 cm)

ART. 3 . . . The runway for the throw should have a minimum length of 120 feet (36.5 meters) and shall be marked by two parallel lines, 13 feet, 1½ inches (4 meters) apart and terminated by a foul-line arc with a radius of 26 feet, 3 inches (8 meters) as shown on figure 5. The foul-line arc shall be marked with white marking material or a white metal, plastic or wood band 2¾ inches (7 cm) in width. If using a band, the top surface shall be level with the throwing surface. The line or band shall be in the throwing sector with the edge toward the runway coinciding with the foul-line arc. A line 2¾ inches (7 cm) in width and 2 feet, 5½ inches (75 cm) in length shall be placed or painted on each side of the runway perpendicular to the side boundaries at the intersection of the foul-line arc and the inside of the side boundary lines. The athlete must exit behind the intersection of the arc and the foul line. (Figure 6)

ART. 4 . . . The throwing sector into which the javelin must fall is that area defined by extending radii through the two intersections of the arc with the runway lines and a point midway between the runway lines and 26 feet, 3 inches (8 meters) from the foul line. (Figure 6)

ART. 5 . . . The foul line is the hairline which is used to mark the limit of a competitor's run during a trial. (Figure 6)

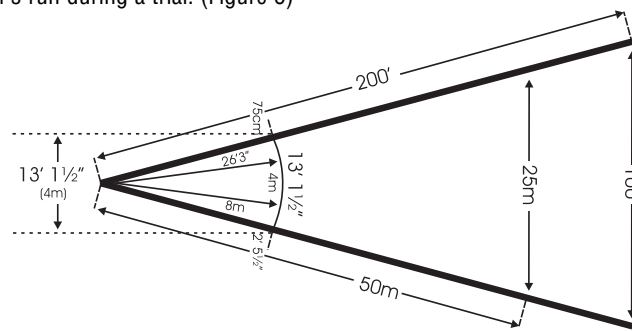


Figure 6 - JAVELIN RUN-UP LANE

ART. 6 . . . Taping of any part of the throwing hand or fingers shall not be permitted unless there is an open wound that must be protected by tape. Taping of the wrist is permissible. Gloves are not permitted; however, a support belt may be worn.

ART. 7 . . . Meet management may permit the use of approved footwear other than track shoes.

ART. 8 . . . A competitor may hold the javelin at the end of the cord grip even though one or more fingers and thumb touch the javelin shaft. In gripping the javelin, the thumb and forefinger, or the thumb, forefinger and middle finger or the forefinger and middle finger of the throwing hand may touch the shaft behind the whipcord grip.

ART. 9 . . . If the javelin breaks during the throw or in the air, it shall not count as a trial provided the throw is in accordance with the rules. A replacement throw shall be awarded.

ART. 10 . . . The point of contact shall be within the sector made by extending radii of the foul-line arc through the intersection of the arc with the runway lines. The lines which mark the throwing sector are outside the limits of the sector.

ART. 11 . . . It is a foul if the competitor:

- a. Makes a 360-degree turn before the javelin is released.
- b. Uses a delivery other than an over-arm, above-the-shoulder motion of the throwing arm.
- c. Throws the javelin so it does not fall within the sector line.
- d. Touches on or over either the runway lines or on or over the foul-line arc before the throw is marked.
- e. Fails to hold the javelin by the whipcord grip.
- f. Exits the runway before the implement has landed and the judge calls "Mark."
- g. Fails to exit the runway under control behind the foul-line arc and the perpendicular side extensions after the javelin has landed.
- h. Fails to initiate a trial that is carried to completion within 1 minute after being called.

PENALTY: The throw is not measured, but counts as a trial.

ART. 12 . . . The measurements shall be from the nearest edge of the first point of contact made by the javelin to the point on the inside edge of the circumference of the arc nearest such contact and in line with the center of the circle 26 feet, 3 inches behind the arc.

ART. 13 . . . Measurements shall be recorded to the nearest lesser inch or even number centimeter (e.g., 0-2-4-6-8). Measurements shall be made with non-stretchable tape such as fiberglass, nylon, steel or certified scientific measurement device (laser). The judges shall hold the tape in such a way that the readings will be at the foul line.

Rule 7

Jumping Events

The NFHS does not perform scientific tests on any specific items of equipment to determine if the equipment poses undue risks to student-athletes, coaches, officials or spectators. Such determinations are the responsibility of equipment manufacturers.

SECTION 1 DEFINITIONS

ART. 1 . . . A trial is an attempt in a jumping event. Each competitor is allowed a specified number of trials in the horizontal events.

ART. 2 . . . A flight is a round of trials for a group of competitors in jumping event competition.

ART. 3 . . . To qualify is to earn the right to participate in finals.

ART. 4 . . . A foul jump is one which is counted as a trial but which is not measured or declared successful because of some violation of the rule.

ART. 5 . . . Horizontal events include the long and triple jumps.

ART. 6 . . . Vertical events include the high jump and pole vault.

ART. 7 . . . The zero point for pole vault is located at the top of the back of the plant box.

SECTION 2 GENERAL RULES

Long Jump and Triple Jump:

ART. 1 . . . Each competitor shall be allowed three preliminary trials. In the finals, each qualifier is allowed three additional trials. Competitors shall be credited with their best performance regardless of whether it occurs in the preliminaries or finals. To place in a jumping event, a competitor shall have had at least one successful jump.

ART. 2 . . . The three preliminary trials shall be taken in flights of no less than 5 in the order in which the competitors are listed for competition. This order shall be determined by lot or by the games committee.

ART. 3 . . . One or more competitors than there are scoring places shall qualify for the finals. All competitors tying for the last position shall be finalists. To be eligible to participate in the finals, a competitor shall have had at least one legal jump in the preliminaries. If a qualifying competitor withdraws from competition in the finals, no substitute may replace the withdrawn competitor.

ART. 4 . . . The order of competition in the finals shall be the reverse of the best performance in the preliminaries, i.e., the competitor having the best preliminary performance will be the last in order.

ART. 5 . . . In meets with limited entries, the games committee may allow all competitors just four total trials, replacing the preliminaries and finals format.

ART. 6 . . . The time at which the preliminaries in each horizontal jumping event must be concluded or completed should be set by the games committee. Any competitor who does not complete all preliminary attempts within the time specified shall forfeit any remaining preliminary trials.

High Jump and Pole Vault:

ART. 7 . . . Each competitor is allowed a trial in order in which the names are drawn or assigned by the games committee, and is granted a maximum of three trials at any one height. The competitor may use all three trials or elect to pass any of them. Unless the competitor has had three unsuccessful trials at a given height, the competitor may elect to pass a height and take the remaining trial or trials at a subsequent height, but the competitor is eliminated as soon as he/she has had three consecutive unsuccessful trials, regardless of the height or heights at which the unsuccessful trials were attempted.

Example: If a competitor has one unsuccessful trial at 6 feet and elects to pass

the next opportunity, the competitor may then choose to accept his/her third opportunity in the proper order. If this trial is failed, the competitor has one more opportunity at a subsequent height. The competitor may pass both the second and third opportunities at 6 feet and then have two opportunities at a subsequent height or heights. All previous failures are disregarded as soon as the competitor legally clears the bar.

ART. 8 . . . When the number of entries dictates, the games committee may assign competitors to flights of no less than five for preliminary competition or may conduct the event in continuing flights. In continuing flights, the five competitors, as determined by the games committee, constitute a flight. As a competitor clears a bar, passes a turn at a height or is eliminated, the next competitor in order will be moved up so that the number of competitors in the active flight remains constant. When the number of competitors remaining at a given height is fewer than nine, all competitors will be in a single continuing flight.

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 clears 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 the minimum number to begin an active flight. The competitors would be assigned in order as they appear on the event card.

ART. 9 . . . If improperly fastened supports slip downward when a jumper contacts the crossbar, the head event judge shall rule no jump and allow the competitor another trial.

All Jumping Events:

Contestants shall report promptly to the head event judge at the designated location when the event is announced.

ART. 10 . . . A competitor shall initiate a trial that is carried to completion within the prescribed time limits, one minute after being called for a trial except in the pole vault where the time is 1½ minutes. Failure to initiate a completed trial within the prescribed time limit after being called for the trial shall result in an unsuccessful trial being charged. Competitors excused to participate in another event shall not be called for a trial. A pass must be communicated to the event judge before the start of the trial clock.

- a. When three or fewer remain in the high jump or pole vault at the beginning of a bar height, the above time shall be increased to three minutes for the high jump and four minutes for the pole vault.
- b. When a single competitor, who has won the competition, remains in the high jump or pole vault, the allowed time shall be five minutes for the high jump and six minutes for the pole vault.

PENALTY: An unsuccessful trial is charged.

Number of athletes competing at the start of the round	Individual Events			Combined Events		
	HJ	PV	Other FE	HJ	PV	Other FE
More than 3	1	1.5	1	1	1.5	1
2 or 3 remaining	3	4	1	3	4	1
1 remaining	5	6	1	5	6	1
Consecutive Trials	2	3	2	2	3	2

ART. 11 . . . To accommodate those competitors who may be excused to participate in other events, the head judge may change the order of competition in the preliminary or final rounds of any jumping event by any method. Successive trials is but one such method. Excused competitors shall inform the head event judge upon their return.

ART. 12 . . . Time limits for competitors excused to compete in another event shall be determined by the games committee.

ART. 13 . . . If weather or other conditions might result in unfairness to any competitor, the referee may alter any established order of trials and shall alter a plan for successive trials by prescribing single trials in the preliminaries and in the finals.

ART. 14 . . . Warm-ups shall not be allowed unless supervised by an event official or the contestant's coach. 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: Warming up without the contestant's coach or event official at the site 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.

ART. 15 . . . Competitors shall not use any weights or artificial aids. They shall not wear a shoe or shoes which incorporate or contain any device that gives the competitor an unfair advantage. In the pole vault, pushing the vaulter on his/her back at take-off during warm-up or competition is an aid and therefore not allowed.

ART. 16 . . . A competitor shall not use an illegal implement during warm-up or competition. All vaulting poles shall have been inspected and approved for use before warm-up.

NOTES:

1. If a legal implement becomes illegal through use, no penalty shall be counted against the competitor except a failed trial is recorded.
2. A bungee cord manufactured for use in the high jump and pole vault may be used during warm-ups, as approved by the games committee.

PENALTY: (Arts. 15-16) Disqualification from the event.

ART. 17 . . . In two-session meets, it is recommended all competitors in the jumping events be conducted in one session.

SECTION 3 BREAKING TIES

ART. 1 . . . A tie in a jumping event occurs when two or more competitors finish with the same distance or height.

ART. 2 . . . When there is a tie at any height or distance in the finals of a jumping event, places and points scored shall be awarded as follows:

- a. For places determined by distance:
 1. If the distance resulting from the best performance of competitors is identical, the higher place is awarded to the tying competitor whose second best performance is better from either the preliminary trials or the finals.
 2. If after (a1) the tie remains, the higher place is awarded to the tied competitor whose third-best performance is better than the third-best performance of any tied competitor, etc.
- b. For places determined by height:
 1. The competitor with the fewest number of trials for the height at which the tie occurs, i.e., the last height successfully cleared, shall be awarded the higher place.
 2. If the tie still remains, the competitor with the fewest total number of unsuccessful trials throughout the competition, up to and including the height last cleared, shall be awarded the higher place.
 3. Passed trials shall not count as misses.
 4. If the tie remains after applying (1) and (2) and:
 - (a) It concerns first place, the competitors tying shall make one more attempt at the height at which they failed. If no decision is reached, the bar shall be lowered in increments of 1 inch in the high jump and 3 inches in the pole vault. If two or more of the tying contestants cleared the height, the bar shall be raised by intervals of 1 inch in the high jump and 3 inches in the pole vault. Each competitor shall attempt one trial at each height until a winner is determined.

NOTES:

1. If the height which the tied competitors last attempted is not the same, because of a passed height by one or more of the remaining competitors, the bar shall be lowered to the lowest height last attempted by any of the remaining competitors to begin the jump-off.
2. No passed heights shall be permitted in the jump-offs.
 - (b) The tie concerns any place other than first, the competitors shall be awarded the same place.

ART. 3 . . . In the vertical jumping events, a competitor shall be credited with his/her best achievement including performances made in the jump-off of a first-place tie.

ART. 4 . . . If there is a tie by any number of competitors for any scoring places,

the points for tied places shall be added together and divided by the number of competitors who are involved in the tie.

SECTION 4 HIGH JUMP

ART. 1 . . . The inclination in the approach shall not exceed 1:100 (1 percent).

ART. 2 . . . The approach shall consist of a semicircle or rectangle of unvarying surface. The center of the semicircle or rectangle is to be the midpoint between the standards. The depth of the approach should be a minimum of 50 feet.

ART. 3 . . . The landing pad shall not be less than 16 feet (4.80 meters) wide by 8 feet (2.40 meters) deep. The material in the pad shall be high enough and of a composition that will decelerate the landing. The rules committee strongly recommends the use of 24 inches (60 centimeters) of foam rubber or shock-absorbing synthetic soft material or an encased commercially compressed foam rubber mattress at least 18 inches (45 centimeters) thick.

When the landing pad is made up of two or more sections, they shall be attached and include a common cover or pad extending over all sections.

ART. 4 . . . Hard and unyielding surfaces, such as but not limited to concrete, wood or asphalt, that extend out from beneath the sides and back of the high jump landing pad shall be padded with a minimum of 2-inch dense foam or other suitable material.

NOTE: It is recommended that any excess material such as asphalt or concrete that extends out from beneath the side or back of the landing pad be removed.

ART. 5 . . . The upright standards which support the crossbar shall be at least 12 feet apart. The platforms which support the crossbar shall be rectangular planes $1\frac{1}{2}$ inches by $2\frac{3}{8}$ inches. The long dimensions shall point toward the opposite upright so that it will be parallel to the crossbar. There may be an extension of the standard above the crossbar. The base of the standards shall not be moved during the competition, and its position should be marked prior to the start of competition.

ART. 6 . . . The nonmetal crossbar shall not be less than 12 feet (3.66 meters) or more than 14 feet, 10 inches (4.52 meters) 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 $1\frac{3}{16}$ inches by $6\text{--}7\frac{3}{4}$ inches (150-200 millimeters). In addition to the commonly used four-sided flat crossbar ends, the use of a crossbar fitted with alternative ends (semicircular) is permitted.

ART. 7 . . . The games committee shall specify the marking material, if any, as well as the number and location of the individual check marks.

ART. 8 . . . A competitor who has passed three consecutive heights after the competition has begun, may be permitted one warm-up jump without the cross-

bar in place but shall enter the competition at that height. Such a warm-up must be taken at a height change.

ART. 9 . . . The judges shall place the crossbar at the starting height as determined by the games committee. When only one competitor remains in the competition and has been determined to be the event winner, the competitor may determine successive heights of the crossbar.

ART. 10 . . . A competitor may attempt to clear the bar in any manner, provided the takeoff is from one foot and provided no weights or artificial aids are used. All of the competitor's body must go over the bar.

ART. 11 . . . After competition has started, the bar shall not be lowered, except to determine a first-place winner when a tie for that place is involved.

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 crossbar should be placed on the standards in exactly the same position as before its displacement.

ART. 13 . . . Measurements shall be recorded to the nearest lesser $\frac{1}{4}$ inch or centimeter. Measurements shall be made with non-stretchable tape such as fiberglass, nylon, steel or certified scientific measurement device (laser). Measurement of the official height shall be from a point on the same level as the takeoff to the lowest point on the upper side of the crossbar.

ART. 14 . . . It is a foul if the competitor:

- a. Displaces the crossbar in an attempt to clear it.
- b. Touches the ground or landing area beyond the plane of the crossbar, or the crossbar extended, without clearing the bar.
- c. After clearing the bar, contacts the upright and displaces the crossbar or steadies the bar.
- 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. (See 7-2-5)
- e. Fails (total body) to go over the bar.
- f. Takes off from two feet.
- g. Uses weights or artificial aids.

PENALTY: An unsuccessful trial is charged.

ART. 15 . . . Breaking ties for places:

- a. The competitor with the fewest number of trials for the height at which the tie occurs, i.e., the last height successfully cleared, shall be awarded the higher place.
- b. If the tie still remains, the competitor with the fewest total number of unsuccessful trials throughout the competition, up to and including the height last cleared, shall be awarded the higher place.
- c. Passed trials shall not count as misses.
- d. If the tie remains after applying (a) and (b) and:
 1. It concerns first place, the competitors tying shall make one more attempt for the height at which they failed. If no decision is reached, the

bar shall be lowered by one inch. If two or more of the tying competitors clear the height, the bar shall be raised by intervals of 1 inch. Each competitor shall attempt one trial at each height until the winner is determined.

NOTES:

1. If the height which the tied competitors last attempted is not the same, because of a passed height by one or more of the remaining competitors, the bar shall be lowered to the lowest height last attempted by any of the remaining competitors to begin the jump-off.
2. No passed heights shall be permitted in the jump-offs.
 2. The tie concerns any place other than first place, the competitors shall be awarded the same place.
 3. A competitor shall be credited with his/her best achievement if it occurs in a jump-off for first place.

SECTION 5 POLE VAULT

ART. 1 . . . The inclination 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.

ART. 2 . . . The vaulting pole may be of any material and of any length and diameter. It may have a binding of layers of adhesive tape of uniform thickness on the grip end. The plant end of the pole may be protected by layers of tape, PVC, metal, sponge rubber or other suitable material to protect it when placed in the planting box.

ART. 3 . . . The competitor's weight shall be at or below the manufacturer's pole rating. The manufacturers must include on each pole: the pole rating that shall be a minimum of $\frac{3}{4}$ inch in a contrasting color located within or above the top hand-hold position; a 1-inch circular band indicating the maximum top hand-hold position with the position being determined by the manufacturer. Prior to competition, the coach must verify that all of the school's pole vaulters and poles meet these requirements.

NOTES:

1. 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. (7-5-3)
2. Each state association shall determine its own procedure regarding coaches' verification.

ART. 4 . . . A competitor shall not use a variable weight pole, a pole which is improperly marked or a pole rated below his/her weight, or any other equipment that is not legal during warm-up or competition.

NOTE: Altering the pole in any fashion renders it illegal.

PENALTY: Disqualification from the event.

ART. 5 . . . Prior to warm-up, the field referee, head field judge or assigned inspector of implements shall inspect each pole to be used in the competition to

verify that the poles are legal equipment, per Rule 7-5-3. This includes checking the placement of a top hand-hold band, numerical pole ratings a minimum of $\frac{3}{4}$ inches in a contrasting color located within or above the top hand-hold band, and the proper binding of adhesive tape of uniform thickness when used. The binding shall not be on or above the top hand-hold band.

ART. 6 . . . The recommended length of the runway is a minimum of 130 feet (40 m). Where conditions permit, it should be 147 feet, 6 inches (45 m). The runway should be 42 inches (1.07 m) wide whenever possible.

ART. 7 . . . The overall size of the pole vault landing system shall be a minimum of 19 feet, 8 inches (6 m) wide by 20 feet, 2 inches deep. The landing surface measured beyond the back of the standard bases, shall be a minimum of 19 feet, 8 inches (6 m) wide. The dimension of the landing surface in back of the vaulting box to the back of the landing system shall be 16 feet, 5 inches (5 m) deep. The material in the system shall be high enough and of a composition that will decelerate the landing. When the landing system is made up of two or more sections, the landing surface shall include a common cover or pad extending over all sections.

ART. 8 . . . The front sections of the landing system, known as front buns, shall be a minimum of 16 feet, 5 inches (5 m) wide so as to cover the entire area around the plant box to the inside edges of the standard bases up to the front edge of the plant box. The maximum cutout for the planting box shall be 36 inches (914 mm) in width, measured across the bottom of the cutout. The edges of the front of the landing system immediately behind the planting box shall not be placed more than 3 inches (76 mm) from the top of the back of the planting box. The front pad shall be attached to the main landing pad or encased in a common cover.

NOTE: In the pole vault, the front cutout tapered away from the planting box allows the pole to bend uninhibited.

ART. 9 . . . Hard or unyielding surfaces, such as but not limited to concrete, metal, wood or asphalt around the landing pad, or between the planting box and the landing system, shall be padded or cushioned with a minimum of 2 inches (50 mm) of dense foam or other suitable material(s).

NOTE: It is recommended that any excess material such as asphalt or concrete that extends out from beneath the landing pad be removed.

ART. 10 . . . The width between the pins that support the crossbar shall be not less than 13 feet, 8 inches (4.16m) or more than 14 feet, 8 inches (4.48m) apart. The pins shall be round, of uniform thickness not exceeding $\frac{1}{2}$ inch (13 millimeters) in diameter, with the upper surfaces smooth, without indentations or aids of any type which might help hold the crossbar in place.

The pins shall project at right angles from the side which is opposite the runway and shall not exceed 3 inches (76 millimeters) in length from the upright. Cantilevered uprights may be used. The specifications for the crossbar are the same as those for the high jump. The standards shall have all exposed projec-

tions on the base covered or padded and be secured or weighted in a way as to prevent them from tipping over.

ART. 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 $6\frac{1}{4}$ inches (150-200 millimeters). In addition to the commonly used four-sided flat crossbar ends, the use of a crossbar fitted with alternative ends (semicircular) is permitted.

ART. 12 . . . A planting box shall be located midway between the standards. This box shall be constructed of concrete, fiberglass, metal, or other hard surface material into which the vaulting pole is placed so that the top edges are at ground level. The front edge of the box shall not extend above the grade of the runway surface. The box shall be of dimensions indicated in the accompanying Diagrams A and B, and it shall be placed so the top edges are at ground level. The box in Diagram B shall be constructed so that the sides slope outward at the end nearest the landing pit.

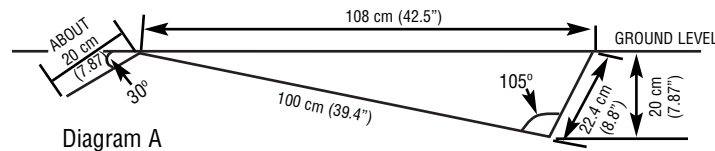
The stopboard at the end of the planting box shall be placed at an angle of 105 degrees with the base of the box.

The runway adjacent to the pole vault box may be marked by a permanent line $\frac{1}{2}$ inch or 1 cm drawn through the top (zero point) of the vault box extending 10 feet (3 meters) to each side of the box.

NOTE: It is recommended the planting box be of a color contrasting to the color of the runway.

ART. 13 . . . The zero point is at the top of the back of the plant box (vertical plane). It is used to determine the distance the crossbar travels toward the back of the landing surface, the starting point of the runway and to identify the proper placement of the landing surface. (See diagrams A, B and C)

ART. 14 . . . A minimum of 2-inch (51 mm) dense foam padding (box collar) shall be used to pad any hard and unyielding surface including between the planting box and all pads.



he/she has had three consecutive unsuccessful trials, regardless of the height or heights at which the unsuccessful trials were attempted. The decision to pass a trial shall be communicated to the event judge before the clock is started.

Example: If a competitor has one unsuccessful trial at 13 feet and elects to pass the next opportunity, the competitor may then choose to accept his/her third opportunity in the proper order. If this trial is failed, the competitor has one more opportunity at a subsequent height. The competitor may pass both the second and third opportunities at 13 feet and then have two opportunities at a subsequent height or heights. All previous failures are disregarded following a successful trial.

ART. 16 . . . A pole vault competitor(s) who has passed three consecutive heights and has not entered the competition should be permitted two minutes of warm-up jumps per the number of competitors entering at that height without the crossbar in place. The competitor(s) shall enter the competition at that height. Such warm-up must be taken at a height change.

ART. 17 . . . When the number of entries dictates, the games committee may assign competitors to flights of no less than five for preliminary competition or may conduct the event in continuing flights. In continuing flights, the five competitors, as determined by the games committee, constitute a flight. As a competitor clears the bar, passes a turn at the height or is eliminated, the next competitor in order will be moved up so that the number of competitors in the active flight remains constant.

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 the maximum number to begin an active flight. The competitors would be assigned in order as they appear on the event card.

ART. 18 . . . The judges shall place the crossbar at the starting height as determined by the games committee. When only one competitor remains in the competition and has been determined to be the event winner, the competitor may determine successive heights of the crossbar.

ART. 19 . . . A competitor shall have the standards or uprights set to position the crossbar from a point 18 inches (45.7cm) measured beyond the vertical plane of the top of the stopboard, zero (0) point, up to a maximum distance of 31.5 inches (80 cm) in the direction of the landing surface.

ART. 20 . . . A mark or marker shall not be placed on the runway, but it is permissible to place markers at the side of the runway. Meet management may provide check marks, not more than three inches long, on the runway. Starting at the back of the planting box, mark intervals in the following manner: 6', 7', 8', 9', 10', 11', 12', 13', 20', 30', 40', 50', 60', 70', 80', 90', 100', 110', 120'.

ART. 21 . . . Taping of any part of the hands or fingers shall not be permitted

unless there is an open wound that must be protected by tape. Taping of the wrist is permissible. Gloves are not permitted, however the use of a forearm cover to prevent injuries is also permitted. Competitors may use chalk or an adhesive or similar substance such as rosin on their hands or directly on the pole during competition.

ART. 22 . . . It shall not count as a trial if a competitor's pole is broken during an attempt.

ART. 23 . . . A competitor shall not be allowed to use the pole of another individual without the consent of the owner. The event judge shall approve the use and verify that the pole is rated weight-appropriate.

PENALTY: Disqualification from the event.

ART. 24 . . . The planting box shall not contain any foreign materials.

ART. 25 . . . No person shall be allowed to touch the vaulting pole except the pole may be caught by an assigned official, assigned pole catcher or the competitor, when circumstances warrant, but never to prevent the pole from dislodging the bar. If there is a tailwind that might cause a properly released pole to fall forward, the referee should appoint an official and authorize him/her to catch the pole after it has been properly released.

ART. 26 . . . After competition has started, the bar shall not be lowered, except to determine a first-place winner when a tie for that place is involved.

ART. 27 . . . An accurate measurement of the height of the crossbar will be taken before each record attempt. Any displaced 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.

ART. 28 . . . Measurements shall be recorded to the nearest lesser ¼ inch or centimeter. Measurements shall be made with non-stretchable tape such as fiberglass, nylon, steel or certified scientific measurement device (laser). Measurement of the official height shall be from a point on the same level as the takeoff to the lowest point on the upper side of the crossbar.

ART. 29 . . . It is a foul if the competitor:

- a. Displaces the crossbar from the pins on which it originally rested, with the body or the pole.

NOTE: If the crossbar and/or uprights are placed incorrectly by the contest official, the trial is not recorded as a foul and the vaulter has an additional trial.

- b. 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.

- c. During the vault, raises the hand which is uppermost when he/she leaves the ground to a higher point on the pole, or if the hand which was underneath is raised to any point on the pole above the other hand.
- d. Allows any part of his/her body or the pole to touch the ground or the landing system beyond the vertical plane of the top of the stopboard, without first clearing the bar.

- e. Fails to initiate a trial that is carried to completion within the defined time period after being called and after the crossbar and standards have been set. (See 7-2-5)
- f. After clearing the crossbar, contacts an upright and displaces the crossbar.
- g. Steadies the crossbar with a hand(s) or arm(s).
- h. Grips the pole above the top hand-hold band.
- i. Touches or catches the pole preventing it from dislodging the crossbar.

PENALTY: An unsuccessful trial is charged, but not measured.

ART. 30 . . . Breaking ties for places:

- a. The competitor with the fewest number of trials for the height at which the tie occurs, i.e., the last height successfully cleared, shall be awarded the higher place.
- b. If the tie still remains, the competitor with the fewest total number of unsuccessful trials throughout the competition, up to and including the height last cleared, shall be awarded the higher place.
- c. Passed trials shall not count as misses.
- d. If the tie remains after applying (a) and (b) and:
 - 1. It concerns first place, the competitors tying shall make one more attempt for the height at which they failed. If no decision is reached, the bar shall be lowered by three inches. If two or more of the tying competitors clear the height, the bar shall be raised by intervals of 3 inches. Each competitor shall attempt one trial at each height until the winner is determined.
 - 2. The tie concerns any place other than first place, the competitors shall be awarded the same place in the competition.

NOTES:

- 1. If the height which the tied competitors last attempted is not the same, because of a passed height by one or more of the remaining competitors, the bar shall be lowered to the lowest height last attempted by any of the remaining competitors to begin the jump-off.
- 2. No passed heights shall be permitted in the jump-offs.
 - 3. A competitor shall be credited with his/her best achievement if it occurs in a jump-off for first place.

SECTION 6 LONG JUMP AND TRIPLE JUMP

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

ART. 2 . . . The runway should have a minimum length of 130 feet and, where conditions permit, it should be 147 feet, 6 inches measured from the long jump foul line. The runway should be between 42 inches and 48 inches wide.

ART. 3 . . . Equipment shall meet the following standards: The takeoff area shall be marked by a rectangular shaped takeoff board, manufactured from wood or synthetic material which provides a firm base, 8 inches to 24 inches wide and 42 inches to 48 inches long. The takeoff board shall be set firmly in the ground level with the runway and the surface of the landing pit. If the takeoff board is 8 inch-

es wide, an additional 8 inches of firm, resilient material may be placed so that it abuts against the edge of the takeoff board farthest from the foul line.

On hard surfaced runways, a painted foul line of a contrasting color and with the same size specifications may be used in lieu of a takeoff board.

ART. 4 . . . The landing pit shall be filled with sand or other soft material to a depth that will ensure a safe landing. The surface shall have the same elevation as that of the takeoff board.

ART. 5 . . . The landing pit shall have a minimum width of 9 feet and a minimum length of 15 feet.

ART. 6 . . . The foul line is the hairline which is used to mark the limit of a competitor's run during a trial.

ART. 7 . . . The foul line shall be located by measuring from the nearer edge of the landing pit a distance of approximately:

	BOYS	GIRLS
Long Jump	12 feet	8 feet
Triple Jump	32 feet	24 feet

NOTE: Distance from foul line or takeoff board may be adjusted to accommodate different levels of competition. Competitors may change which foul line or takeoff board they are using during competition, but only with the prior notification of the event judge.

ART. 8 . . . Each competitor shall be allowed three preliminary trials. In the finals each qualifier is allowed three additional trials. In meets with limited entries, the games committee may allow all competitors just four trials. Competitors shall be credited with their best performance regardless of whether this occurs in the preliminaries or finals.

ART. 9 . . . In preliminaries and finals, trials may be taken in succession to accommodate those who may be excused to participate in other events. If weather or other conditions might result in unfairness to any competitor, the referee shall alter the plan and prescribe single trials in the prelims and in the finals.

Example: A, B, C, D and E might compose the first flight and F, G, H and I the second. The first flight completes their three trials before second flight takes their first trials. Also, for larger meets, competitors in these events may be arranged in groups within which each competitor takes two trials before the next group takes its trials.

ART. 10 . . . The head event judge may change the order of competition in the preliminaries to accommodate those who may be excused to participate in other events. In the horizontal jump events, any reasonable request for a change in order should be granted. The judge may choose to permit a competitor to take preliminary and final trials in succession. A time limit should be set for completion of all preliminary trials.

ART. 11 . . . In finals, to accommodate those competitors who may be excused to participate in other events, the head event judge may change the order of competition by any method where the competitor being excused jumps earlier than the spot at which he/she qualified. Successive trials is but one such method.

ART. 12 . . . A marker shall not be placed on the runway or in the landing pit.

- a. A competitor may place one or two markers (supplied or approved by the games committee) alongside the runway to assist in the run-up and take-off.
- b. Meet management may place markers to the side of the landing pits for the purpose of marking meet, state and/or national records, as well as minimum qualifying standards, etc. (3-2-4b)

NOTE: It is not a foul if the competitor runs outside of the white lines marking the runway at any point.

ART. 13 . . . It is a foul if the competitor:

- a. Allows his/her shoe to extend over the foul line or make a mark in front of it on the takeoff.
- b. Runs across the foul line, or foul line extended.
- c. In the long jump, does not keep his/her head in the superior position, i.e., no somersault.
- d. In the triple jump, in hopping does not land on the same foot used in takeoff, or in stepping does not land on the other foot from which the jump is performed.
- e. In the process of landing or leaving the pit, touches the ground outside the landing nearer the foul line than the nearest mark made in the landing pit.
- f. Fails to initiate a trial that is carried to completion within 1 minute after being called.

PENALTY: An unsuccessful trial is charged but not measured.

ART. 14 . . . 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 apparel of the jumper which is nearest the foul line or its extension.

ART. 15 . . . The judges shall hold the tape in such a way that the readings will be at the takeoff board.

ART. 16 . . . Measurements shall be recorded to the nearest lesser $\frac{1}{4}$ inch or centimeter. Measurements may be made with non-stretchable tape such as fiberglass, nylon, steel or certified scientific measurement device (laser). Other scientific measuring devices may be used if approved by the games committee.

ART. 17 . . . Breaking ties for places:

- a. If the distance resulting from the best performance of competitors is identical, the higher place is awarded to the tying competitor whose second-best performance is better from either the preliminary trials or the finals.
- b. If after (a) the tie remains, the higher place is awarded to the tied competitor whose third-best performance is better than the third-best performance of any tied competitor, etc.

Rule 8

Special Events

SECTION 1 DECATHLON, PENTATHLON, HEPTATHLON

ART. 1 . . . The boys decathlon shall consist of 10 events which shall be held on two consecutive days in the following order, unless state association rules apply:

First day	Second day
100-meter Dash	110-meter HH
Long Jump	Discus Throw
Shot Put	Pole Vault
High Jump	Triple Jump or Javelin Throw
400-meter Dash	1600-meter Run

ART. 2 . . . The pentathlon shall consist of five events which shall be held in the following order, unless state association rules apply:

Boys	Girls
Long Jump	100-meter HH
High Jump	High Jump
200-meter Dash	Shot Put
Discus Throw	Long Jump
1600-meter Run	800-meter Run

ART. 3 . . . The girls heptathlon shall consist of seven events which will be held on two consecutive days in the following order, unless state association rules apply:

First Day	Second Day
100-meter HH	Long Jump
High Jump	Javelin Throw*
Shot Put	800-meter Run
200-meter Dash	

*Some state associations substitute the discus throw for the javelin throw.

NOTE: The standard scoring for special events should be a point scale established by IAAF unless state association determines otherwise.

SECTION 2 SPECIAL EVENTS

ART 1 . . . The following may be included in the order of events:

- Shuttle relays
- Specialty relays
- Steeplechase
- Hammer throw
- Race Walking

Rule 9

Cross Country

SECTION 1 COURSE

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. The course shall be clearly marked. This may be by a wide line marked with a material which is not injurious to the eyes or skin, or by signposts with large directional arrows wherever the course turns, or by flags about 1 foot square and mounted on stakes which hold them 6 feet or more above the ground.

FLAG DESIGNATIONS

A red flag indicates a turn to the left.

A yellow flag indicates a turn to the right.

A blue flag indicates a course straight ahead.

ART. 2 . . . In case of a discrepancy in the course markings, directional flag markings take precedence over any other course markings.

ART. 3 . . . The race course should include the following features:

- a. Signs and flags at least 6 feet above the ground visible for 100 feet. Turns and guidelines should be marked on the ground with a material which is not injurious to the eyes or skin. The course should be at least 3 feet wide at its narrowest place. Small survey flags of the appropriate color may be used in lieu of painted lines or survey chalk.
- b. No ground obstructions which might cause tripping, turned ankles, etc. No overhead objects such as tree branches lower than 8 feet above the ground.
- c. A 2-inch wide starting line marked at the beginning of a lengthy straightaway, wide enough to accommodate all teams; i.e., a width of the number of teams multiplied by 6 feet.
- d. At the end of the course, a straightaway of at least 150 yards ending in a rope funnel with a mouth 15 feet wide. The finish line should be at the mouth of the funnel and 15 to 25 feet from the chute. This funnel should narrow to a rope chute about 30 inches wide and at least 100 feet long. The stakes supporting the ropes should be solid enough to permit taut ropes, and the stakes and ropes near the finish line should be well-padded. See diagrams of chutes.

NOTE: For large meets, the use of a multiple chutes is recommended.

SECTION 2 SCORING

ART. 1 . . . Scoring shall be as shown in the following table:

Place:	First	Second	Third	Fourth	Fifth	Sixth,	etc.
Points:	1	2	3	4	5	6,	etc.

ART. 2 . . . All competitors who finish the race shall be ranked and tallied in accordance with the above table. In cross country, up to seven team members

retain their order of finish. Any team members beyond seven shall be disregarded and shall not displace any opposing runners. The team score then shall be determined by totaling the points scored by the first five finishers of each team. The team which scores the fewest number of points is the winner.

ART. 3 . . . If fewer than five competitors of a team finish, or other number specified by the games committee, the places of all members of that team shall be disregarded and the team scores re-ranked. By state association adoption, a modified scoring system may be used.

ART. 4 . . . Ties in team scoring shall be resolved by comparing the sixth-place finishers from the tying teams. The team with the best sixth-place finisher shall prevail. If one team does not have a sixth-place finisher, the team with the sixth-place finisher shall prevail.

ART. 5 . . . If only five competitors of tying teams finish, the tie shall be resolved by totaling the scores of the first four finishers.

ART. 6 . . . The score of a forfeited dual meet shall be 15-50.

NOTE: Rules 2-3-1 through 3, on the correction of errors, also apply to cross country scoring.

SECTION 3 START/CONCLUSION

ART. 1 . . . A cross country race begins when the competitors are called to the starting line for final instructions and is considered to be official and concluded when places have been determined and the results have been recorded.

ART. 2 . . . A competitor finishes a cross country race when the torso of the runner breaks the plane of the finish line when using hand- or picture-based timing systems. (Figure 7, Diagram of Chute)

ART. 3 . . . Computerized transponders/chips may be used to record the finish of a runner in cross country. A bib transponder or two transponders/chips per runner, one attached to each shoe, must be used. When transponders/chips are used, the official order of finish for the runners is that recorded by the transponder/chips.

SECTION 4 OFFICIALS

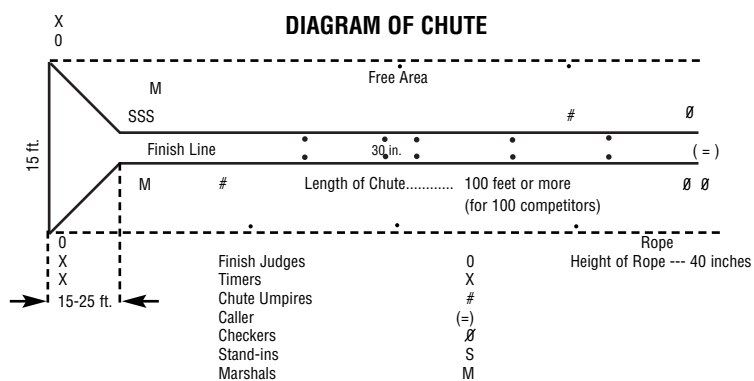
ART. 1 . . . The games committee or the meet director shall establish the length of the course, assign the teams by lot to their starting positions, and provide the necessary meet facilities.

ART. 2 . . . Referee—The referee shall make final decisions concerning questions which are not specifically placed under the jurisdiction of other officials, other irregularities and shall disqualify any runner for violation of the rules. (See 9-7)

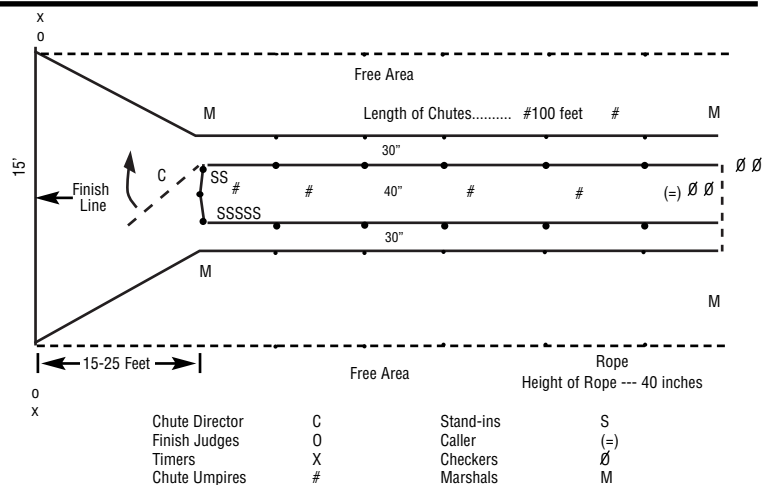
ART. 3 . . . Prior to the meet, the referee shall, either by a meeting or written communication, address the following with all head coaches and team captains:

- a. All team members are expected to exhibit good sporting conduct.

- b. The head coach shall verify verbally, or in writing, that all of his/her competitors are properly equipped (uniform, equipment, and no jewelry) in compliance with these rules.
- c. Any special circumstances, procedures and information pertaining to the meet.



SINGLE CHUTE



DOUBLE CHUTE

Figure 7

ART. 4 . . . Starter— Once the teams have been called to the starting line by the starter for final instructions, no further run-outs shall be permitted.

- a. The command shall be "On your marks." When all competitors are steady, the starting device shall be fired. For an unfair start, the starter or assistant starter shall recall the runners by firing the starting device. If a runner falls during the first 100 meters due to contact with another runner, the race shall be recalled by firing the starting device.
- b. Audio/Visual start: When conditions dictate, the starter may use whistle/flag commands along with the starting device. Because this technique is used with a large number of competitors, it is recommended that the starter take a position well in front of the runners so the competitors can see and to be able to move to the side.
 1. Give a brief and concise review of the starting commands and procedures to be used for the start with all competitors immediately before the start.
 2. The starter will hold the starting device and red flag parallel to the ground and give a long blast of the whistle. This is the signal for the runners to step up to, but not touch, the starting line and become motionless.
 3. The starter slowly raises both arms overhead.
 4. When all runners are set and motionless and the recall starters signal with a white flag, the starting device is fired and at the same time, the red flag is motioned downward, indicating the start of the race.

The runners are observed for 100 meters for any reason to recall the race that would constitute an unfair start. (Figure 8)



Figure 8 - Starters' Signals

NOTE: The use of audio-visual start/count-down time clock is permitted.

ART. 5 . . . Clerk of the Course—The clerk shall place the teams in proper position on the starting line and give all needed instructions. Also, the clerk should check and enforce uniform, visible apparel and shoe regulations.

ART. 6 . . . Chute Director—The chute director shall:

- a. Supervise the finish chute during the race finish;
- b. Assign stand-ins (fillers) to replace any runner who falls and cannot continue through the chute after crossing the finish line;
- c. Assign gate controllers when more than one chute is used;
- d. Assign marshals to keep the chute area free of any unauthorized individuals;
- e. Be certain that chute umpires, callers, checkers and timers are in place when the runners finish the race.

ART. 7 . . . Finish Judges—The finish judges stand outside the chute and on the finish line, and determine the order in which competitors enter the chute. Their decision is final and without appeal except for possible action taken by the referee or jury of appeals.

ART. 8 . . . Chute Umpires—The chute umpires supervise the competitors after they enter the chute and see that they are properly checked to prevent any irregularity in the order of finish. They see that all competitors who cross the finish line are given their proper order as the competitors go through the chute.

ART. 9 . . . Caller—The caller calls the number of each competitor in the order of his/her proper place in the chute.

ART. 10 . . . Checkers—The checkers keep a record of the competitors and their order of finish as announced by the caller. In case of conflicts, if two are in agreement, their records are accepted. If agreement cannot be reached by at least two of the checkers, the referee makes the final decision.

ART. 11 . . . Course Umpires—The course umpires observe the activity of the competitors. If any competitor fails to run the proper course or otherwise violates the rules, the umpires report the infraction to the referee.

ART. 12 . . . Timers—The timers record the times of the competitors who finish. A timer may be assigned at a designated spot along the course to call elapsed times during the race.

ART. 13 . . . Marshals—The marshals shall keep the competitive area free from all persons except officials, contestants and other individuals authorized by the games committee.

SECTION 5 TEAMS

A cross country team is represented by coaches, contestants, managers, trainers and other associated school personnel. A cross country team shall consist of seven members unless otherwise agreed. In cross country, up to seven team members retain their order of finish. Any member beyond seven shall be disregarded and shall not displace any opposing runners.

In meets with four or fewer schools, each school is permitted to enter a maximum of 12 competitors unless otherwise agreed by the competing schools or state association, but only the first seven on each team shall enter into the scoring.

NOTE: Rules 4-1, 2, covering contestants and entry deadlines, also apply to cross country competition.

SECTION 6 COMPETITOR'S UNIFORM

ART. 1 . . . Each team member's uniform shall be issued by the school, worn as intended by the manufacturer, be of the same color and design and have the following restrictions:

- a. Each competitor shall wear shoes.
 1. Shoes shall be worn on both feet and shall have an upper and definitely recognizable sole and heel.

2. The (shoe) upper must be designed so that it can be fastened securely to the foot.
 3. The sole and heel may contain grooves, ridges or track spikes which are no longer than 1 inch.
 4. The use of slippers or socks does not meet the requirements of the rule.
- b. Each competitor shall wear a full length uniform top or one-piece uniform issued by the school.
1. The top or one-piece uniform may have school identification and the top may have the competitor's name.
 2. The top shall not be knotted or have a knot-like protrusion.
 3. 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.
 4. The American flag, not exceeding 2x3 inches, and either a commemorative or memorial patch, not to exceed 4 square inches, may be worn on the uniform top.

NOTE: Only one American flag and/or commemorative patch may be displayed on the uniform (one or two piece).

5. Bare midriff tops are not allowed.
6. The top must hang below or be tucked into the waistband of the bottom when the competitor is standing upright.
7. Any visible garment(s) worn by two or more team members underneath the uniform top and/or bottom shall be unadorned and of the same single, solid color, but not necessarily the same length. As per NFHS rules, a single, visible manufacturer's logo and/or single school name or insignia no more than 2¼ inches are permitted on the undergarment.

NOTES:

1. Visible items worn under both the top and the bottom do not have to be the same color.
 2. If more than one visible garment is worn under the uniform top, all must be the same color.
 3. A visible garment worn under the uniform top displaying contrasting stitching to the single, solid color of the undergarment and functions as the actual seam for the undergarment's construction is legal.
- c. Each competitor shall wear a uniform bottom or one-piece uniform issued by the school.
1. The bottom or one-piece uniform may have the school identification.
 2. Loose-fitting, boxer-type bottoms or compression-style bottom are permitted for boys and girls. Closed-leg briefs are acceptable for girls.
 3. French or high-cut apparel shall not be worn in lieu of the uniform bottom.
 4. The waistband of a competitor's bottom shall be worn above the hips.
 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 bottom or one-piece uniform.

6. The American flag, not exceeding 2x3 inches, and either a commemorative or memorial patch, not to exceed 4 square inches, may be worn on the uniform bottom or top.

NOTE: Only one American flag and/or commemorative patch may be displayed on the uniform (one or two piece).

7. Any visible garment(s) worn by two or more team members underneath the uniform top and/or bottom shall be unadorned and of the same single, solid color, but not necessarily the same length. As per NFHS rules, a single, visible manufacturer's logo and/or single school name or insignia no more than 2¼ inches are permitted on the undergarment.

NOTES:

1. Visible items worn under both the top and the bottom do not have to be the same color.
2. If more than one visible garment is worn under the uniform bottom, all must be the same color.
3. A visible garment worn under the uniform bottom displaying contrasting stitching to the single, solid color of the undergarment and functions as the actual seam for the undergarment's construction is legal.

ART. 2 . . . A competitor shall wear the assigned contestant number and/or computerized transponders/chips during competition. The number and/or transponders/chips shall be worn, unaltered, for purposes of official timing and place finish.

PENALTY: (Arts. 1, 2) For the wearing of an illegal uniform, when a violation is observed and noted by a meet official, the competitor shall be required to make the uniform legal before becoming eligible for further competition, and 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 the referee shall then notify or cause to be notified the head coach of the offending school of the competitor's violation and warning.

ART. 3 . . . Jewelry shall not be worn by competitors.

- a. Medical alert medals are not considered jewelry. The alert should be visible. When the medal is attached:
 1. to a bracelet made of metal or an unyielding material, it shall be taped to the body.
 2. to a bracelet made of a pliable material, it is not required to be taped to the body.
 3. to a necklace, it shall be taped to the body.
- b. Religious medals are not considered jewelry and must be worn under the uniform and taped to the body.
- c. A watch may be worn around the wrist.
- d. Unadorned devices, such as bobby pins, barrettes, and hair clips, no longer than 2 inches, may be worn to control a competitor's hair.

PENALTY: When a meet official observes a competitor wearing jewelry, the referee shall when prior to the start of the race, notify or cause to be notified the competitor and head coach to remove the jewelry before becoming eligible to compete and the referee issues a warning to the offending competitor that should jewelry be observed on the competitor during the race, he/she is disqualified.

NOTE: The ultimate responsibility to have each competitor compliant with uniform and jewelry rules is with the coach.

ART. 4 . . . Removing any part of the team uniform, excluding shoes, while in the area of competition, as defined by the games committee, is illegal.

PENALTY: This shall lead to a warning and if repeated, to disqualification from the meet. If the incident recurs, the competitor will be disqualified from further competition in the meet.

SECTION 7 DISQUALIFICATION

ART. 1 . . . A competitor who false starts. (See 5-7-4)

ART. 2 . . . A competitor who interferes with another competitor. (See 4-6-3 through 5)

ART. 3 . . . A competitor who is unsporting or uses unacceptable conduct. (See 4-6-1, 2)

ART. 4 . . . A competitor receives any assistance from any other person. (See 4-6-7)

NOTE: Providing liquids during competition is not considered to be an aid or assistance.

ART. 5 . . . A competitor who fails to complete the prescribed course that is defined by a legal marking system.

PENALTY: (Arts. 1-5) Disqualification of the competitor from the event.

Rule 10

Records

SECTION 1 RECORD APPLICATIONS

ART. 1 . . . All applications for national records shall be made on printed forms available from the state association or NFHS office or the NFHS Web site (www.nfhs.org). In order to receive consideration by the NFHS Records Committee, the performance shall have been made in a meet:

- a. Sanctioned by a state high school association;
- b. Involving five or more schools; and
- c. In an event limited to high school contestants who are representing their respective high schools.

The application for record shall be received by the NFHS within six months from the date of the performance.

ART. 2 . . . The record application requires certification by meet officials; attes-

tation of anemometer (wind gauge) readings; evidence of a sanctioned meet involving five or more qualified member schools; and conditions which comply with all rules provisions. In those events in which an anemometer reading is required, it shall include anemometer readings recorded during the event. For races run in lanes around one or more full curves, applications for record will be considered when all runners start on the straightaway or when runners start on a curve, provided all competitors run the same distance on the curve.

SECTION 2 RECORDS

ART. 1 . . . Official acceptance of an NFHS record recorded in the long jump, the triple jump or in any race that is not run around the complete oval of the track requires that a reliable wind gauge recorded that any assisting wind did not exceed an average velocity of 2 meters per second (4.474 mph). An assisting wind is one that blows at a runner's back, either directly or in a slanting direction.

ART. 2 . . . A reliable wind gauge is one that employs the use of a directional tube and measures meters per second or miles per hour. The wind gauge shall be placed beside the sprint track adjacent to lane one, preferably 50 meters from the finish line. In the long jump and triple jump, the wind gauge shall be 20 meters from the foul line. The gauge shall not be more than 2 meters from the track or runway, and shall be approximately 1.22 meters (4 feet) above the competition surface.

ART. 3 . . . The length of time that shall be averaged for each event shall be as follows:

Long Jump and Triple Jump	5 seconds
100 Meters	10 seconds
100 or 110 Hurdles	13 seconds
200 Meters	10 seconds

When the 200 meters is run around one curve, the length of time shall be 10 seconds, beginning as the runners enter the straightaway.

ART. 4 . . . The wind velocity shall be measured 20 meters from the foul line in the long jump and the triple jump.

ART. 5 . . . The wind gauge shall be read in meters per second, rounded and recorded to the next higher tenth of a meter per second in the positive direction, i.e., a reading of 3.03 meters per second shall be recorded as 3.1.

SECTION 3 FIELD EVENTS

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 jump events, a competitor shall be credited with his/her best achievement if it occurs in a jump-off for first place.

ART. 3 . . . Certification by the field referee/head field judge that the implement used by the competitor, plus all other equipment and the competition was in compliance with all NFHS rules.

SECTION 4 RUNNING EVENTS

ART. 1 . . . A record shall not be granted unless the time is recorded by FAT (fully automatic timing) which exceeds or equals the currently listed national record.

ART. 2 . . . When hurdles do not conform to rule specifications, no application for a record or national honor roll performance shall be allowed.

ART. 3 . . . Certification by a survey that the race course was in accordance with all NFHS rules.

STATE ASSOCIATION ADOPTIONS

State associations may individually adopt specific coverage in the following:

1. Appointing a games committee for qualifying or state-meet finals. (3-2-1b)
2. Establishing regulations for interrupted competition. (3-2-5, 6)
3. Establishing regulations on entry limits. (3-3-3; 4-2-4)
4. If a school is allowed to enter more than one relay team in a race, only one team, however, will score. (4-2-4d)
5. May adopt the low (30-inch) or high (33-inch) height in 100-meter hurdles, but national records are for the 33-inch height. (5-3-8)
6. Determining a procedure for coaches to verify that all of the school's pole vaulters and poles are legal and properly rated poles are being used. (7-5-3 Note 2)

RECOMMENDATIONS FOR CONDUCTING MIDDLE LEVEL/JUNIOR HIGH SCHOOL COMPETITION

Policy Statement

Interscholastic competition at the middle level/junior high school can make valuable contributions to the educational program of adolescents, provided the sport is properly organized, supervised and regulated. This is particularly true in track and field which lends itself so well to the varied capabilities of individuals. Students in this particular age group vary a great deal in maturity and size. Because of this, it is necessary to adopt special regulations to comprise meaningful competition for different groups.

When a state association does not adopt special regulations, participation limitations, and a standard order of events, these recommended modifications of the track and field rules are designed for the different levels of middle level/junior high school competition.

Suggested Special Regulations

When a state association or conference does not adopt special regulations, the following limitations and recommendations should apply.

- a. Some classification system should be followed which employs one or more of the following: age, grade, height and weight.
- b. Participation Limitations:
 1. Ninth-grade students may compete in a maximum of four events, of which only three may be running events including relays.
 2. Seventh- and eighth-grade students may compete in a maximum of three events.
- c. Individual and team restrictions should be established limiting the number of meets per week and season depending on circumstances existing in the area.
- d. Coaches should enter competitors in running events in order to allow for a reasonable recovery period before their next race.
- e. Each competitor should have a minimum of 10 days of practice before being permitted to enter an interschool meet.
- f. Competitors should have a thorough physical exam.
- g. Shot put and discus areas should be well marked, and other precautions taken to ensure the safety of contestants and spectators at all times.
- h. There should be no state championship at the middle level/junior high school level.

Specifications for Implements

- a. The discus shall weigh 2 pounds, 3.27 ounces (1 kilogram) and have the following minimum and maximum dimensions: Diameter $7\frac{1}{8}$ inches- $7\frac{1}{4}$ inches (180 millimeters-182 millimeters) with a thickness of $1\frac{1}{2}$ inches- $1\frac{5}{8}$ inches (37 millimeters-39 millimeters) at the center and $\frac{1}{2}$ inch- $\frac{3}{4}$ inch (12 millimeters-6 millimeters) from the outer edge which shall be rounded with a radius of $\frac{1}{4}$ inch (6 millimeters). The discus shall have a core 2 inches (50 millimeters). All other specifications are listed in Rule 6-3-1.
- b. The shot shall consist of a solid sphere of any metal or suitable material not softer than brass weighing 4.0 kilograms (8 pounds, 13 ounces). It shall have a diameter of at least $3\frac{3}{4}$ inches, but not more than $4\frac{1}{4}$ inches (95-108 millimeters). Girls in junior high/middle school and below shall use a 6-pound (2.744-kilogram) shot. It shall have a diameter of $3\frac{1}{2}$ inches, but not more than 4 inches. All other specifications are listed in Rule 6-4-1.
- c. The foul line in the long jump should be approximately 8 feet from the near edge of the landing pit. The foul line in the triple jump should be approximately 20 feet for boys and 16 feet for girls from the near edge of the landing pit.
- d. Other equipment will be similar to that used at the high school level.

Cross Country

The suggested distances for cross country running are: 3200 meters (2 miles)

for ninth-grade students, and 2500 meters (1.5 miles) for all other middle level/junior high school competition.

ORDER OF EVENTS

The following order of events was developed as a guide to arrange track and field competition that will best meet the needs of the various groups of middle level/junior high school students. When state association or conference rules do not apply, any deviation from the following suggested order of events or implement specifications should be agreed upon by the participating schools prior to the day of competition.

TRACK EVENTS

Ninth Grade		Seventh/Eighth Grade	
Boys	Girls	Boys	Girls
75-meter HH	75-meter LH	—	55-meter LH
100-meter Dash	100-meter Dash	100-meter Dash	100-meter Dash
—	4x200-meter Relay	1600-meter Run	1600-meter Run
1600-meter Run	1600-meter Run	(or 1200-meter)	(or 1200-meter)
4x100-meter Relay	4x100-meter Relay	4x100-meter Relay	4x100-meter Relay
400-meter Dash	400-meter Dash	400-meter Dash	400-meter Dash
300-meter LH	300-meter LH	110-meter LH *	—
800-meter Run	800-meter Run	800-meter Run	800-meter Run
200-meter Dash	200-meter Dash	200-meter Dash	200-meter Dash
3200-meter Run	3200-meter Run	4x200-meter Relay	4x200-meter Relay
4x400-meter Relay	4x400-meter Relay		

* In meets involving only seventh- and eighth-grade boys and girls, the boys 110-meter low hurdles may be run as the first event.

FIELD EVENTS

Ninth Grade		Seventh/Eighth Grade	
Boys	Girls	Boys	Girls
Discus Throw	Discus Throw	Discus Throw	Discus Throw
High Jump	High Jump	High Jump	High Jump
Long Jump	Long Jump	Long Jump	Long Jump
Pole Vault	Pole Vault	Pole Vault	Pole Vault
Shot Put	Shot Put	Shot Put	Shot Put
Triple Jump	Triple Jump	Triple Jump	Triple Jump

Field events should be started before the running program in order to be completed prior to the final running event.

HURDLE SPECIFICATIONS

Event	Hurdle Height	No. of Hurdles	Start to First Hurdle	Between Hurdles	Last Hurdle to Finish
Girls 55-meter LH	30 in.	5	13.0 m	8.5 m	8.0 m
Boys 75-meter HH	36 in.	6	13.716 m (45 ft.)	9.144 m (30 ft.)	15.564 m (51 ft. 1 in.)
Girls 75-meter LH	30 in.	7	13.0 m	8.5 m	11.0 m
Boys 110-meter LH	30 in.	5	13.72 m (45 ft.)	18.288 m (60 ft.)	23.16 m (75 ft. 10 ⁵ / ₈ in.)
Boys 300-meter LH	30 in.	8	45 m (147 ft. 7 ¹ / ₂ in.)	35 m (114 ft. 10 in.)	10 m (32 ft. 9 ³ / ₄ in.)

POINTS OF EMPHASIS

1. Officiating when the acceleration zone is not used – Umpires shall be placed by the referee in position that they may observe the competition closely. A sufficient number should be assigned to adequately observe the race and in relays the exchange zone. Umpires are stationed at the beginning and end of zone and must move to keep all competitors during exchange in view.

2. Mechanics for head event judge when excused competitor has not returned – The head event judge may excuse a competitor to participate in another event. The games committee must establish the time for the excusal from the event. The order of competition to accommodate may be made as well as trials in succession. When the competitor checks out through the event judge, his/her time is recorded it is known the competitor is excused, when he/she should return and that the competitor shall not be called up for a trial when excused from that event.

3. Head event judge responsibilities to enhance event safety – The head event judge should arrive at the event venue in time to do a walk through to check and make certain the required markings and equipment are set-up properly. The area around the venue should be clear and cordoned off to keep spectators and others safe distance away from the competitive venue area. The head event judge should meet with all parties involved in administering the event and review procedures to be followed to conduct the event in a safe environment. Any problems should be reported to the meet director.

4. Use of flags by field event judges – The rules currently provide for a number of required uses of flags ranging from signaling a state of readiness to a potential violation. All personnel should be knowledgeable of what color flag to use, when and where. Many times in larger meets the event judges will use red flags to indicate they are not ready for competition to begin and white to indicate ready. When the conditions warrant, the additional use of flags can be useful to keep the meet progressing smoothly and safely.

5. Continuous flights, “5 Alive” and “5 Active” – When using continuous flights when one competitor will not be participating the next competitor will be called to move into the rotation and will just become the next competitor. Another method is to have the next competitor move into the rotation in the very location where the previous competitor had been participating. Either of these two methods is acceptable to keep the competition moving with cond.

COMMENTS ON THE 2013 RULES REVISIONS

1. **3-19-2, Legal implements in warm-ups** – To reduce the likelihood of illegal implements being used in competition, only legal implements are allowed in warm-ups.
2. **4-3-1,2 and 9-6-1, Illegal uniform penalty** – The adjustment of this penalty to an individual warning and disqualification for a subsequent violation of the same rule, is more appropriate for the severity of the actual violation. The responsibility remains with the coach to have athletes in legal uniforms for competition. Preventative officiating will be significant to reduce potential violations.
3. **5-1-5, Running track free zone** – An obstacle-free zone should surround the track, when it is feasible, for purposes of risk minimization. When renovating or constructing a new facility the design should consider the free zone. For existing tracks, care should be given to keep obstacles, such as hurdles, away from the track.
4. **5-10-7, Legal baton exchange** – The baton must be exchanged between the incoming and outgoing runners within the exchange zone. The incoming and outgoing runners shall not simultaneously touch the baton outside the 20-meter exchange zone.
5. **6-2-3 and 7-2-3, Competitors to finals** – Clarifies that, with no action from the games committee, one more than places scored are to advance to finals. This protocol provides consistency in the number of competitors to advance.
6. **7-2-10, Time limits for field events** – The rule now includes the time limits for consecutive attempts in field events which had not previously been addressed within the rules.
7. **7-5-19, Range in the position of uprights in pole vault** – The range to set the position of the uprights/standards in the pole vault is change to **18 inches (45.7 cm)** as measured beyond the vertical plane of the top of the stopboard, zero point, up to a maximum distance of 31.5 inches (80 cm) in the direction of the landing surface. The distance provides a better range of placement of the standards for risk minimization and is more appropriate for the high school vaulter.

**GIRLS - NATIONAL INTERSCHOLASTIC TRACK AND FIELD RECORDS
as of September 1, 2012**

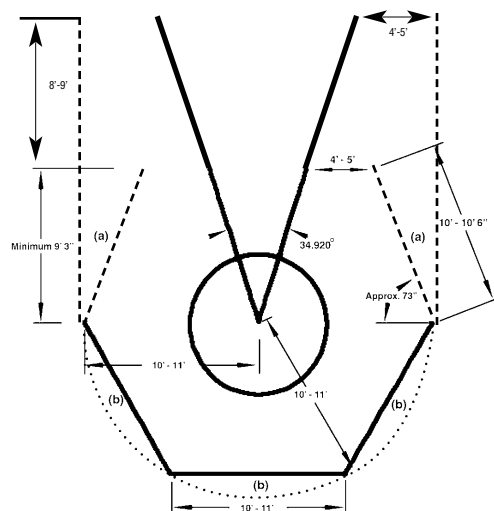
TRACK EVENTS	HOLDER — SCHOOL — SITE	YEAR
GIRLS OUTDOOR		
100-Meter Dash :11.14	Marion Jones, Thousand Oaks H.S. at Norwalk, California	1992
200-Meter Dash :22.52	Allyson Felix, Los Angeles Baptist at Norwalk, California	2003
400-Meter Dash :50.74	Monique Henderson, San Diego Samuel F.B. Morse H.S. at Norwalk, California	2000
800-Meter Run 2:02.04	Amy Weissenbach, Harvard-Westlake at Clovis, California	2011
1600-Meter Run 4:33.82	Christine Babcock, Irvine Woodbridge H.S. at Norwalk, California	2008
3200-Meter Run 9:48.59	Kimberly Mortensen, Thousand Oaks H.S. at Norwalk, California	1996
100-Meter High Hurdles :13.03	Vashti Thomas, San Jose Mt. Pleasant H.S. at Sacramento, California	2007
300-Meter Low Hurdles :39.98	Lashinda Demus, Long Beach Wilson H.S. at Norwalk, California	2001
FIELD EVENTS	HOLDER — SCHOOL — SITE	YEAR
High Jump 6-4	Toni Young, Del City at Edmond, Oklahoma	2009
Pole Vault 14-2 ³ / ₄	Morgan LeLeux, New Ikena Catholic H.S. at Lafayette, Louisiana	2011
Long Jump 22-1 ³ / ₄	Kathy McMillan, Raeford (NC) Hoke County H.S. at Sacramento, California	1976
Triple Jump 44-2 ¹ / ₄	Ychindria Spears, Luling H.S. at Austin, Texas	2001
Discus 191-6	Shelbi Vaughan, Mansfield Legacy H.S. at Austin, Texas	2012
Javelin 181-2	Haley Crouser, Gresham H.S. at Aloha, Oregon	2012
Shot Put 54-10 ³ / ₄	Michelle Carter, Red Oak H.S. at Austin, Texas	2003
RELAYS	HOLDER — SCHOOL — SITE	YEAR
4x100-Meter Relay :44.50	Shana Solomon, Lee, Picott, Shalonda Solomon, Long Beach Poly H.S. at Philadelphia, Pennsylvania	2004
4x200-Meter Relay 1:33.87	Shana Solomon, Lee, Woods, Shalonda Solomon, Long Beach Poly H.S. at Arcadia, California	2004
4x400-Meter Relay 3:35.49	Woods, Harris, Lee, Shalonda Solomon, Long Beach Poly H.S. at Sacramento, California	2004
4x800-Meter Relay 8:48.29	Kelsie Schwartz, Ersula Farrow, Haley Meier, Hannah Meier, Grosse Pointe South H.S. (MI) at Kentwood, Michigan	2010

BOYS - NATIONAL INTERSCHOLASTIC TRACK AND FIELD RECORDS
as of September 1, 2012

TRACK EVENTS	HOLDER — SCHOOL — SITE	YEAR
BOYS OUTDOOR		
100-Meter Dash	Henry Neal, Greenville H.S.	1990
:10.15	at Austin, Texas	
200-Meter Dash	Roy Martin, Dallas Roosevelt H.S.	1985
:20.13	at Austin, Texas	
400-Meter Dash	Aldrich Bailey, Mansfield Timberview H.S.	2012
:45.19	at Lubbock, Texas	
800-Meter Run	Michael Granville, Bell Gardens H.S.	1996
1:46.45	at Norwalk, California	
1600-Meter Run	Alan Webb, Reston (Virginia) South Lakes H.S.	2001
3:59.51	at Arcadia, California	
3200-Meter Run	German Fernandez, Riverbank H.S.	2008
8:34.23	at Norwalk, California	
110-Meter High Hurdles	Dennis Brantley, Houston Worthing H.S.	1980
:13.1*	at Austin, Texas	
:13.30	Chris Nelloms, Dayton (Ohio) Dunbar H.S.	1990
	at Dayton, Ohio	
300-Meter Intermediate Hurdles	Reggie Wyatt, Riverside La Sierra H.S.	2009
:35.02	at Clovis, California	
FIELD EVENTS	HOLDER — SCHOOL — SITE	YEAR
High Jump	James White, Grandview H.S.	2009
7-5¾	at Kansas City, Missouri	
Pole Vault	Eric Eshbach, Orangefield H.S.	1999
18-2¼	at Austin, Texas	
Long Jump	James Stallworth, Tulare H.S.	1989
26-4¾	at Norwalk, California	
Triple Jump	Charles Mayfield, Pasadena Muir H.S.	1980
52-10½	at Arcadia, California	
Discus	Mason Finley, Buena Vista H.S.	2009
236-6	at Alamosa, Colorado	
Javelin	Bill Stanley, South Park H.S.	2012
246-9	at Shippensburg, Pennsylvania	
Shot Put	Michael Carter, Dallas Jefferson H.S.	1979
77-0	at Denton, Texas	
RELAYS	HOLDER — SCHOOL — SITE	YEAR
4x100-Meter Relay	M. Wesley, Franklin, Clopton, D. Wesley, Fort Worth Wyatt H.S.	1998
:39.76	at Austin, Texas	
4x200-Meter Relay	Sweeny, Davis, Amarikwa, Lee, Fort Bend Hightower H.S.	2007
1:23.92	at Austin, Texas	
4x400-Meter Relay	Marsh, Graham, Kelly, Thomas, Hawthorne	1985
3:07.40	(CA) H.S. at Austin, Texas	
4x800-Meter Relay	Dickson, Manion, Poiesz, Mallon	2009
7:33.48	Warrington Central Bucks South, H.S.	
*Manual Timed	at Shippensburg, Pennsylvania	

Appendix A – Discus Cage Guidelines

For both portable or permanent installation, it is recommended that the discus cage be constructed of heavy nylon netting or other material that will absorb the energy of the discus to prevent bounce-back. There must be a rear to the cage as well as sides that extend forward at least to the front of the ring and preferably several feet beyond the front of the ring. The ends of the cage (wing/gate pole) should be placed near enough to the sector lines to maintain a 4 to 5 feet relationship in distance from the lines.



SUGGESTED SPECIFICATIONS:

Height:10 feet to 14 feet

Front Opening: 20 feet to 24 feet

Distance from Corner Post to Sector Line: 4 feet to 5 feet

Distance from Center of Circle to Fencing: 10 feet to 11 feet

Fencing: Energy-Absorbing Material

(a) 10 feet to 10 feet, 6 inches

(b) 10 feet to 11 feet

NOTES:

1. The ends of the cage (wing/gate pole) should be placed within 4 to 5 feet of the sector lines.
2. The above diagram of a discus throwing cage is designed to provide limited protection for competitors, officials and spectators in the immediate throwing area. Due to the nature of the event, it does not ensure the safety of the aforementioned personnel.
3. It is recommended that all throwing areas be corded off with rope, fence or flags placed well outside the sector lines to minimize the risk of injury for spectators and athletes.

Appendix B – 34.92-Degree Throwing Sector Set-up

The 34.92 degree throwing sector is an isosceles triangle having two equal sides, with the base of the triangle always being .6 of the length of either side. The sector may be prepared by using three tapes and three people or one tape, two people and stakes to clearly designate measurements.

3-3 System: Example Shot Put

1. Measure out from center of the circle with two tapes. (Diagram A)
2. Pull two tapes tight and then separate them by 12 meters at the 20 meter mark on each tape. (Diagram B)
3. One person holds the two tapes which will locate the sector lines in the center of the circle. (Diagram B)
4. Second person pulls tight on one of the sector line tapes and holds the zero mark of the cross measuring tape at the 20-meter mark. (Diagram B)
5. Third person pulls tight on the other sector line tape and holds the 12-meter mark of the cross measuring tape at the 20-meter mark. (Diagram B)
6. Sector lines are centered on the stopboard and permanent pins or stakes are placed at the ends of sector lines. (Sector lines can be extended if longer throws are anticipated.) (Diagram C)

Diagram A

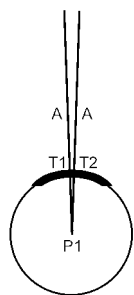


Diagram B

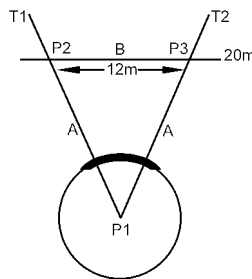
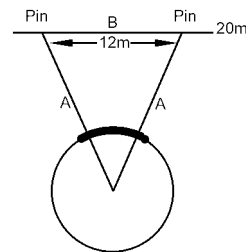


Diagram C



A=Sector line B=Cross measurement P=Person T=Tape

Sectors for the discus and hammer are set up in a similar manner, keeping the ratio of cross measurement length to sector line length at 0.6. For example, one might use sector lines of 60 meters and a cross measurement of 36 meters for the discus and 70 meters and 42 meters for the cross measurement for the hammer.

1-2 System: Example Shot Put

1. From the center of the 7-foot shot put circle, measure one of the outer boundary lines (sector lines) to a point 20 meters out and make a mark, #1. (Diagram D, mark #1)
2. Measure 12 meters (.6 of the length of the 20-meter boundary line) from mark #1 toward the second outer boundary line and make a second mark, #2. (Diagram E, mark #2)
3. From the center of the shot put circle, measure 20 meters for the opposite boundary line and align the 20-meter measurement with mark #2 with this measurement. (Diagram F)

1-2 System: Example Discus

4. From the center of the 8'2½" discus circle, measure one of the outer boundary lines (sector lines) to a point 60 meters out and make a mark, #1. (Diagram D, mark #1)
5. Measure 36 meters (.6 of the length of the 60-meter boundary line) from mark #1 toward the second outer boundary line and make a second mark, #2. (Diagram E, mark #2)
6. From the center of the discus circle, measure 60 meters for the opposite boundary line and align the 36-meter measurement with mark #2 with this measurement. (Diagram F)

Diagram D

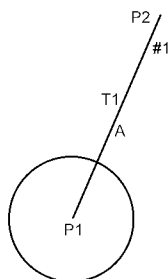


Diagram E

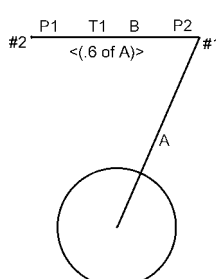
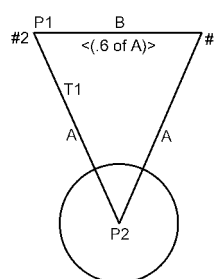


Diagram F



A=Sector line B=Cross measurement P=Person T=Tape

NOTE: The javelin sector is set out in a similar manner, except the sector angle is 28.96 degrees, which is the angle between the two equal sides of an isosceles triangle having the unequal side 0.5 times the length of the equal sides and is mathematically expressed as $2\arcsin(0.25)$.

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Suggested Guidelines for Management of Concussion

A concussion is a traumatic brain injury that interferes with normal brain function. An athlete does not have to lose consciousness (be “knocked out”) to have suffered a concussion.

Common Signs and Symptoms of Concussion Include:

- headache
- fogginess
- difficulty concentrating
- easily confused
- slowed thought processes
- difficulty with memory
- nausea
- lack of energy, tiredness
- dizziness, poor balance
- blurred vision
- sensitive to light and sounds
- mood changes – irritable, anxious or tearful
- appears dazed or stunned
- confused about assignment
- forgets plays
- unsure of game, score or opponent
- moves clumsily
- answers questions slowly
- loses consciousness
- shows behavior or personality changes

Suggested Concussion Management:

1. No athlete should return to play (RTP) or practice on the same day of a concussion.
2. Any athlete suspected of having a concussion should be evaluated by an appropriate health-care professional that day.
3. Any athlete with a concussion should be medically cleared by an appropriate health-care professional prior to resuming participation in any practice or competition.
4. After medical clearance, RTP should follow a step-wise protocol with provisions for delayed RTP based upon return of any signs or symptoms.

For further details please see the “NFHS Suggested Guidelines for Management of Concussion” at www.nfhs.org.

January 2011

National Federation of State
High School Associations



Equipment Guidelines

1. Each NFHS sports rules committee is responsible for recommending the official playing rules to the NFHS Board of Directors for adoption. The committee is not responsible for testing or approving playing equipment for use in interscholastic sports. Equipment manufacturers have undertaken the responsibility for the development of playing equipment that meets the specifications established by the committee. The NFHS urges manufacturers to work with the various independent testing agencies to ensure the production of safe products. Neither the NFHS nor the applicable NFHS sport rules committee certifies the safety of any sport equipment. Only equipment that meets the dimensions and specifications in the NFHS sport rules may be used in interscholastic competition. While the committee does not regulate the development of new equipment and does not set technical or scientific standards for testing equipment, the committee may, from time to time, provide manufacturers with guidance as to the equipment-performance levels it considers consistent with the integrity of the game. The committee reserves the right to intercede to protect and maintain that integrity.

2. Each NFHS sport rules committee suggests that manufacturers planning innovative changes in sports equipment submit the equipment to the applicable NFHS sport rules committee for review before production.

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General Guidelines for Sports Hygiene, Skin Infections and Communicable Diseases

Proper precautions are needed to minimize the potential risk of the spread of communicable disease and skin infections during athletic competition. These conditions include skin infections that occur due to skin contact with competitors and equipment. The transmission of infections such as Methicillin-Resistant Staphylococcus aureus (MRSA) and Herpes Gladiatorum, blood-borne pathogens such as HIV and Hepatitis B, and other infectious diseases such as Influenza can often be greatly reduced through proper hygiene. The NFHS SMAC has outlined and listed below some general guidelines for the prevention of the spread of these diseases.

Universal Hygiene Protocol for All Sports

- Shower immediately after every competition and practice.
- Wash all workout clothing after each practice.
- Wash personal gear (knee pads and braces) weekly.
- Do not share towels or personal hygiene products (razors) with others.
- Refrain from full body (chest, arms, abdomen) cosmetic shaving.

Infectious Skin Diseases

Strategies for reducing the potential exposure to these infectious agents include:

- Athletes must be told to notify a parent or guardian, athletic trainer and coach of any skin lesion prior to any competition or practice. An appropriate health-care professional should evaluate any skin lesion before returning to competition.
- If an outbreak occurs on a team, especially in a contact sport, all team members should be evaluated to help prevent the potential spread of the infection.
- Coaches, officials and appropriate health-care professionals must follow NFHS or state/local guidelines on "time until return to competition." Participation with a covered lesion may be considered if in accordance with NFHS, state or local guidelines and the lesion is no longer contagious.

Blood-Borne Infectious Diseases

Strategies for reducing the potential exposure to these agents include following Universal Precautions such as:

- An athlete who is bleeding, has an open wound, has any amount of blood on his/her uniform, or has blood on his/her person, shall be directed to leave the activity (game or practice) until the bleeding is stopped, the wound is covered, the uniform and/or body is appropriately cleaned, and/or the uniform is changed before returning to activity.
- Athletic trainers or other caregivers need to wear gloves and take other precautions to prevent blood or body fluid-splash from contaminating themselves or others.
- In the event of a blood or body fluid-splash, immediately wash contaminated skin or mucous membranes with soap and water.
- Clean all contaminated surfaces and equipment with disinfectant before returning to competition. Be sure to use gloves when cleaning.
- Any blood exposure or bites to the skin that break the surface must be reported and immediately evaluated by an appropriate health-care professional.

Other Communicable Diseases

Means of reducing the potential exposure to these agents include:

- Appropriate vaccination of athletes, coaches and staff as recommended by the Centers for Disease Control (CDC).
- During times of outbreaks, follow the guidelines set forth by the CDC as well as State and local Health Departments.

For more detailed information, refer to the "Infectious Disease and Blood-borne Pathogens" and "Skin Disorders" sections contained in the NFHS Sports Medicine Handbook.

Revised and Approved in 2010

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Guidelines on Handling Contests During Lightning Disturbances

The purpose of these guidelines is to provide a default policy to those responsible for making decisions concerning the suspension and restarting of contests based on the presence of lightning. The preferred sources from which to request such a policy for your facility would include your state high school association and the nearest office of the National Weather Service.

Proactive Planning

1. Assign staff to monitor local weather conditions before and during events.
2. Develop an evacuation plan, including identification of appropriate nearby shelters.
3. Develop criteria for suspension and resumption of play:
 - a. When thunder is heard, or a cloud-to-ground lightning bolt is seen, the thunderstorm is close enough to strike your location with lightning. Suspend play and take shelter immediately.
 - b. **Thirty-minute rule. Once play has been suspended, wait at least 30 minutes after the last thunder is heard or flash of lightning is witnessed prior to resuming play.**
 - c. Any subsequent thunder or lightning after the beginning of the 30-minute count, reset the clock and another 30-minute count should begin.
4. Hold periodic reviews for appropriate personnel.

For more detailed information, refer to the "Guidelines for Lightning Safety" contained in the NFHS Sports Medicine Handbook.

Reviewed and Approved in 2010

National Federation of State
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Coaches Code of Ethics

The function of a coach is to educate students through participation in interscholastic competition. An interscholastic program should be designed to enhance academic achievement and should never interfere with opportunities for academic success. Each student should be treated with the utmost respect and his or her welfare should be considered in decisions by the coach at all times. Accordingly, the following guidelines for coaches have been adopted by the NFHS Board of Directors.

The coach shall be aware that he or she has a tremendous influence, for either good or ill, on the education of the student and, thus, shall never place the value of winning above the value of instilling the highest ideals of character.

The coach shall uphold the honor and dignity of the profession. In all personal contact with students, officials, athletic directors, school administrators, the state high school athletic association, the media, and the public, the coach shall strive to set an example of the highest ethical and moral conduct.

The coach shall take an active role in the prevention of drug, alcohol and tobacco abuse.

The coach shall avoid the use of alcohol and tobacco products when in contact with players.

The coach shall promote the entire interscholastic program of the school and direct the program in harmony with the total school program.

The coach shall master the contest rules and shall teach them to his or her team members. The coach shall not seek an advantage by circumvention of the spirit or letter of the rules.

The coach shall exert his or her influence to enhance sportsmanship by spectators, both directly and by working closely with cheerleaders, pep club sponsors, booster clubs, and administrators.

The coach shall respect and support contest officials. The coach shall not indulge in conduct which would incite players or spectators against the officials. Public criticism of officials or players is unethical.

The coach should meet and exchange cordial greetings with the opposing coach to set the correct tone for the event before and after the contest.

The coach shall not exert pressure on faculty members to give students special consideration.

The coach shall not scout opponents by any means other than those adopted by the league and/or state high school athletic association.

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Officials Code of Ethics

Officials at an interscholastic athletic event are participants in the educational development of high school students. As such, they must exercise a high level of self-discipline, independence and responsibility. The purpose of this Code is to establish guidelines for ethical standards of conduct for all interscholastic officials.

Officials shall master both the rules of the game and the mechanics necessary to enforce the rules, and shall exercise authority in an impartial, firm and controlled manner.

Officials shall work with each other and their state associations in a constructive and cooperative manner.

Officials shall uphold the honor and dignity of the profession in all interaction with student-athletes, coaches, athletic directors, school administrators, colleagues, and the public.

Officials shall prepare themselves both physically and mentally, shall dress neatly and appropriately, and shall comport themselves in a manner consistent with the high standards of the profession.

Officials shall be punctual and professional in the fulfillment of all contractual obligations.

Officials shall remain mindful that their conduct influences the respect that student-athletes, coaches and the public hold for the profession.

Officials shall, while enforcing the rules of play, remain aware of the inherent risk of injury that competition poses to student-athletes. Where appropriate, they shall inform event management of conditions or situations that appear unreasonably hazardous.

Officials shall take reasonable steps to educate themselves in the recognition of emergency conditions that might arise during the course of competition.

Officials shall maintain an ethical approach while participating in forums, chat rooms and all forms of social media.

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• False Start	5-7-4		