2018 NFHS TRACK & FIELD RULES POWERPOINT

Rules Changes
Major Editorial Changes
Points of Emphasis
NATIONAL FEDERATION OF STATE HIGH SCHOOL ASSOCIATIONS

NFHS (located in Indianapolis, IN – Est. 1920):
- National leadership organization for high school sports and fine arts activities;
- National authority on interscholastic activity programs.
- Conducts national meetings;
- Sanctions interstate events;
- Produces national publication for high school administrators;
- National source for interscholastic coach training and national information center.
NATIONAL FEDERATION OF STATE HIGH SCHOOL ASSOCIATIONS

- Membership = 50 member state associations and D.C.
- NFHS reaches more than 19,000 high schools and 12 million participants in high school activity programs, including more than 7.8 million in high school sports.

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The NFHS Rules Review Committee is chaired by the chief operating officer and composed of all rules editors. After each committee concludes its deliberations and has adopted its recommended changes for the subsequent year, such revisions will be evaluated by the Rules Review Committee.
The NFHS writes playing rules for 17 sports for boys and girls at the high school level.

- Publishes 4 million pieces of materials annually.

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### GUIDELINES FOR SCHOOLS AND STATE ASSOCIATIONS FOR CONSIDERATION OF ACCOMMODATIONS

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Rule Book

- Page 24, 4-3-1, “..., and meets the following requirements and restrictions.”
- 2018 Track and Field Major Editorial Changes, 4-6-1 NOTE 2, 3-1 NOTE: Establishes consistent NFHS language within the rules prohibiting the use of tobacco products and similar items and alcohol by participants, school personnel or officials.
- Page 49, 6-4-14g, Uses weights or artificial aids.
  - Should have been omitted from the 2018 Rules Book due to rule changes.
On the top of page 3 under the heading **2018 Track and Field Major Editorial Changes** the rationale for **4-6-1 Note 2 and 3-1 Note** is incorrect (if was never changed from the 2017 Rules Book). I should read:

- "Establishes consistent NFHS language within the rules prohibiting the use of tobacco products and similar items and alcohol by participants, school personnel or officials." It current reads "Clarifies the referee has the sole authority for ruling on irregularities not covered within the rules."
NFHS TRACK & FIELD AND CROSS COUNTRY

Rules Changes
COMPETITOR’S UNIFORM RULE 4-3-1

- Rule 4-3-1:
  Art. 1 . . . The competitor’s uniform shall be school-issued or school-approved, worn as intended by the manufacturer, and meets the following requirements and restrictions.
  a. Each competitor shall wear shoes both feet.
     1. The shoes 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. In cross country, the sole and heel may contain grooves, ridges or track spikes which are no longer than 1 inch.
     Note: the games committee may also determine the length of spikes allowed on all-weather surfaces. (3-2-4a)
  4. The use of slippers or socks does not meet the requirements of the rule.
COMPETITOR’S UNIFORM
RULE 4-3-1

b. Each competitor shall wear a school-issued or school-approved full-length track top or one-piece uniform.

c. Each competitor shall wear a school-issued or school-approved track bottom or one-piece uniform.
Duplicate language regarding the uniform has been removed from Rule 8, Cross Country, and all rules regarding the uniform for individuals, relay team members and cross country teams are now all contained in one rule, Rule 4.
Establishes consistent NFHS language within the rules prohibiting the use of tobacco products and similar items and alcohol by participants, school personnel or officials.

Art. 1 . . . Note 2
No participant, team personnel, coach or administrator shall use alcohol or any form of tobacco product (e-cigarettes or similar items) beginning with the arrival at the competition site until departure following the completion of the contest.

3-1 Note
No contest official shall use alcohol or any form or tobacco product (e-cigarettes or similar items) beginning with arrival at the competition site until departure following the completion of the contest.
Points of Emphasis

NFHS TRACK & FIELD AND CROSS COUNTRY
POINTS OF EMPHASIS

- Uniforms – Waistbands, Trim, Accents and Compliance
- Providing Fluids to Competitors at Cross Country Competitions
- Entry limits for Individual Contestants
- Officials Safety and Recommendations in the Long Throws
UNIFORMS – WAISTBANDS, TRIM, ACCENTS AND COMPLIANCE

• The of purchasing legal uniforms and officiating the NFHS uniform rule are increasingly more difficult nationwide.
• Nature of the competitive event may lend itself to a different style uniform rather than one style for all.
• Some styles of uniform bottoms are more personal and not redistributed from season to season.
• Variations in product lines from manufacturers may change from year to year that leads to configurations that “almost” match but vary slightly in design, accents, or color.
UNIFORMS – WAISTBANDS, TRIM, ACCENTS AND COMPLIANCE

- When evaluating color of uniforms, slight variations in shade of the color should not be considered an automatic violation of Rule 4-3-2.

- It is expected that all relay team members and cross country team members can be clearly identified as representing the same school.
Points of Emphasis

UNIFORMS – WAISTBANDS, TRIM, ACCENTS AND COMPLIANCE

- Examples variations which do not cause a uniform to be noncompliant:
  - Small accent trim
  - Slightly visible pattern of a solid color due to newer materials
  - Addition of small stripe which is in the same direction as existing stipes on earlier models.

- The degree of variation, if any, allowed as examples listed is dependent on the respective state high school association.

- Multiple, visible manufacturer’s logos on the uniform item make the item non-compliant with the rules.
POINTS OF EMPHASIS – APPLICATION OF “DESIGN OF UNIFORM” FOR RELAYS AND CROSS COUNTRY
Points of Emphasis

PROVIDING FLUIDS FOR COMPETITORS AT CROSS COUNTRY COMPETITIONS

- Properly hydrating will have a positive impact on performance and minimize the risk of heat illness during the season.
- Coaches should ensure that athletes have access to water prior to, during and after practice and encourage all to hydrate whenever they feel it is necessary.
- NFHS Track and Field Rule 3-2-4u grants the Games Committee the authority to provide liquids during a competition.
OFFICIALS SAFETY AND RECOMMENDATIONS IN THE LONG THROWS

- Risk minimization in the throwing events begins with proper and effective event management:
  1. Event venue is set-up
  2. Monitoring of the warm-up and competition periods
  3. Conduction of the event

- When possible, the events should be staged away from other events, and away from any obstructions that may interfere with the safety of athletes, officials and spectators.
Points of Emphasis

The team with the fewest number of coaches, contestants, and other team/school personnel disqualified from an event and from further competition or involvement in the meet for unsporting conduct, shall be declared the winner;

- If the tie still remains, the team with the fewest number of competitors disqualified from an event for unacceptable conduct, shall be declared the winner;
- If the tie still remains, the team with the greater number of first place finishes, shall be declared the winner;
- If the tie still remains, the team with the greater number of second place finishes, shall be declared the winner;
Points of Emphasis

- If the tie still remains, the team with the greater number of **third place finishes**, shall be declared the winner;
- If the tie is broken after applying A, B, C, D, or E, the team declared the winner shall have **one point and an asterisk (*) added to their score**; or
- If the tie remains after applying A, B, C, D, and E, the meet shall be scored as a tie.

Modified the following Rules defining “Foundation Garments” and regarding “Reasonable Accommodations”: 
Points of Emphasis

3-2-4n (pg. 14) to authorize the games committee (referee in dual meets) to define visible undergarments as “Foundation Garments”, if competitors are permitted to wear inclement weather gear under their school issued uniforms;

- 4-3-1 (pgs. 24 to 26) to define bras, underwear, supporters, and similar undergarments; as well as pitcher’s sleeves and socks (without attachments), as “Foundation Garments”; and

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4-4 NOTE (pg. 27) to require evidence of written authorization from the PIAA Executive Director, or the Executive Director’s designee, before permitting a competitor to participate in an event while wearing, for medical reasons,
- a head covering, and/or
- an insulin pump; or

ii. while wearing, for religious reasons,
- a head covering, and/or
- prescribed attire underneath the school issued uniform
Points of Emphasis

- Modified Rule 3-2-6 (pg. 15) to provide for competition interrupted because of events beyond the control of the responsible administrative authority to be either continued from the point of interruption or terminated, by mutual agreement of the participating schools, with the existing team scores. All trials and marks, made up to either the point of interruption or the point of termination, shall stand.
- **Modified Rule 4-2-4c (pg. 24)** to authorize District Committees to permit more than three contestants from the same school to be entered, but not participate, in individual events in their respective qualifying meets.

- **Modified Rule 4-4-2 (pgs. 27)** to clarify that an “appropriate health-care professional” is a licensed physician of medicine or osteopathic medicine (MD or DO).
NFHS OFFICIALS ASSOCIATION CENTRAL HUB

https://www1.arbitersports.com/front/105416/Site

- Contains:
  - Sport information
  - Rules information
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  - Searchable rules book
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- 30-45 minutes to complete
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- Course is FREE to NFHS Officials Association members, non-members fee is $20
- NFHSLearn.com

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- Animated mechanics videos for softball, and baseball umpires
- Video interpretation of the NFHS Basketball Rules Book created through a partnership with the International Association of Approved Basketball Officials
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  - Officiating Volleyball: Ball Handling
  - Umpiring Softball

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  - Officiating Soccer: Fouls and Misconduct

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- Running form – proper posture, arm movement, and leg movement
- Start and Drive phase – block and standing start
- Types of jumps – horizontal and vertical
- Jump elements – approach, take off, flight and landing
- Throwing – basic skills for each event type
- How to teach skills for correct form
- Teaching progressions to combine skills into full movement

Units

- Running
- Jumping
- Throwing

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Course Objectives

- Starting a beginner – teaching proper standing grip height, width of hands on pole, and position of hands on pole
- How to instruct beginning level pole-vaulters through skill development drills and build confidence
- Maintaining a safe practice and competition environment – proper pad placement and securing of vault mat pads

Units

- Starting a Beginner
- Basic Laws of Physics
- Drills and Coaching Techniques
- Problem Solving
- Equipment and Facility
- Interactive Exercise

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- Sudden Cardiac Arrest
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- Sports Nutrition
- Coaching Unified Sports
- Positive Sport Parenting
- NCAA Eligibility
NFHS NETWORK

- By 2020, every high school sporting event in America will be streamed live.
- The NFHS Network will be THE DESTINATION for fans to view these broadcasts.
NFHS NETWORK

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