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• 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.
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GUIDELINES FOR SCHOOLS AND STATE ASSOCIATIONS FOR CONSIDERATION OF ACCOMMODATIONS

1. Request from Student to School for Accommodation(s)
2. School Conducts Individual Student Assessment
3. Request from School for Accommodation(s) to State Association
4. Notice and Opportunity to be Heard
5. State Association Review of Request
6. State Association Provides Written Determination for Accommodation(s) to School
7. If appropriate, School Provides Letter of Authorization to Head Official for Local Contest Allowing Competition with Accommodation(s)
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.”
Rules Changes

NFHS TRACK & FIELD AND CROSS COUNTRY
Rule Change

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.
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.
FIELD EVENTS
6-2-14 PENALTY(NEW), 6-2-10, 6-2-13

- Several prohibitions regarding the competitors’ actions were included, but had no associated penalty should the rule not be followed which created confusion for enforcement.
- The appropriated penalty of disqualification from the event has been added. Penalty: (Articles 10, 13 and 14) Disqualification from the event.
Rule Change

POLE VAULT

RULE 6-5-11

- Art. 11 . . . The nonmetal crossbar shall not be less than 14 feet, 8 inches (4.47m) and not more than 14 feet, 10 inches (4.52m) in length, of uniform thickness, and shall have a weight of not more than 5 pounds.
Editorial Changes

NFHS TRACK & FIELD AND CROSS COUNTRY
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.
Provides greater flexibility by expanding the professional positions which are qualified to survey and measure a track.

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 surveyor such as, but limited to, a registered land surveyor, professional engineer or experienced trackstriper. Each lane shall be measured when the stagers are on a curve.
Editorial Change

SHOT PUT RULE 6-7-2

- Corrects clerical error in maximum diameter for the boys indoor shot put.

Art. 2 . . .

The maximum diameter for the boys indoor shot is 132.5 mm and for the girls indoor shot is 130 mm to account for the synthetic cover.

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JAVELIN THROW
RULE 6-8-9

- Removes duplicate language 6-8-9 which is covered in Rule 6-2-10 regarding broken javelin.

6-2-10
a. If a legal implement breaks during a trial in accordance with the rules, no penalty shall be counted against the competitor and a replacement trial shall be awarded.
b. If a legal implement breaks upon completion of the trial, a replacement trial shall not be awarded and the results shall be recorded, proved it was made in accordance with the rules.
LONG JUMP AND TRIPLE JUMP
RULE 6-9-8

- Removes duplicate language 6-9-8 which is covered in Rule 6-2-3 regarding excused competitors.

6-2-3...To accommodate those competitors who may be excused to participate in other events, the head event judge may change the order of competition in the preliminary or final rounds of any jumping or throwing event by any method where the competitor being excused jumps. Throws earlier than the spot at which he/she qualified. Successive trials is but one such method. Excused competitors shall inform the head event judge upon return....
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.

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POINTS OF EMPHASIS – APPLICATION OF “DESIGN OF UNIFORM” FOR RELAYS AND CROSS COUNTRY
Points of Emphasis

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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.
Points of Emphasis

PROVIDING FLUIDS FOR COMPETITORS AT CROSS COUNTRY COMPETITIONS

- Participating schools should expect the availability of water unless meet organizers have specified otherwise in advance.
- It is the responsibility of the Games Committee, along with host school to provide liquids to athletes on race day.
- This does not limit the coach from providing liquids to his/her athletes in addition.
ENTRY LIMITS FOR INDIVIDUAL CONTESTANTS

- Under Rule 4-2, Participation and Entry Limitations, a contestant shall not compete in more than four events, including relays.

- A contestant exceeds the participation limit whenever he/she reports to the clerk of the course, or the field event judge, in the excess event. The contestant may be listed on relay teams(s) but is not a competitor until he/she reports to the clerk of the course.
## ENTRY LIMITS FOR INDIVIDUAL CONTESTANTS

Contestants may officially enter:

<table>
<thead>
<tr>
<th>Number of Individual events</th>
<th>Restrictions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Four</td>
<td>No relays allowed.</td>
</tr>
<tr>
<td>Three</td>
<td>May be listed on any number of relays but compete in only one relay.</td>
</tr>
<tr>
<td>Two</td>
<td>May be listed on any number of relays but compete in only two relays.</td>
</tr>
<tr>
<td>One</td>
<td>May be listed on any number of relays but compete in only three relays.</td>
</tr>
</tbody>
</table>
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.
OFFICIALS SAFETY AND RECOMMENDATIONS IN THE LONG THROWS

- Only those marking the attempts and retrieving the implements should be inside the safety zone.

- The head event judge should review with his/her crew how each person’s task shall be accomplished and again emphasize the importance of always being alert for his/her own actions and the actions of others during the event’s competition and associated warm-ups.
Points of Emphasis

PIAA MODIFICATIONS:

- Modified Rule 1-2-1 (pg. 8) to:
  - Eliminate the 4x200 meter relay; and
  - Authorize conferences or leagues to modify the order of running events, provided the involved schools are duly notified, prior to the start of the regular season.

- Modified Rule 2-1-1 (pg. 11) to provide for a Dual Meet Team Scoring Tie-Breaker Procedure (either with or without wheelchair participants) to be applied as follows:
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
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
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).
• Modified Rule 5-5-7 (pg. 37) to authorize the faster competitors to be placed in the first section, in meets involving 4 or less schools.

• Rule Adoption, Rule Non-Adoption, and PIAA Junior High/Middle School Track and Field Competition:
  • In accordance with Rule 6-5-3 NOTE 2 (pg. 50), adopted the PIAA Pole Vault Verification Form.
  • Although provided for under Rule 8-2-3 (pg. 65), elected NOT to adopt a modified cross country team scoring system.
Excerpts from ARTICLE XIX, JUNIOR HIGH/MIDDLE SCHOOLS, Section 6, Contests Rules Standards for Junior High/Middle Schools Interscholastic Athletic Competition, Track and Field, of the PIAA By-Laws (pg. 42):

- Participants may compete in a maximum of four events, including relays;
- Distance, number of and height of hurdles in all hurdle events are maximums and may be modified by conferences or leagues or by mutual agreement of participating schools;
- The discus and javelin specifications for girls’ competition shall be used by both boys and girls; and
• Conferences, leagues, and/or participating schools, by mutual agreement prior to the start of a meet, may delete track and/or field events but may not add and/or modify track events (except for hurdle events) and/or field events
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https://www1.arbitersports.com/front/105416/Site

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Track and Field

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- Types of races – sprint and endurance
- 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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