

2003 Track and Field Rule Changes

- 1-2-3 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.
Rationale: When darkness or threatening weather jeopardizes completion, particularly in the distance events and the vertical jumps, this may save time.
- 2-1-5 The score of a forfeited dual meet shall be 9-0.
Rationale: Most, if not all sports record scores for forfeited contests including cross country (15-50). Track & Field should also.
- 2-1-6 In the absence of prior mutual agreement, a track meet normally contested under the standard order of events (excluding “specialty” meets), the host school does not contest one or more of the events, points for each noncontested event shall be totaled and divided equally among the visiting teams. The host team will receive no points.
Rationale: This article addresses the situation if a school chooses not to contest an event (example: pole vault pits).
- 2-2-2 Delete present wording. Replace with:
A tie in a field event occurs when two or more competitors finish with the same distance or height.
Rationale: In an effort to streamline the rules book, the procedure for breaking any ties is in the sections governing judging those events.
- 3-2-4c Allow the marking of significant distances (example: meet, school and national records, qualifying marks) in the throws and horizontal jumps alongside the landing areas. (7-5-12-b)
Rationale: The placement of record markers is a common practice at all levels. Markers are fair to all competitors when meet management places them for all jumpers. This adds to the enjoyment of the event for the fans and media as well.
- 3-2-4g The games committee may designate a specific area for pole vault coaches.
Rationale: Recommendation from pole vault experts.
- 3-4-4 Upon determining that the event venue does not meet the criteria set forth in the rules, the referee can declare the event will not be contested.
Rationale: This change reinforces minimizing risk when venues do not meet NFHS standards.

- 3-4-8 Prior to the start of 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 sportsmanship.
 - 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.
- Rationale:** Combines two articles concerning the pre-contest meeting into one under the referee.

- 4-3-1b(2) Loose fitting boxer-type shorts are permitted for boys and girls and (old 4-3-1b(7))closed-leg **briefs/shorts** are acceptable for girls.
- Rationale:** Officials have interpreted the definition of a closed-legged brief many different ways. This change will help officials interpret the rule.

- 5-8-1 Note: Allow the use of a computerized chip to record the finish of a runner in cross country, provided the chips are attached to both shoes of the runner.
- Rationale:** The use of modern technology is advancing methods used for timing and recording cross country events. This timing method reads and records the finish according to the feet, rather than torso of the participant.

- 6-2-9 A competitor shall be charged with an unsuccessful attempt if he/she does not initiate a trial that is carried to completion or pass it within 1 minute after being called for a trial. (6-3-9g, 6-4-9h, 6-5-11h)
- Rationale:** Other field events have successfully converted to 1 minute.

- 7-3-5 Change Present Wording:
Delete the words “with tape” in the last sentence
- Rationale:** Marking the position of the standards with tape holds no advantage over marking the position with chalk or even paint.

- 7-4-8 Effective immediately, the landing surface measured beyond the back of the standard base protection pad, shall be a minimum of **19’8”** wide, and the dimension of the landing surface in back of the vaulting box to the back of the landing pad shall be **16’5”** deep. The material in the pad shall be high enough and of a composition that will **decelerate the landing**. When the landing pad is made up of two or more sections, the landing surface shall include a common cover or pad extending over all sections.
- Rationale:** Industry standard provided by ASTM.

- 7-4-9 If the edges of the front, or landing pad, immediately adjacent to the planting box are not tapered, the back of the cutout may be placed no farther than **3 inches** from the of the top of the back of the planting box.
Rationale: Reducing hard and unyielding surfaces, including between the plant box and the landing pad, helps minimize risk.
- 7-4-11 The upright standards that support the crossbar shall be not less than **13'8" (4.16m) or more than 14'8"(4.48m)** apart, and the standards must include pins or holes for them to support the crossbar.
Rationale: Increasing the span of the crossbar reduces the chance that participant will hit vault standard.
- 7-4-12 The non-metal crossbar shall be 14'10" (4.52m) in length, of uniform thickness, and shall have a weight of not more than 5 pounds.
Rationale: Standardizing the crossbar will reduce variance in venues, thus bringing greater consistency to the sport.
- 7-4-13 **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. 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 end of the planting box shall be placed at an angle of 105 degrees with the base of the box. **The front edge of the box shall not extend above the grade of the runway surface.**
NOTE: It is recommended the planting box be of a color contrasting to the color of the runway.
Rationale: Planting boxes not made of wood can be placed on either side of the landing system. The front edge should not be constructed to interfere with the planting of the pole.
- 7-4-14 A minimum of 2" dense foam padding (box collar) shall be used to pad any hard and unyielding surface including **between the planting box and all pads.**
Rationale: Consistent with rules that require all hard and unyielding surfaces to be padded.
- 7-4-20 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 as follows: 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'.**

Rationale: Students and coaches can analyze the approach prior to the takeoff if check marks are used. If steps are off, a decision can be made to execute or abort attempt.

7-5-7 NOTE: Distance from the scratch line or takeoff board may be adjusted to accommodate different levels of competition. Competitors may change which scratch line or takeoff board they are using during competition, but only with the prior notification of the event judge.

Rationale: This makes it absolutely clear that an attempt not taken from a takeoff board that was not originally indicated must be changed prior to the attempt.

7-5-12b 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. 3-2-4c

Rationale: The placement of record markers is a common practice at all levels and these markers are fair to all competitors as meet management places them for all jumpers. This adds to the enjoyment of the event for the fans and media as well.

8-1-1 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: Second Day: 110 Meter HH

Discus

Pole Vault

Triple Jump or Javelin Throw

1600-Meter Run

Rationale: The order of events for high school, national and international competition, should be consistent whenever possible to improve training techniques.

9-2-2 In cross-country, up to seven (7) team members retain their order of finish. Any team members beyond seven (7) shall be disregarded and shall not displace any opposing runners.9-4-1

Rationale: Displacing opposing runners is a commonly held-truth that is only implied in the rules.