



**MINUTES  
TRACK AND FIELD RULES COMMITTEE**

Hyatt Regency Downtown

Indianapolis, IN

June 10-12, 2013

## Committee members in attendance:

Marcy Thurwachter	Chair	2015
Steve Wysowski	Section 1	2016
Jack Hedlund	Section 2	2013
Nessie Harris	Section 3	2014
Ron McGraw	Section 4	2015
Tracey Heisler	Section 5	2016
David Jackson	Section 6	2015
David Hines	Section 7	2013
Bob Bolles	Section 8	2014
Roger Buhrley	NFHS Coaches Association	2014

## Others/Guests in Attendance:

Ed Gorman	USA Track & Field
Bob Podkaminer	NCAA
Becky Oakes	NFHS Staff Liaison
Juli Doshan	NFHS Staff

The meeting was called to order at 4:00 p.m. on Monday, June 10, 2013.

**1. WELCOME, INTRODUCTION, GENERAL INFORMATION**

Oakes welcomed the committee and reviewed the schedule for the evening. The committee discussed the distribution of meeting materials in their folder and as received on the NFHS Web site under "My Groups." General items, including expense reports, Rules Committee Survey, the NFHS Conflict of Interest Statement and Indemnification Statement were reviewed. The committee members introduced themselves and their involvement with track and field. The committee viewed the NFHS Rules Writing Process DVD and discussed the voting procedures and responsibilities of the NFHS Rules Review Committee. Minutes from last year's meeting were approved.

**2. 2013 QUESTIONNAIRE RESULTS**

The committee reviewed the 2013 Track and Field Questionnaire results.

**3. PRELIMINARY DISCUSSION**

Committee members discussed the largest concerns regarding track and field, and what they wanted to focus on during the meeting. The most common concern was the pole vault plant box padding. Oakes presented new members Wysowski and Heisler with their NFHS portfolios on behalf of the NFHS Board of Directors, staff and membership. Oakes then thanked Hedlund and Hines for their representation on the committee and hard work during their years of service.

**4. INJURY SURVEILLANCE STUDY**

Bob Colgate, NFHS staff, presented the 2011-12 results of the High School RIO™ Injury Surveillance Study for track and field to the committee. Overall, track and field has a very low percentage of injuries and one of the lowest concussion rates in the study.

**5. DISCUSSION/VOTING OF:**

A. Proposed Rules Changes

No.	Rule Reference	Rules Changes <u>Underlining</u> shows additions; <del>strikethrough</del> shows deletions	Pass	Fail	No Action
<b>▄ Rule 1 – Order of Events ▄</b>					
1	1-4	<p><b>BOYS</b> Pole Vault <u>Indoor Weight Throw</u> Throw Shot Put</p> <p><b>GIRLS</b> Pole Vault <u>Indoor Weight</u> Shot Put</p> <p><b>Rationale:</b> There is only one event for throwers participating in the indoor meets, compared to outdoor meets where athletes have up to four opportunities for participation. The event would not require any additional venues, as the shot put ring and throwing sector are the same. A proper cage would have to be constructed around the ring for workers and spectator safety. The weight of the implement would be 25 pounds for the boys and 20 pounds for the girls.</p>			X
<b>▄ Rule 3 – Meet Officials and Their Duties ▄</b>					
2.1	3-1-2 New amended	<p><b>ART. 2...</b><u>The meet referee, other meet officials or the jury of appeals shall not set aside any rule.</u></p> <p><b>Rationale:</b> Clarifies within the rules that the referee, meet officials or jury does not have authority to set aside a rule except as provided under special circumstances.</p>	X		
3.1	3-2-8 amended	<p><b>ART. 8...</b><del>The use of wireless communication devices, other than the official communication equipment, shall be prohibited unless approved by the games committee.</del> <u>Electronic devices may be used in unrestricted areas and coaching boxes, providing the location does not interfere with progress of the meet as determined by the meet referee.</u></p> <p>a. <u>Electronic devices shall not be used to transmit information to the competitor during a race or trial.</u></p> <p>b. <u>Electronic devices shall not be used for any review of an official's decision.</u></p> <p>c. <u>State associations may also have policies in place to further address the use of electronic devices.</u></p> <p><b>PENALTIES:</b></p> <p>1. <u>A competitor shall be disqualified from the event.</u></p> <p>2. <u>Team personnel (e.g. coach, manager, etc.) shall</u></p>	X		

	<p><b>Other rules impacted:</b> 3-2-4k</p> <p>3-2-7</p>	<p><u>be disqualified from further participation in the meet for unsporting conduct.</u></p> <p><b>ART. 4...</b>The games committee also may: k. <del>Restrict the use of electronic audio and video devices.</del> Re-letter existing items</p> <p><b>ART. 7...</b>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. <u>Use of wireless communication devices, official communication equipment, is allowed.</u></p> <p><b>Rationale:</b> Technology advancements in the area of electronic audio and video devices have made such items easy to use and very accessible. Their use, if not used for communication during the actual competition when a competitor is on the track or completing a trial, no longer creates an advantage or disadvantage among competitors or teams and can serve as a coaching tool.</p>			
4	<p>3-19-3</p> <p><b>Other rules impacted:</b> 7-5-5</p>	<p><del><b>ART. 3...</b>Implement inspector(s) shall inspect vaulting poles to verify that the poles are legal equipment.</del> Renumbr existing list</p> <p><b>ART. 5...</b>Prior to warm-up, the field referee, <u>or</u> head field judge <del>or assigned inspector of implements</del> shall inspect each pole to be used in the competition to verify that the poles are legal equipment, per Rule 7-5-3.</p> <p><b>Rationale:</b> The implement inspector's expertise is in the throwing implements, not the vaulting poles. The scales typically used are limited to about 40 pounds, therefore, are not usable for this purpose. This provides for a more efficient and practical process.</p>	X		
		<b>Rule 4 – Competitors and Competition</b>			
5	<p>4-1-1 PENALTY New</p>	<p><b><u>PENALTY: For submitting an entry which is incomplete, inaccurate or delivered late, the competitor or relay team shall be disqualified from the event.</u></b></p> <p><b>Rationale:</b> 1) When an entry is submitted late or inaccurately, this language is specific and spells out what happens. 2) Will give meet directors teeth when entries are not</p>			X

		submitted as stipulated. 3) Would provide consistency from meet to meet. 4) Mirrors the same rule and penalty in Swimming and Diving which requires entries and works well.			
6	4-2-4 PENALTY New	<b><u>PENALTY (b,c): Exceeding the allowable number of entries for the school results in disqualification for all individuals of the offending school in that event.</u></b>  <b>Rationale:</b> There is a restriction on the number of entries by the school, but no corresponding penalty in the event of a violation.			X
7	4-3-1c(7)  <b>Other rules impacted:</b> 4-3-1c(7) NOTES 1  4-3-2  9-6-1c(7)  9-6-1c(7) NOTE 2	7. Any visible garment(s) worn underneath the uniform bottom <u>and extending below the knees must shall</u> 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 2 ¼ inches are permitted on the undergarment.  1. If more than one visible garment, <u>which extends below the knee</u> , is worn under the uniform bottom, all must be the same color.  <b>ART. 2...</b> Additional restrictions for relay races. a. b. Any visible garment(s) worn by two or more relay team members underneath the uniform top and/or underneath the uniform bottom, <u>extending below the knees, bottom</u> shall be unadorned and of the same single, solid color, but not necessarily the same length.  7. Any visible garment(s) worn by two or more team members underneath the uniform top and/or <u>underneath the uniform bottom, extending below the knees, bottom</u> 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 2 ¼ inches are permitted on the undergarment.  2. If more than one visible garment, <u>which extends below the knees</u> , is worn under the uniform bottom, all must be the same color.  <b>Rationale:</b> Compression-style shorts that extend beyond the length of the uniform short, but above the knees are	X		

		<p>frequently being worn as foundation garments, similar to a sports bra. The color of such visible undergarment plays no significant role for officiating purposes. The time and attention by officials to be certain athletes are in compliance when wearing such item delays progression of the meet and the severity of a penalty of disqualification for a non-compliant garment is too severe as the item does not impact the competition.</p>			
<p>8</p>	<p>4-3-3  <b>Other rules impacted:</b> 9-6-3</p>	<p><del><b>ART. 3...</b>Jewelry shall not be worn by competitors.</del></p> <p><del>a. Medical alert medals are not considered jewelry. The alert should be visible. When the medal is attached:</del></p> <ol style="list-style-type: none"> <li><del>1. to a bracelet made of metal or an unyielding material, it shall be taped to the body.</del></li> <li><del>2. to a bracelet made of a pliable material, it is not required to be taped to the body.</del></li> <li><del>3. to a necklace, it shall be taped to the body.</del></li> </ol> <p><del>b. Religious medals are not considered jewelry and must be worn under the uniform and taped to the body.</del></p> <p><del>c. A watch may be worn around the wrist.</del></p> <p><del>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.</del></p> <p><del><b>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.</b></del></p> <p><del><b>NOTE:</b> The ultimate responsibility to have each competitor compliant with uniform and jewelry rule is with the coach.</del></p> <p><b>Rationale:</b> This rule is appropriate for contact sports but does not really apply to Track and Field and Cross Country. It is difficult to enforce when hosting a large meet/race. (In MA, a survey of coaches, officials and athletic directors produced the following results: 290 in favor of eliminating, 37 in favor of keeping jewelry rule.) The NFHS is the only jurisdiction from age group to IAAF with such a rule that has no impact on quality of competition and causes administrative nightmare. Changing 1<sup>st</sup> offense to warning makes rule unnecessary, as many athletes participate in only 1 event with no penalty.</p>		<p>X</p>	

		There is no known safety hazard, with possible exception of the vertical jumpers. With the diminished consequence for the rule, there is no reason to burden meet officials with the possibility of many warnings through the course of a meet.			
9	4-3-3d	<p>d. <u>Unadorned devices, such as bobby pins, barrettes and hair clips, no longer than 2 inches, may be worn to control a competitor's hair. Headware that is made of soft material and no wider than two inches may be worn.</u></p> <p><b>Rationale:</b> Allows for a viable means of hair or perspiration control and officials do not need confirmation of any games committee action.</p>			X
		<b>Rule 5 – Running Events</b>			
10	5-12-1	<p><b>ART. 1...</b><del>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:</del></p> <p><del>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.</del></p> <p><del>b. While running on a straightaway, runs in an adjacent lane and interferes with or impedes another competitor.</del></p> <p><del>c. While running around a curve, runs over the outside lane line and interferes with or impedes another competitor.</del></p> <p><del>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.</del></p> <p><del>e. He/she takes one or more steps inside the assigned lane line at the break line.</del></p> <p><b>PENALTY: Disqualification from the event.</b></p> <p><u>each competitor shall keep in the assigned lane outside the line or curb marking the inside of the track. In races run entirely in lanes, each competitor shall keep in the assigned lane from start to finish. In races run partially in lanes, each competitor shall keep in the assigned lane from start to the marked break line. Unless a material advantage has been gained, a competitor shall not be disqualified if he or she:</u></p> <p>a. <u>is pushed or forced by another competitor to step out of the lane, or</u></p> <p>b. <u>steps out of the lane on the straightaway, or</u></p> <p>c. <u>steps outside of the outer lane line on the curve.</u></p>			X

		<p><b><u>PENALTY: Upon report(s) by the umpire(s) that the competitor has stepped out of his/her assigned lane, the referee shall disqualify the competitor.</u></b></p> <p><b>Rationale:</b> The rule on running on a curve has been around since the late '40s. On the old cinder tracks, they had a drag to mark the lanes and only in major competition did you mark the lane lines with line. The curves were hard to mark and caused many disqualifications because of the wiggles in the lines. The rules committee gave in and allowed the tolerance of two steps over the line before disqualification. Now, we have synthetic surfaces on our track with the lines being surveyed in. To maintain consistency with the other fouls (¼" over LJ take-off board, the instrument landing ¼" on the sector line, brushing the top edge of the throwing ring or stopboard of the shot put), all result in fouls being called for gaining an unfair advantage. By allowing a runner to run on or over the inside of the curve, he/she may gain up to 2 meters of an advantage.</p>																							
		<b>Rule 6 – Throwing Events</b>																							
11	6-2-9	<p><b>ART. 9...</b>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.</p> <table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th></th> <th>HJ</th> <th>PV</th> <th>Other</th> </tr> </thead> <tbody> <tr> <td>More than 3</td> <td>1</td> <td>1.5</td> <td>1</td> </tr> <tr> <td>2 or 3</td> <td>3</td> <td>4</td> <td>1</td> </tr> <tr> <td>1</td> <td>5</td> <td>6</td> <td>1</td> </tr> <tr> <td>Consecutive Trials</td> <td>2</td> <td>3</td> <td>2</td> </tr> </tbody> </table> <p><b>Rationale:</b> Adds time limits for consecutive attempts in throwing events which had not previously been addressed.</p>		HJ	PV	Other	More than 3	1	1.5	1	2 or 3	3	4	1	1	5	6	1	Consecutive Trials	2	3	2			X
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12	6-2-9	<p><b>ART. 9...</b>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. <u>A pass shall be communicated to the event judge before the start of the trial clock.</u></p> <p><b>Rationale:</b> Consistency in language in all field events regarding proper communication between competitor and</p>	X																						

		judge when the athlete is going to pass.			
13	6-2-19 New	<p><u>ART. 19...During warmups and competition, all implements (shot, discus, javelin) shall be carried out of the sector (not thrown) by an official. Competitors are not allowed in the landing sector.</u></p> <p><b>Rationale:</b> Risk minimization.</p>			X
14	6-4-9	<p><u>ART. 9...It is an foul unsuccessful trial and not measured if the competitor:</u></p> <ul style="list-style-type: none"> <li>e. <del>Throws a discus which hits the cage and/or an object outside the sector before landing within the sector.</del></li> <li>f. <del>Is not under control before exiting the back half of the circle.</del> <u>Exits the circle from the front half.</u></li> <li>g. Leaves the circle before the implement has landed and the judge calls “Mark.” <u>discus hits the ground.</u></li> <li>h. <del>Does not exit the back half of the circle.</del> <u>Throws with an illegal device or taping on the throwing hand.</u></li> <li>i. <u>Taping on the throwing hand.</u></li> </ul> <p><b>NOTES:</b></p> <ul style="list-style-type: none"> <li><u>1. It is not a foul if any part of the competitor’s body, to include the heel, swings outside the circle without touching.</u></li> <li><u>2. A throw will be considered valid if it lands within the sector, even though it may have touched the cage.</u></li> </ul> <p><u>ART. 9...It is an foul unsuccessful trial and not measured if the competitor:</u></p> <ul style="list-style-type: none"> <li>c. After starting the attempt, touches any surface outside the circle, <u>not including the face of the band, if one is used, any surface of the stopboard, except the inside surface, or the ground outside the circle,</u> during a put.</li> <li>d. Allows the shot to drop behind or below the shoulder during the put attempt.</li> <li>e. Touches the top or end of the stopboard before the put is marked.</li> <li>f. Puts the shot so it does not fall within the sector lines.</li> <li>g. <del>Is not under control before exiting the back half of the circle.</del> <u>Exits the circle from the front half.</u></li> <li>h. Leaves the circle before the implement has landed and the judge calls “Mark.” <u>shot hits the ground.</u></li> <li>i. <del>Does not exit the back half of the circle.</del> Uses the “cartwheel” technique of shot putting.</li> <li>j. <u>Throws with an illegal device.</u></li> <li>k. <u>Taping on the throwing hand.</u></li> </ul>			X
	Other rules impacted: 6-5-9				



	<p>6-6-11</p>	<p><b>NOTE:</b> <u>It is not a foul if any part of the competitor's body, to include the heel, swings outside the circle without touching.</u></p> <p><b>ART. 11...</b><u>It is an foul unsuccessful trial and not measured</u> if the competitor:</p> <ul style="list-style-type: none"> <li>d. Touches on or over either the runway lines or on or over the foul-line arc before the <del>throw is marked.</del> <u>javelin hits the ground.</u></li> <li>e. Fails to hold the javelin by the whipcord grip.</li> <li>f. Exits the runway before the implement has landed, <del>and the judge calls "Mark."</del></li> <li>g. <del>Fails to exit the runway under control behind the foul-line arc and the perpendicular side extensions after the javelin has landed.</del> <u>Exits the runway ahead of the foul-line arc and the lines drawn from its extremities.</u></li> <li>h. Fails to initiate a trial that is carried to completion within 1 minute after being called.</li> <li>i. <u>Throws with an illegal device.</u></li> <li>j. <u>Taping on the throwing hand.</u></li> </ul> <p><b>Rationale:</b> Recommend the elimination of the term "under control," as not defined and difficult for consistent reinforcement. Using the basic questions on what makes a good rule, does it affect performance, safety or sportsmanship? Clarifies that the competitor waits until the implement hits the ground, then exits the rear half of the throwing circle. Eliminate the verbal command, "mark," as competitor needs no further verbal instructions to complete his/her legal throw. Many times, the command "mark" is given before the competitor has met the requirements for a legal throw (exit the back half of the circle). Due to the fact that we have no standard specification that is adhered to in our various high school locations, what might be a legal throw is called a foul if it slightly touches the net or support arm.</p>			
<p>15</p>	<p>6-4-9f,g</p> <p><b>Other rules impacted:</b> 6-5-9g,h, 6-6-11f,g</p>	<ul style="list-style-type: none"> <li><del>f. Is not under control before exiting the back half of the circle.</del></li> <li><del>g. Leaves the circle before the implement has landed, and the judge calls "Mark."</del></li> </ul> <p><b>Rationale:</b> The requirement for leaving the circle "under control" is ill-defined, and was eliminated from all other T&amp;F governing body's rule books many years ago – the HS rule book should reflect this. For a throw to be legal, the athlete must have left the circle as described in the rule. The word "mark" should be used by the official to indicate that the throw is legal and is to be measured. Any indication by the official that the throw is legal should be avoided before the completion of the attempt. Officials</p>			<p>X</p>

		can determine that the athlete leaves the ring under control and the athlete can see when it lands. As currently written, a throw can be judged to be legal and the officials calls “mark;” however, if the athlete subsequently exits the circle illegally, then the official must countermand the initial call with “foul” – this presents a confusing picture to the athlete, coaches, spectators and the officials in the field. This practice was eliminated by the IAAF and other governing bodies years ago. It is unnecessary, more than often ignored by officials and confusing to quality officials who officiate at different levels. We have no requirements on jumpers regarding when they can leave the landing areas and throwers should be treated equally.																							
16	6-6-1 NOTE	<p><b>NOTE:</b> When a rubber tip is used, the metal point shall end <del>(before affixing the rubber tip)</del> 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 <u>or other feature onto which the rubber tip shall be attached.</u> The rubber tip should be made of rubber or an equivalent soft plastic.</p> <p><b>Rationale:</b> Updates the equipment requirements for the rubber tip javelin.</p>	X																						
<b>Rule 7 – Jumping Events</b>																									
17	7-2-10	<table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th></th> <th>HJ</th> <th>PV</th> <th>Other FE</th> </tr> </thead> <tbody> <tr> <td>More than 3</td> <td>1</td> <td>1.5</td> <td>1</td> </tr> <tr> <td>2 or 3 remaining</td> <td>3</td> <td>4</td> <td>1</td> </tr> <tr> <td>1 remaining</td> <td>5</td> <td>6</td> <td>1</td> </tr> <tr> <td>Consecutive Trials</td> <td>2</td> <td>3</td> <td>≥ 1</td> </tr> </tbody> </table> <p><b>Rationale:</b> Time limit gives clear direction, but does not slow event down or allow for abuse by the athlete.</p>		HJ	PV	Other FE	More than 3	1	1.5	1	2 or 3 remaining	3	4	1	1 remaining	5	6	1	Consecutive Trials	2	3	≥ 1			X
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18	7-2-10  <b>Other rules impacted:</b> 6-2-9	<p><b>ART. 10...</b>A competitor shall initiate a trial that is carried to completion within the prescribed time limits, one minute after being called for a trial. <del>except in the pole vault where the time is 1 ½ minutes.</del> Failure to initiate a completed trial...</p> <p>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. <del>for the high jump and four minutes for the pole vault.</del></p> <p>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. <del>for the high jump and six minutes for the pole vault.</del></p> <p><b>PENALTY: An unsuccessful trial is charged.</b></p>	X																						

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Consecutive Trials	2	3	2	2	3	2																																								
19	7-4-5	<p><del><b>ART. 5...</b>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 ½ inches by 2 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.</del></p> <p><u>Upright standards shall conform with the following:</u></p> <ol style="list-style-type: none"> <li><u>Any style of uprights or upright posts may be used, provided they are rigid. They should have support for the crossbar firmly fixed to them. They should be sufficiently tall as to exceed the actual height of the crossbar by 4" (10 cm). The distance between the uprights shall not be less than 13' 1 ½" (4.00 m) nor more than 13' 3" (4.04 m).</u></li> <li><u>The standards should be verified with a level that they are vertical and the upright pads are horizontal. The standards base should be marked with tape or pins in order to properly replace the standards in case of accidental displacement.</u></li> <li><u>The judges shall place the crossbar at the starting height as determined by the games committee.</u></li> <li><u>The uprights and the landing area should be placed so there is clearance of 4" (10 cm) between them when in use, in order to avoid displacement of the crossbar through movement of the landing system causing contact with the uprights.</u></li> <li><u>If improperly fastened supports slip downward</u></li> </ol>			X																																									

		<p><u>when the competitor hits the crossbar, the head judge of the event shall rule “no attempt” and allow the competitor another attempt.</u></p> <p><b>Rationale:</b> The specifications that are currently listed in the current rules book are not in conformity with the industry standards for the uprights, crossbars and landing pad system. Additional items are inserted to conform with standard officiating practices.</p>			
20	7-4-6	<p><del>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 3/16 inches and with the ends flattened to a surface 1 3/16 inches by 6-7 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.</del></p> <p><u>Crossbar specifications:</u></p> <ol style="list-style-type: none"> <li>a. <u>The crossbar shall be circular and made of suitable material, but not metal. The ends of the crossbar shall be smooth and shall not be covered with soft rubber or any other material that has the effect of increasing the friction between the surface of the crossbar and the supports.</u></li> <li>b. <u>The diameter of the crossbar shall be 30 (+/-) millimeters. The crossbar shall be 13'1" (4.00 m +/- 1 cm) in length, shall have a maximum weight of 2.00 kilograms, shall have no bias, and when in place, shall sag a maximum of 2 cm. The ends of the crossbar shall be constructed in such a way that flat surfaces of 30 mm to 35 mm by 15 mm to 20 cm is designed for the purpose of resting on the supports.</u></li> <li>c. <u>One face of each crossbar shall be marked so that the crossbar always is placed with the same surface up.</u></li> </ol> <p><b>Rationale:</b> The supporting industry has not made anything but a 4-meter long high jump crossbar and a 4.5-meter crossbar for over 10 years now. This editorial change will allow for the use of the square, semicircular and the new AVG end pieces on the crossbar.</p>			X
21	7-4-6	<p><del>In addition to the commonly used four-sided flat crossbar ends, the use of a crossbar fitted with alternative ends (semicircular) is permitted.</del></p> <p><u>...The end pieces of the crossbar shall be smooth and shall not be made of or covered with soft rubber or other material that has the effect of increasing the friction</u></p>			X

		<p><u>between the surface of the crossbar ends and the supports. The end pieces shall be circular or semicircular, 30 to 35 millimeters in width and 15 to 20 centimeters in length, with one clearly-defined smooth, flat surface designed for the purpose of placing the crossbar on the supports of the uprights. This flat surface shall not be higher than the vertical cross section of the crossbar.</u></p> <p><b>Rationale:</b> Permits a wider use of alternative ends on the crossbar, but no competitive advantage for an individual competitor.</p>			
22.1	7-5-24 amended	<p><b>ART. 24...</b> The planting box shall not contain any foreign materials except planting box padding. Such padding, if used, shall meet the applicable ASTM Specification Standards, and can be incorporated into the design of the planting box or can be a padding addition to an existing planting box.</p> <p><b>NOTES:</b></p> <ol style="list-style-type: none"> <li>1. Padding meeting the ASTM Standards may be used immediately, subject to rejection or conditional approval by state association action.</li> <li>2. <u>Padding meeting the ASTM Standard shall be required for the start of the 2014-15 track season.</u></li> </ol> <p><b>Rationale:</b> For the purpose of minimizing risk of injury to a pole vaulter, require that planting box padding shall meet the applicable ASTM Specification Standard no later than the start of the 2014-15 track season. This required implementation date allows for product availability.</p>	X		
23	7-5-11	<p><del><b>ART. 11...</b>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 3/16 inches and with the ends flattened to a surface of 1 3/16 inches by 6-7 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.</del></p> <p><u>The crossbar:</u></p> <ol style="list-style-type: none"> <li>a. <u>The crossbar shall be circular and made of suitable material. The ends of the crossbar shall be smooth and shall not be covered with rubber or any other material that has the effect of increasing the friction between the surface of the crossbar and the supports.</u></li> <li>b. <u>The diameter of the crossbar shall be 30 (+/-) millimeters. The crossbar shall be 14'10" (4.50m +/-) in length, shall have a maximum weight of</u></li> </ol>			X

		<p><u>2.25 kilograms, shall have no bias, and when in place, shall sag a minimum of 3 cm. The ends of the crossbar shall be constructed in such a way that flat surfaces of 30 mm to 35 mm by 15 mm to 20 cm is designed for the purpose of placing the bar on the pegs of the uprights.</u></p> <p>c. <u>One face of each crossbar shall be marked so that the crossbar always is placed with the same surface up.</u></p> <p><b>Rationale:</b> The current rule is the specification for an old pole vault crossbar. The supporting industry has not made anything but a 4-meter long high jump crossbar and a 4.5-meter long crossbar for the pole vault for over 10 years now. The description of the end pieces allows for the square, half-round or the flat (AVG) crossbars that are on the market. The proposal above is more an editorial change rather than a rules change.</p>			
24	7-5-11	<p><del>...In addition to the commonly used four-sided flat crossbar ends, the use of a crossbar fitted with alternative ends (semicircular) is permitted. The end pieces of the crossbar shall be smooth and shall not be made of or covered with soft rubber or other material that has the effect of increasing the friction between the surface of the crossbar ends and the supports. The end pieces shall be circular or semicircular, 30 to 35 millimeters in width and 15 to 20 centimeters in length, with one clearly-defined smooth, flat surface designed for the purpose of placing the crossbar on the supports of the uprights. This flat surface shall not be higher than the vertical cross section of the crossbar.</del></p> <p><b>Rationale:</b> Permits wider use of alternative ends of the crossbar, but no competitive advantage for an individual competitor.</p>			X

B. Proposed Editorial Changes

No.	Rule Reference	Editorial Changes <u>Underlining</u> shows additions; <del>strikethrough</del> shows deletions	Pass	Fail	No Action
		<b>Rule 3 – Meet Officials and Their Duties</b>			
1	3-4-5	<p><b>ART. 5...</b>When a competitor is disqualified, the referee shall notify or cause to be notified, the competitor <del>or</del> <u>and</u> the competitor's coach, of the disqualification.</p> <p><b>Rationale:</b> It is appropriate for both the competitor and coach to be notified when there is a disqualification.</p>	X		
2	3-7-3	<p><b>ART. 3...</b>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 <del>referee</del> <u>games</u></p>			X

		<p><u>committee</u> when unusual conditions make the original lanes or number of qualifiers unfair to any competitor. ...</p> <p><b>Rationale:</b> As per Rule 3-2-3</p>			
3	3-8-3	<p><del><b>ART. 3...</b>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.</del></p> <p>Renumber existing items</p> <p><b>Rationale:</b> The entire article does not fit in the section that addresses FAT. It appears in Rule 3-9-8 where it belongs.</p>	X		
		<b>Rule 4 – Competitors and Competition</b>			
4	4-3-1b(3)	<p><del>3. The top shall not be knotted or have a knot-like protrusion.</del></p> <p><b>Rationale:</b> The issue of knotted jerseys needs not be mentioned since Rule 4-3-1 begins with the statement "...worn as intended by the manufacturer..." I do not know of any manufacturer that produces a jersey needing to be knotted.</p>			X
5	4-4 NOTE	<p><del><b>NOTE:</b> Each state association may, in keeping...The accommodations should not fundamentally alter the sport, allow an otherwise illegal piece of equipment, create <u>heighten</u> risk to the athlete/others...</del></p> <p><b>Rationale:</b> Clarifies that in specific situations an accommodation will necessitate the use of equipment that might otherwise be illegal so long as it does not place the athlete or others at a greater risk of injury and/or fundamentally alter the nature of the sport.</p>	X		
6	4-6-3, 4, PENALTY	<p><del><b>ART. 3...</b>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.</del></p> <p><del><b>ART. 4...</b>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.</del></p> <p><b>PENALTY: (Arts. 3,4) Disqualification from event.</b></p>	X		
	<b>Other rules impacted:</b>				

	5-9-2,3 New	Delete Arts. 4-6-3,4 and PENALTY and move Arts. 3 and 4 to become new 5-9-2 and 3.  <b>Rationale:</b> These two articles address how to order reruns after an act of interference has occurred and should be included with Rule 5-9, which defines interference in running events.			
		<b>Rule 5 – Running Events</b>			
7	5-1-3  <b>Other rules impacted:</b> 5-2-6	<del>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.</del> On all-weather tracks, a painted line 2 inches (5 centimeters) or more in width shall be used to mark the inner edge of the track. A solid curb with a rounded top surface 2 inches (5 centimeters) above track level may also be used for this purpose.  <b>ART. 6...</b> Distances which are run around a curve, but not in lanes shall be measured, <u>when a painted line is used to mark the inner edge on all-weather tracks, upon a line 8 inches (20 centimeters) outward from the inner edge of the track.</u> <del>When a raised curb is used, the distance shall be measured upon a line 12 inches (30 centimeters) outward from the inner edge of the track when a raised curb is used.</del> 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.  <b>Rationale:</b> There is no change in the rules, only a reversal of the order by listing a painted line followed by a raised curb to designate inside edge of the track. The majority of renovated and new facilities are all-weather surfaces and the painted line is most common.	X		
		<b>Rule 6 – Throwing Events</b>			
8	6-2-10	<b>ART. 10...</b> The time at which the preliminaries in each throwing event must be concluded or completed <del>may</del> <u>should</u> 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.  <b>Rationale:</b> Consistency in rule language with 7-2-6.	X		
9	6-2-12  <b>Other rules impacted:</b> 7-2-17	<b>ART. 12...</b> In two-session meets, it is recommended all <del>competitors</del> <u>competition</u> in the throwing events be conducted in one session.  <b>Rationale:</b> Clerical correction.	X		
10	6-2-14 PENALTY	<b>PENALTY: Warming up without the contestant's coach or event official at the site shall lead to result</b>	X		



		<p><b>in a warning and, if repeated, disqualification from the <u>that</u> event. If the incident recurs, the athlete will be disqualified from <u>further competition in the meet.</u></b></p> <p><b>Rationale:</b> Consistency in language with Rule 7-2-14 PENALTY.</p>																																													
11	6-3-1, 6-3-2	<p><b>SECTION 3 BREAKING TIES FOR SCORING</b>  <b>ART. 1...</b>A tie in a field event occurs when two or more competitors finish with the same <u>best</u> height or distance.  <b>ART. 2...</b><del>For places in throwing events, ... and so on.</del>  <u>When there is a tie at any distance of a throwing event, places and points scored shall be awarded as follows:</u></p> <p>a. <u>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.</u></p> <p>b. <u>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.</u></p>	X																																												
	Other rules impacted: 7-3-1,2	<p><b>SECTION 3 BREAKING TIES FOR SCORING</b>  <b>ART. 1...</b>A tie in a jumping event occurs when two or more competitors finish with the same <u>best</u> height or distance.  <b>ART. 2...</b>When there is a tie at any height or distance <del>in the finals...</del></p> <p><b>Rationale:</b> Clarifies this tie-breaking procedure applies only for places scoring and removes unnecessary language.</p>																																													
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13	6-4-3  <b>Other rules impacted:</b> 6-5-3	<p><b>ART. 3...</b>The throwing circle shall be <u>level and</u> 8 feet, 2 ½ inches (2.5 meters) in diameter...</p> <p><b>ART. 3...</b>The putting circle shall <u>be level and</u> have an inside diameter...</p> <p><b>Rationale:</b> Clarifies the throwing surface is flat.</p>	X																																
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(maximum)	44-½ in. (36.91 cm)	43-3/8 in. (34.56 cm)																																	
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Weight (minimum)	12 lb. (5.443 kg)	4.0 kg. (8.818 lb.)																																	
Diameter (minimum)	<u>98.4 mm (3.875 in.)</u>	<u>95 mm (3.740 in.)</u>																																	
(maximum)	<u>117.5 mm (4.625 in.)</u>	<u>110 mm (4.331 in.)</u>																																	

		dimensions in millimeters. Additionally, this change standardizes inches to three decimal places because most calipers have a resolution of three decimal places. The circumference specification has been removed because it is obsolete, owing to easily-available ring gauges that measure diameter.																																																						
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<b>⚡ Rule 7 – Jumping Events ⚡</b>											
16	7-1-2	<p><b>ART. 2...</b>A flight is a round of trials for a group of competitors in <u>a</u> jumping event <del>competition</del>.</p> <p><b>Rationale:</b> Consistency in language with Rule 6-1-2.</p>	X								
17	7-2-1	<p><b>ART. 1...</b>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 <del>successful</del> <u>legal</u> jump.</p> <p><b>Rationale:</b> Consistency in language with Rule 6-2-1.</p>	X								
18	7-2-6 New	<p><b>ART. 6...</b><u>Contestants shall report promptly to the head event judge at the designated location when the event is announced.</u></p> <p>Re-number existing articles</p> <p><b>Rationale:</b> Was omitted in the reorganization of Rules 6 and 7.</p>	X								
19.1	7-2-10 amended	<p><b>ART. 10...</b>A competitor shall initiate a trial that is carried to completion within the prescribed time limits, <del>one minute after being called for a trial except in the pole vault where the time is 1 ½ minutes.</del> Failure ...</p> <p><b>Rationale:</b> Removed unnecessary language.</p>	X								
20	7-4-1  <b>Other rules impacted:</b> 7-5-1 7-6-1	<p><b>ART. 1...</b>The <del>inclination</del> <u>declination</u> in the approach shall not exceed 1:100 (1 percent).</p> <p><b>ART. 1...</b>The <del>inclination</del> <u>declination</u> 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.</p>	X								

		<p><b>Rationale:</b> The purpose of the requirement is not to have the competitors approach running downhill. Use of the term “declination” more accurately describes intent of rules.</p>			
21	<p>7-4-15</p> <p><b>Other rules impacted:</b> 7-5-30</p>	<p><b>ART. 15...Breaking ties for places:</b></p> <p>a. <del>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.</del></p> <p>b. <del>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.</del></p> <p>c. <del>Passed trials shall not count as misses.</del></p> <p>d. <del>If the tie remains after applying (a) and (b) and:</del></p> <p style="padding-left: 40px;">1. <del>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.</del></p> <p><b>NOTES:</b></p> <p style="padding-left: 40px;">2. <del>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.</del></p> <p style="padding-left: 40px;">3. <del>No passed heights shall be permitted in the jump-offs.</del></p> <p style="padding-left: 80px;">2. <del>The tie concerns any place other than first place, the competitors shall be awarded the same place.</del></p> <p style="padding-left: 80px;">3. <del>A competitor shall be credited with his/her best achievement if it occurs in a jump-off for first place.</del></p> <p><b>Rationale:</b> This rule duplicates the perfectly adequate 7-3-2 “Breaking Ties” found in the generic jumping event rules. Article 15 is superfluous and decreases the readability of the high jump section. It creates the probability that these rules will one day contradict each other. Deleting this will improve readability without changing any rules. As much as possible, repeating content in multiple places should be avoided.</p>			X
22	7-5-14	<p><b>ART. 14...A minimum of 2-inch (51 mm) dense foam</b></p>			X

		padding (box collar) shall be used to pad any hard and unyielding surface including between the padding box and all pads. (See Rule 7-5-24)			
23	7-5-29 PENALTY	<b>PENALTY: An unsuccessful trial is charged, but not measured.</b>  <b>Rationale:</b> Removes unnecessary language.	X		
24	7-6-8 thru 11	<del><b>ART. 8...</b>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. <b>ART. 9...</b>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. <b>Example:</b> 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. <b>ART. 10...</b>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. <b>ART. 11...</b>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.  <b>Rationale:</b> Last year’s changes, with the addition of the sub-headers in 7-2 (i.e., “LJ and TJ”, “HJ and PV”, “All Jumping Events”) did a pretty good job of cleaning up the various “throws vs. jumps”/”prelims vs. finals”/”horizontal vs. vertical” problems. However, 7-6-8 through 11 survived. They now exist without any regard to Rules 6-2 or 7-2, which already cover these topics. They are written in a totally different voice and different order. They are either redundant or contradictory, or relate to a now-</del>			X

		unneded concept. They should be deleted.			
		<b>Rule 8 – Special Events</b>			
25	8-1-1 Note New,  <b>Other rules impacted:</b> 8-1-2 Note New	<b>NOTE:</b> Scoring table for the 1600-meter run is located at <a href="http://www.nfhs.org">www.nfhs.org</a> , Track and Field.  <b>Rationale:</b> The IAAF scoring table does not include the 1600-meter run used in high school, so the scoring table is provided online.	X		
		<b>Rule 9 – Cross Country</b>			
26	9-6-4 PENALTY	...to disqualification from the meet <u>event</u> . If the incident...  <b>Rationale:</b> Corrects clerical error in the penalty sequence.	X		
		<b>Appendix A – Discus Cage Guidelines</b>			
27	Appendix A	<b><u>Except as specifically stated in the rules, hereinafter set forth, information on the diagrams in this book is suggestive only; it is not required by NFHS rules. The construction and layout of all venues used for high school competition are subject to any controlling laws and building codes, and to the sound judgment of the persons in charge of the facilities.</u></b>  <b>Rationale:</b> Consistency in NFHS Rules book language relating to competition venue diagrams.	X		

C. Case Book/Interpretation Changes

The committee discussed interpretations of specific case situations.

D. Points of Emphasis

1. Throwing implements returned to competitors by officials
2. Proper coaching requires staying up to date on rules and techniques
3. Coaches “getting it right” with uniforms
4. Importance of proper training of volunteers to work the meet

**6. REVIEW THE RULES BOOK, EXAM AND CORRESPONDING CASE BOOK SITUATIONS FROM RULES CHANGES**

The committee broke into subcommittees and reviewed the rules book, exam, case book situations and Pre-Meet Notes to update language regarding the new rules changes.

**7. DISCUSSION ITEMS/SITUATIONS**

The committee reviewed a few discussion items including the pooling of implements, successive attempts in the field events, the enforcement of the rules and pole vault weight rating.

**8. SUBCOMMITTEE ASSIGNMENTS**

The committee continued work in their subcommittees on their assigned responsibilities.

**9. CALENDAR**

The committee discussed the Online Track and Field Rules Interpreters Meeting, which will take place January 21, 2014 at 2:00 p.m. EDT. The committee agreed to once again start the next year’s meeting on Monday afternoon at 4:00 p.m. The meeting will be held June 16-18, 2014.

Oakes reviewed the committee work schedule for the completion of the rules book, case book, PowerPoint and exam.

**10. ADJOURN**

Oakes thanked the committee for their hard work, the leadership of the chair, Thurwachter, and reminded them to fill out their Rules Committee Surveys and submit their expense reports within the next two weeks. The meeting adjourned at 11:30 a.m.