



# PIAA TRACK & FIELD/CROSS COUNTRY ANNUAL RULES INTERPRETATION MEETING

National Federation of State  
High School Associations



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## – Agenda

Rules Changes –2021

Major Editorial Changes –2021

Points of Emphasis –2021

# WELCOME/INTRODUCTIONS

## PURPOSE

- To provide a common understanding and application of the T&F/CC rules.
- Affirm role of the State and Chapter Interpreters
- Promote **Safety, Fairness and Consistency**
- First Stop in the appeal process (Chapter Interpreter, SWI, PIAA, NFHS)
- Review the process for Rule Changes/Modifications
- *Chapter level decision*
- *2021 Rule Proposal Form (May 1) (See next slide)*
- T&F PIAA Workshop (June)
- CC PIAA Workshop (January)
- PIAA appeal to NFHS
- *2021 NFHS Questionnaire*





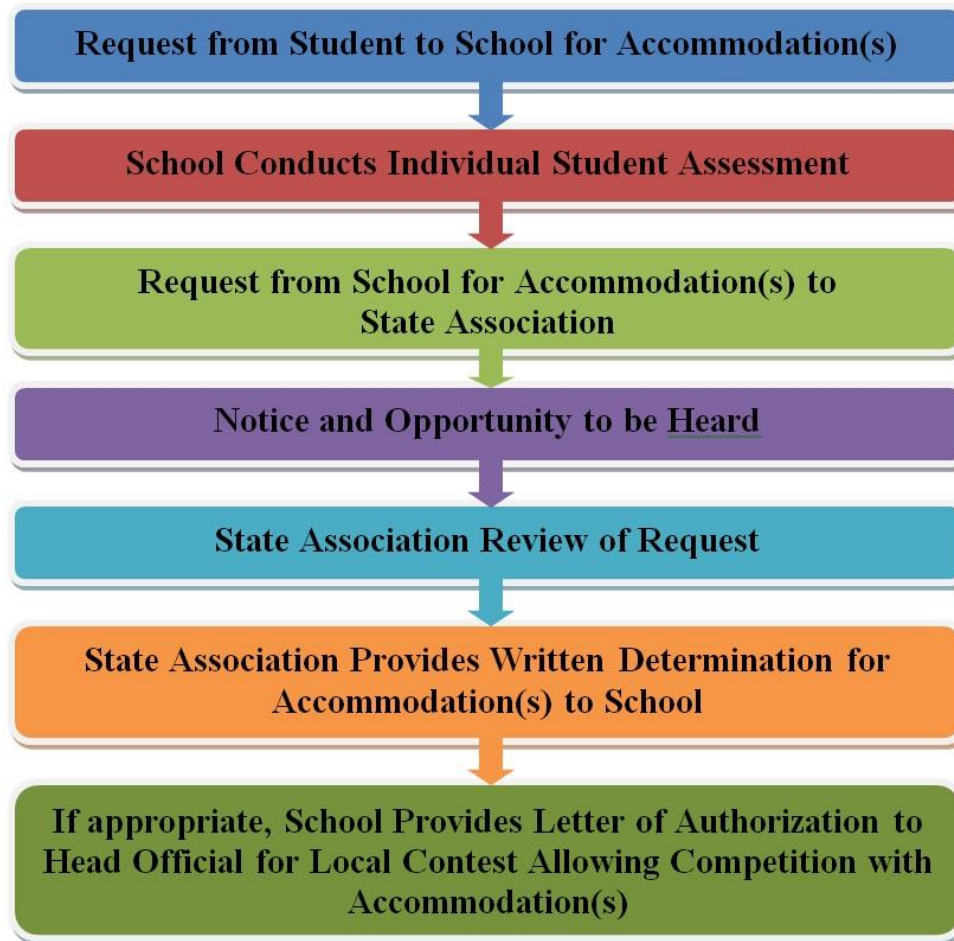
## SUBMITTING A RULE CHANGE PROPOSAL

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- [www.nfhs.org/RuleChangeProposal](http://www.nfhs.org/RuleChangeProposal)
- Any submissions must be reviewed by the chapter interpreter prior to an official submitting using the link above
- Coordination with the statewide interpreter is encouraged



# GUIDELINES FOR SCHOOLS AND STATE ASSOCIATIONS FOR CONSIDERATION OF ACCOMMODATIONS





# RULE CHANGES

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# PROVIDING AID - RULE 4-6-5-G & RULE 8-6-1e

## 4-6-5 g Disqualification and conduct Page 26

**Art. 5.** . . . It is an unfair act when a competitor receives any assistance. Assistance includes:

g. Competitor receiving assistance from another competitor to complete the race. Both competitors shall be disqualified unless a competitor is injured or becomes ill and an appropriate health-care professional is not readily available, only the injured/ill competitor is disqualified.

**NOTE:** Every attempt should be made for the appropriate health-care professionals to make these decisions as to assistance. A competitor who provides assistance to an injured or ill competitor should not be disqualified if neither the individual competitor providing the assistance nor his/her team gains an advantage as a result of providing the assistance.

## 8-6-1e Disqualification and conduct page 69 & 70

**ART. 1** . . . A competitor is disqualified who:

a. Receives assistance from another competitor to complete the race.

1. Both competitors shall be disqualified unless a competitor is injured or become ill and an appropriate health-care professional is not readily available, only the injured/ill competitor is disqualified.

**NOTE:** Every attempt should be made for the appropriate health-care professionals to make these decisions as to assistance. A competitor who provides assistance to an injured or ill competitor should not be disqualified if neither the individual competitor providing the assistance nor his/her team gains an advantage as a result of providing the assistance.



## RULE 4-6-5-G CONTINUED

### RULE 8-6-1e

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- NOTE: Every attempt should be made for the appropriate health-care professionals to make these decisions as to assistance.
- A competitor who provides assistance to an injured or ill competitor should not be disqualified if neither the individual competitor providing the assistance nor his/her team gains an advantage as a result of providing the assistance.



## Rationale for Rule 4-6-5e and 8-6-1e

- **Rationale:** The committee feels when no advantage is gained by a competitor helping a distressed or injured competitor, the competitor assisting should not be penalized for exhibiting good sportsmanship.

**Rationale:** When no advantage is gained by a competitor helping a distressed or injured competitor, the competitor assisting should not be penalized for exhibiting good sportsmanship providing neither they nor their team gains an advantage as a result of providing assistance.





# EXCHANGE ZONE

## 5-3-3 Track Markings Page 31

**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 or 30 meters long. The lines marking the limits of the exchange zone are included in these measurements. In relay races in which the incoming competitor is running 200 meters or less the exchange zone shall be extended 10-meters in the direction of the incoming competitor.

## 5-10-6 Relays Page 38

**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 the exchange zone. A baton that inadvertently leaves a runner's hand must be retrieved immediately without interference to other runners.

NOTE: In the 4x100m and 4x200m, and other relays with legs of 200m or less, each exchange zone will be 30m long. All exchange zones for races over 200m will remain at 20m.

## 5-10-9 Relays Page 38

**ART. 9. . .** In relay races, each outgoing competitor, while waiting for the baton, shall take a position entirely within the exchange zone and must complete the exchange while the baton is within the exchange zone.





# Rule 5-3-4 is Eliminated

(Acceleration Zones no longer exist)

- **Renumber of succeeding articles**
- **Also Rules 5-10-9 is eliminated and there is a renumber of succeeding articles (acceleration zones)**



## EXCHANGE ZONES

- Rationale: Brings NFHS track and field rules into conformity with other track and field rules codes. Tracks do not need to be repainted or resurfaced to comply with this rule change. The acceleration zone will now be incorporated into the exchange zone.
- Colored tape may be used to denote the exchange zones. Existing acceleration zone markings or colored tape may be used to denote the beginning of the exchange zone.
- In the 4x100m and 4x200m, and other relays with legs of 200m or less, each exchange zone will be 30m long. All exchange zones for races over 200m will remain at 20m.



# Rule Change

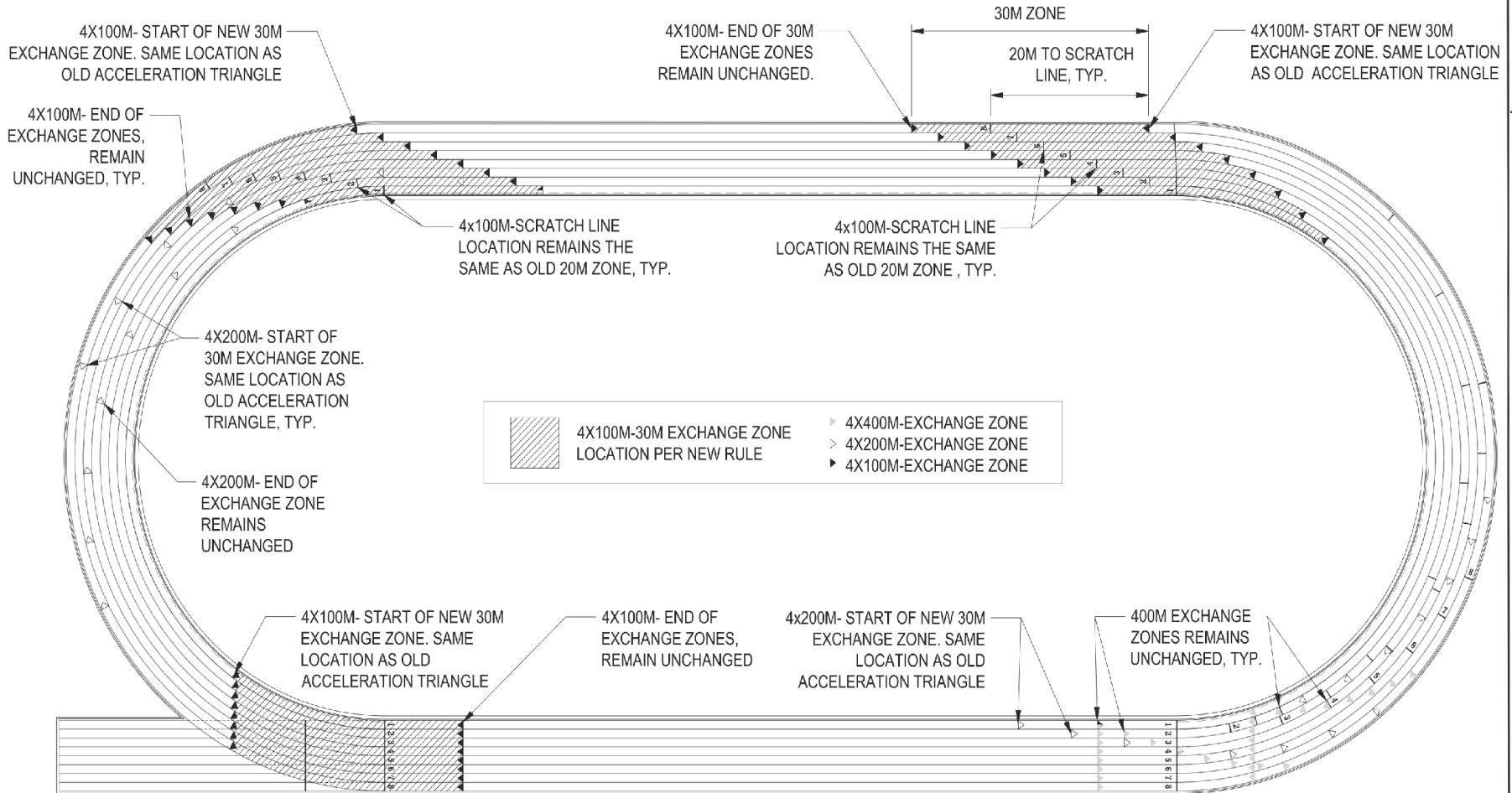


# Rule Change





## NEW 30M EXCHANGE ZONE LAYOUT



# EXCHANGE ZONES

- New 30 m Exchange Zone Layout

Available on the NFHS website:

[https://www.nfhs.org/media/1020307/20190730\\_asba\\_30m-new-exchange-zones\\_final.pdf](https://www.nfhs.org/media/1020307/20190730_asba_30m-new-exchange-zones_final.pdf)





# RUNWAY WARM-UPS

## 6-2-6 General Rules for Field Events Page 42

Art. 6. . . Warm-ups should not be allowed unless supervised by an event official or the contestants coach and the venue has been declared open by the meet director. It is illegal to run backwards or in the opposite direction (non-legal direction) on a horizontal jump, pole vault or javelin runway. At the conclusion of any field event there should be no further practice and implements, including vaulting poles, shall be removed from the area. Once a competition has begun, except as scheduled, competitors are not allowed to use for practice purposes the runway, ring, takeoff area or throwing implements associated with the competition.

**PENALTY:** First offense 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.



## PIAA MODIFICATION OF RULE 6-2-6

- Rule 6-2-6 (pg. 42) PIAA modification, which prohibits during warm-ups running “backward or in the opposite direction (non-legal direction) on a horizontal jump (‘LJ/TJ’), vertical jump (‘**HJ**/PV’), or javelin throw (‘JT’) runway.”
- \*\* The High Jump has been added!!!!



## RULE 6-2-6 (PAGE 42)

- **Rationale:** By not allowing athletes to run backwards or in the opposite direction on horizontal jumps, pole vault and javelin runways, competitors will be more aware of their surroundings and the risk of injury will be minimized. This change also promotes a more organized and efficient warm-up period.
- The NFHS rule **does** apply to **both warm-up and competition**. Run back during warm-ups are not permitted, however the **meet referee** can take a look facilities and allow run back on runway during competition if there is no safe space to run back off the runway.



# CORRECTIONS

## ■ Casebook corrections

### Case Book Page 79

**6.5.27 SITUATION H:** A vaulter for Team B is not satisfied with his/her approach and pulls up to stop. In doing so, the pole is planted in the box and as the vaulter stops, the momentum causes him/her to leave the ground and return. Unless it is unsafe to do so, the vaulter should step off the runway and returns to the starting end of the runway ~~and~~ to restarts the approach. The vaulter clears the bar and completes the attempt within the allowed 1 minute. **RULING:** Legal. **COMMENT:** When aborting the approach in this situation, the vaulter may still make a legal attempt providing he/she does so within the allotted time for a trial. (6-5-27b)

### Case Book Page 80

**6.5.27 SITUATION I:** A vaulter from Team B initiates his/her approach, plants the pole and clearly swings upward for the vault. The vaulter stalls and rides the pole back to the ground. The vertical plane was not broken and there was no contact with the landing system or crossbar. Unless it is unsafe to do so, the vaulter should step off the runway and ~~quickly~~ returns to the starting end of the runway to restart the attempt. The head event judge rules a foul. **RULING:** Correct ruling. **COMMENT:** It is not a foul if a vaulter is stopping and aborts the approach. Once a vaulter is committed to the vault and is positioned perpendicular to the runway, if his/her feet leave the ground and return without successfully clearing the crossbar, it is a foul.



# METRIC MEASUREMENTS ADDED

## 6-3-2 Breaking Ties Page 45

**Art. 2.** . . . When there is a tie at any distance or height of a field event, places and points scored shall be awarded as follows:

b. For places determined by height:

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 (2 cm) in the high jump and 3 inches (7 cm) 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 (2 cm) in the high jump and 3 inches (7 cm) in the pole vault. Each competitor shall attempt one trial at each height until a winner is determined.

**Rationale: Provides appropriate metric increments for vertical jumps tie-breaking jump-offs.**



# LONG JUMP/TRIPLE JUMP PIT CLARIFICATIONS

## 6-9-5 Long Jump and Triple Jump Page 61

**ART. 5 . . .** The landing pit shall have a minimum width of 9 feet (2.75 meters) and should meet a minimum length of 23 feet (7 meters).

**Note:** For long jump and triple jump pits constructed after 2019, the length of the pit shall be at least 23 feet (7 meters).

a. In the long jump and triple jump, the foul line shall be located by measuring from the nearer edge of the landing pit to the front of the foul line.

**NOTE:** Distance from the 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 and confirmation of the event judge.





## RULE 6-9-5 (PAGE 61)

- Suggested distances are:

|               | <b>Boys</b>            | <b>Girls</b>           |
|---------------|------------------------|------------------------|
| ■ Long Jump   | <b>12 feet (3.7 m)</b> | <b>8 feet (2.5 m)</b>  |
| ■ Triple Jump | <b>32 feet (9.8m)</b>  | <b>24 feet (7.3 m)</b> |

- **Rationale: Clarifies the language of the 2019 rule change for long jump and triple jump pits and the intent of the change.**



## Rule Change

Jump pits constructed **after 2019**, the length of the pit shall be at **least 23 feet (7 meters)**. The distance from the foul line or takeoff board may be adjusted to accommodate different levels of competition.







# EDITORIAL CHANGES

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## 5-1-5 RUNNING EVENTS

### 5-1-5 Track Construction page 27

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.

**Rationale:** This editorial change removed redundant language from the book.



# RELAY BATON AND EXCHANGE ZONE

## 5-11-1 Relay Infractions Page 39 & 38

**ART. 1.** . . A relay team shall pass their 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.

**Rationale:** The change from its to their clarified that a team must finish the race with the same baton that it used at the start of the race.

**ART. 6** . . . Each competitor shall carry his/her team's 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 the exchange zone. A baton that inadvertently leaves a runner's hand must be retrieved immediately without interference to other runners.

NOTE: In the 4x100m and 4x200m, and other relays with legs of 200m or less, each exchange zone will be 30m long. All exchange zones for races over 200m will remain at 20m.



# JAVELIN CLARIFICATION

## 6-8-10d Javelin Page 60

**ART. 1.** . . . It is foul if the competitor:

- a. Makes a 360-degree turn before the javelin has landed.
- 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 lines.
- d. Touches on or over either the runway lines or on or over the foul-line arc before the throw ~~is marked~~ has landed.
- e. Fails to hold the javelin by the whipcord grip.
- f. Exits the runway before the implement has landed.
- g. Fails to exit the runway behind the foul-line arc and the perpendicular side extensions after the javelin has landed.

**Rationale:** Clarifies language permitting an athlete to exit the runway after the implement has landed and before it is marked.



# CORRECTIONS: RULE & CASEBOOKS

Rules Book – Page 12 Rule 3-2-3h (Games Committee)  
Approve items ~~(tape, chalk, half tennis balls, etc.)~~ **type of markings** and the locations ~~in the acceleration~~ **outside the exchange** zones of all relay races run in lanes.

- Case Book – Page 12 3.2.4 Situation H ...Team A wishes to place a mark on the track outside the ~~acceleration~~ **exchange** zone to aid...
- Case Book – Page 54 5.10.7 Situation B ... ,but within the ~~acceleration~~ **exchange** zone while A2 remained within the assigned ~~acceleration and~~ exchange lane and zone when...



# 2020/2021 POINTS OF EMPHASIS

- **1. Meet Administration**
- **2. Assisting Injured Athletes**
- **3. Exchange Zones**



# MEET ADMINISTRATION

- Providing a quality experience to track and field athletes, coaches, and spectators does not happen by accident. Many months of pre-planning and execution have occurred before the event is finalized and the first event begins.
- Most standardized checklists include foundational topics such as: establishing entry limitations and substitution deadlines, securing meet personnel, developing a meet schedule, and preparing the facility to host the event. Quality meet administrators know and understand that while covering these essential items is certainly necessary and appropriate, the ability to drill down to the smallest details is equally important and critical for ensuring success.
- While not included on most checklists, pay special attention to the following items as they can dictate the success or failure of your event:



## MEET ADMINISTRATION - FOUND ON PAGE 75 ON NFHS RULES BOOK

- **NFHS Rule 3-1-1** gives **authority to the meet director** to establish a custodian of awards. Double check prior to your event that the appropriate awards have been ordered and are available. This critical step will save you embarrassment in the moments and time after the event.
- **NFHS Rule 3-4-7** allows the **meet referee the authority to delegate the responsibility of counting laps for any race of two laps or more.** Whomever is assigned to this duty must be confident and knowledgeable regarding counting laps and the likelihood of dealing with the potential for lapped runners. **This is not a duty for a novice official or volunteer.**
- **NFHS Rule 3-5-3** outlines the **situations that are eligible to protest/appeal.** It is imperative that coaches understand the appeal structure and its available options. Having a clear and concise protocol that is delineated to coaches prior to the start of the event will pay benefits.
- **NFHS Rule 3-18-3** designates the responsibility for ensuring that **each flight of hurdles is set at proper height and prescribed point prior to each race.** While moving hurdles on-and-off the track efficiently is essential, the system used to double check height and placement is also critical.
- **NFHS Rule 3-18-4** outlines the responsibilities of the **block chief.** Assigning an individual(s) responsible to ensure that **starting blocks are in good working order, are located at the starting line of each race, and removed after the start** is one less responsibility usually placed on the starter or assistant starter.
- **NFHS Rule 5-11-1** requires that in any **relay race, a team must start and end the race with the same baton.** Meet administrators should **consider a system (color, number, etc.)** that, if necessary, can assist officials in determining that the correct baton has been used by any team finishing a race.
- **NFHS Rule 6-5-3** dictates that state associations determine their own **procedures regarding verification that a pole vaulter participates on a legal pole. For those states that use some type of on-site weigh-in procedure for this verification process,** it is important that the scale used to determine body weight is certified as accurate considering it will determine which pole(s) the athlete is eligible to use during the competition.



Putting on a quality track and field event is not easy.  
Do not let addressing the most obvious elements overshadow the less obvious during your planning.



## EXCHANGE ZONE

- In sprint relays such as the 4x100 meter and 4x200 meter, and other relays with legs of 200 meter or less, the outgoing runner, while waiting for the baton, must be positioned entirely inside the 30-meter exchange zone.
- The exchange zones for relay races with legs over 200m are not impacted by this rule change.
- The rule change does not require that tracks be repainted or resurfaced in order to be in compliance with NFHS rules.



## ASSISTING INJURED ATHLETES

- The competitor who receives aid will be disqualified, but when no advantage is gained the competitor assisting should not be penalized for exhibiting good sportsmanship.
- The final decision in these situations' rests with the meet referee who has sole authority to rule on infractions, irregularities, and disqualifications in a meet.





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# QUESTIONS

# PIAA MODIFICATIONS

- **Rule 6-2-6 (pg. 42) PIAA modification, which prohibits during warm-ups running “backward or in the opposite direction (non-legal direction) on a horizontal jump (‘LJ/TJ’), vertical jump (‘HJ/PV’), or javelin throw (‘JT’) runway.”**
- **\*\* The High Jump has been added!!!!**



# PIAA MODIFICATIONS

- **Adopted the portion of NFHS Track & Field/Cross Country Rule 8-2-3 (page 64) that permits Leagues and/or Conferences to modify the scoring system when less than five (5) competitors are available in a dual meet competition effective July 1, 2019.**



# MODIFIED CC SCORING

- Just to be clear “Modified scoring” in a CC Meet can only be done in our State if a League/Conference/District in advance of the first legal playing date approves to use the modified scoring procedure due to the fact the teams in their league/conference have less than 5 runners making up their team.
- Two schools cannot just decide to use it halfway through or at the end of the season due to low numbers unless that decision was made by the league/conference before the start of the regular season. Finally, modified CC scoring is only for regular season Meets and NOT invitationals/League championships/District Championships.



# MODIFIED CC SCORING

- If a team has less than 5 runners or both teams have less than 5 runners is the only time the “modified scoring” procedure would be used.
- 
- Scenarios:
- Team A has 4 runners and Team B has 4 runners – the Meet would be scored using the finishing places of the 8 runners only. ( There would be 36 points to be awarded and there would be NO displacers.)
- Team A has 3 runners and Team B has 3 runners – the Meet would be scored using the finishing places of the 6 runners. (There would be 21 points to be awarded and there would be NO displacers)
- Team A has 4 runners and Team B has 3 runners- - The 7 runners that run the race would be awarded places 1 thru 7 (NO Displacers). Team B would be credited with a ghost runners and would be awarded 8<sup>th</sup> place.
- Team A has 2 runners and Team B has 3 runners – the 5 runners that run and finish the race would be awarded places 1 thru 5 (No displacers). Team A would be credited with a ghost runner and be awarded 6 points for a 6<sup>th</sup> place finish.
- Team C has 6 runners and Team D has 4 runners – Assuming all of Team D’s runners finished ahead of Team’s C sixth runner that runner would be a displacer and Team D would be credited with a ghost runner that finished the race in 11<sup>th</sup> place. In any case Team C would have a displacer and the Team D would still need to be credited with a ghost runner in 11<sup>th</sup> place.
- Team E has at least 7 runners and Team F has 4 runners – Team E would have 2 runners that would be displacers and Team F would have a ghost runner that finished 12<sup>th</sup> added to their team score.



## REMINDER!!

- Starting with the **2019** Cross Country Season a PIAA T&F/CC Official will be required for All Varsity High School Meets.
- Starting also with the **2019** CC Season it will be recommended that a PIAA Official be used during Jr. High/MS Meets, but **NOT** required





## PIAA MODIFICATIONS

- **Rule 3-2-4n (page 13) PIAA modification** restricts the wearing of hats, do-rags etc. unless approved by the PIAA for medical reasons.
- **See VII. Rule 4-4 NOTE.** Stocking hats may be worn in cold weather with Games Committee approval.
- **Questions??**

