



# 2022 NFHS TRACK AND FIELD AND CROSS COUNTRY RULES POWERPOINT

National Federation of State High School Associations





Rules Changes  
Major Editorial Changes  
Points of Emphasis




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## NEW NFHS RULES APP

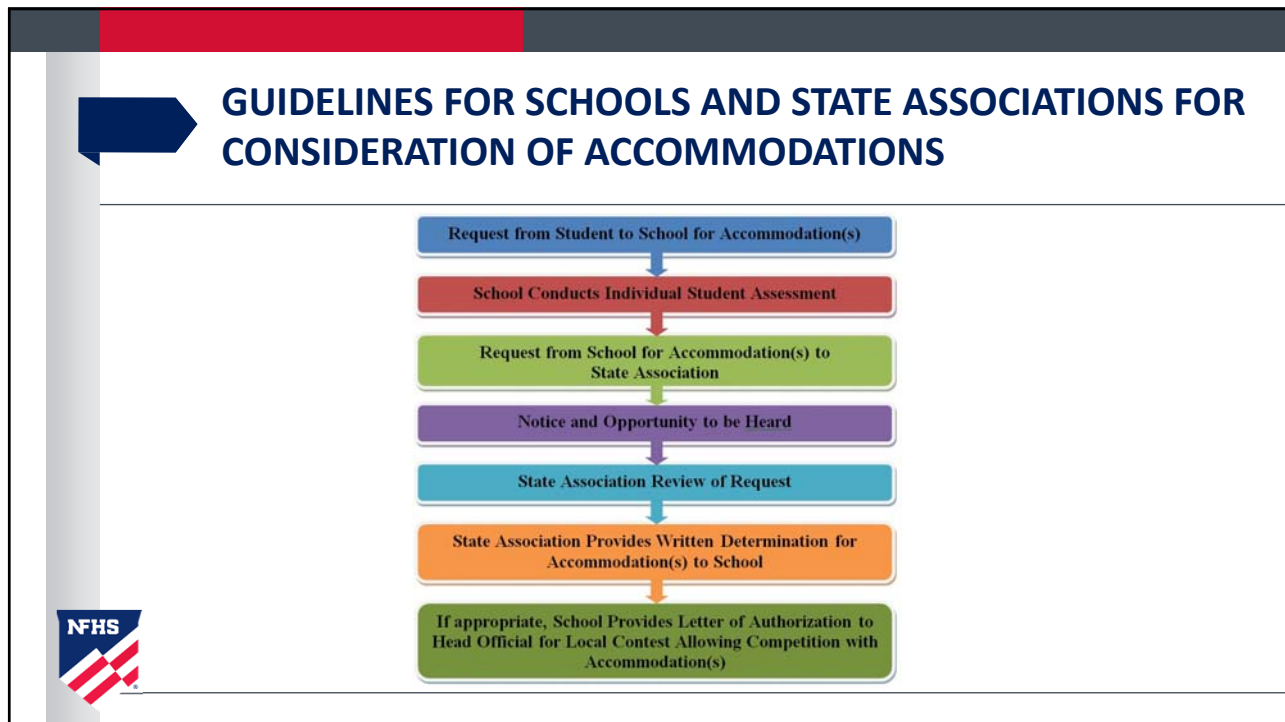



- Rules App features:
  - Searchable
  - Highlight notes
  - Bookmarks
  - Quizzes for all sports
  - Easy navigation
  - Immediate availability
  - Free to paid members of the NFHS Coaches and Officials Associations
  - [www.nfhs.org/erules](http://www.nfhs.org/erules) for more information



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## 2022 NFHS TRACK AND FIELD AND CROSS COUNTRY RULES CHANGES




**TITLE IX 50**  
Celebrating and Growing Opportunities

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Rule Change




## RULE 4-3-1



Celebrating and Growing Opportunities


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logo larger than 2 ¼"  
around waistband  
only

b. Each competitor shall wear a school-issued or school-approved full-length track top and track bottom or one-piece uniform. Any outer garment (e.g., t-shirts, sweatpants, tights) that is school-issued or school-approved becomes the official uniform, when worn.


5. A single manufacturer's logo/trademark/reference, no more than 2¼ square inches with no dimension more than 2¼ inches, is permitted on the top or one-piece uniform. **Bottoms may have manufacturer's logo/trademark/references larger than 2¼ square inches around the waistband.**




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Rule Change






Celebrating and Growing Opportunities

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- 4.3.1 SITUATION A - A 1 reports to the 100-meter dash wearing compression shorts with a manufacturer's logo on the thigh just above the knee as well as the manufacturer's trademark around the entire waistband. The trademark around the leg is no larger than 2¼ square inches. A 1 runs and wins the 100. After the race, the coach of Team B protests to the clerk of the course that A 1 's uniform is illegal. **RULING: A1 's uniform is legal. COMMENT: Bottoms may have manufacturer's logo/trademark/references larger than 2¼ square inches around the waistband. Additionally, there may be a logo on the thigh as long as it meets the 2¼ square inches requirement.**



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## Rule Change


**RULE 4-3-1b, 8 (NEW)**
**TITLE IX 50**  
*Celebrating and Growing Opportunities*

- Head coverings worn for religious reasons are a **NOT** considered hair devices and must not be made of abrasive, hard or unyielding materials; and must be secured to the body or uniform.



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## Rule Change


**RULE 4-3-1b, 8 (NEW)**
**TITLE IX 50**  
*Celebrating and Growing Opportunities*


- Players may wear head coverings for religious reasons.
- The headwear must fit securely and be made of non-abrasive or soft materials.



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## Rule Change



- 4.3.1 SITUATION B - An official at the State Cross Country Meet observes A 1 wearing a head covering prior to the start of the race. The official informs the player that a note is needed from the state association to run in the meet. The incident is reported to the meet referee prior to the start of the race. The referee checks with A1 and observes that the garment in question is a religious head covering and therefore legal. **RULING: A1 is not in violation of Rule 4-3-1 b(8).** No warning. **COMMENT: Athletes are permitted to wear head coverings for religious reasons without approval from the state association. The head coverings should not be made of abrasive, hard or unyielding materials; and must be secured to the body and/or uniform.**



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## Rule Change



## RULE 5-3-3, 5-10-6 NOTE

**TITLE IX 50**  
*Celebrating and Growing Opportunities*

## Section 3 Track Markings

**ART. 3 . . .** An exchange zones 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 in lanes, the exchange zone shall be extended 10 meters in the direction of the incoming competitor.**

**ART. 6 . . .** Each competitor shall carry his/her own 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 4x100-meter relay and 4x200-meter relay, and other relays with legs of 200 meters or less, each exchange zone in which the incoming competitor is running 200 meters or less **in lanes** will be 30 meters long. **All exchange zones for races with incoming legs of more than 200 meters or when the incoming competitors are not in assigned lanes will remain at 20 meters.**



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Rule Change

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- 5.3.3 SITUATION - In the 4x200-meter relay, where the third runner (C3) cuts to the pole, runner C4 uses the 30-meter exchange zone to take the handoff. RULING: Team C is **disqualified**; the 30-meter zone is only used when the incoming runner is still required to run in an assigned lane. COMMENT: The exchange zone that should be used in this final exchange is a 20-meter zone.





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Editorial Change




## RULE 6 FIELD EVENTS



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- Reorganization
  - Sections
    - Definitions
    - General Field Rules
    - Breaking Ties
    - Shot Put
    - Discus Throw
    - Javelin Throw
    - Horizontal Jumps
    - Vertical Jumps
    - Venue Specifications
    - Implement Specifications






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## Rule Change



## RULE 6-2-6 THRU 9

**TITLE IX 50**  
Celebrating and Growing Opportunities

### Section 2 General Rules For Field Events

ART. 6 . . . Warm-ups shall not be allowed unless supervised by an event official or the contestant's coach and the venue has been declared open by the meet director.

ART 7 . . . Warm-up approaches, in horizontal jumps, pole vault or javelin shall only be run in the direction the event will be conducted.

NOTE: During competition and while a competitor is on the clock (6-2-2), it is permissible for an athlete, after an aborted attempt, to run, jog, or walk backward in the opposite direction the event is being conducted.

ART 8 . . . 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.

ART 9 . . . At the conclusion of any field event, there shall be no further practice and implements, including vaulting poles, shall be removed from the area.

PENALTY: (Articles 6-9) 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.



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## Rule Change



## PIAA MODIFICATION

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- Rule 6-2-7 (pg. 41) PIAA modification, which “provides for warm-up approaches, in horizontal jumps (‘LJ/TJ’), vertical jumps (‘HJ/PV’), or javelin throw (‘JT’) shall only be run in the direction the event will be conducted.”
- The PIAA modification does include the High Jump event as part of Rule 6-2-7



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## Rule Change

**RULE 6-7-4 (was 6-9-9)**

**TITLE IX 50**  
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**Section 7 Long Jump and Triple Jump**

**ART. 4 . . .** Each legal jump shall be measured perpendicularly to the foul line or its extension and from that point in the pit touched by the person or anything that was attached to the body at the time it made the mark which is nearest the foul line or its extension.



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## Rule Change



**TITLE IX 50**  
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- **6.7.4 SITUATION -** While competing in the long jump, sunglasses fly off of A 1 's head and land in the front of the pit behind A 1 's mark.  
**RULING:** The mark shall be taken from where A1 landed, not where the sunglasses landed. **COMMENT:** Each legal jump shall be measured perpendicularly to the foul line or its extension and from that point in the pit touched by the person or anything that was attached to the body at the time it made the mark which is nearest the foul line or its extension. The sunglasses were not attached to the body so should not be used for measurement.



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## Rule Change

## RULE 8 CROSS COUNTRY

### 8-1-1

**TITLE IX 50**  
Celebrating and Growing Opportunities

**ART. 1 . . .** The cross country course shall be 2,500 to 5,000 meters (1.5 to 3.1 miles) in length as determined by the meet director or games committee. Measurement shall be along the shortest possible route a runner may take on the prescribed course. The course shall be clearly marked using one or more of the following methods:

- a. A single wide line or boundary lines, both inside and outside, marked with a material which is not injurious to the eyes or skin;  
NOTE: A single wide line, if used on turns, should utilize other methods of markings listed below to assist the runner in identifying the course route.
- b. The use of natural or artificial boundary markers; or
- c. Signposts with large directional arrows wherever the course turns, or flags about 1 foot square and mounted on stakes which hold them 6 feet or more above the ground.

**NOTE: If a single wide line is used, it may or may not mark the shortest possible route that a runner may take.**



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## Rule Change

## RULE 9 RECORDS

### 9-3-2 b and c, 6-8-12 (6-4-12), 6-8-28 (6-5-25)

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**ART. 1 . . .** In the field events, a record will be recognized for each competitor when two or more tie at the record height or distance even though the points and places in the event are determined by the method for breaking ties. A record in the field events is valid even when it is made in a preliminary trial and regardless of whether the competitor places in the final standings.

**ART. 2 . . .** In the vertical jumping events:

- a. A competitor shall be credited with his/her best achievement, including performances made in the jump-off of a first-place tie.

**b. An accurate measurement of the height of the crossbar shall be taken before each record attempt. Mark the crossbar and base of the standards to ensure consistent placement of the crossbar. Any displaced crossbar should be placed on the standards in exactly the same position as before its displacement. A displaced cross bar means any movement of the bar not only a dislodged bar from the pins or standards.**

**c. The crossbar height shall also be measured if the bar has been touched by a competitor before another competitor also jumping at the record height proceeds.**



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## Rule Change

**TITLE IX 50**  
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- 9.3.2 SITUATION - In the pole vault, C3 and D1 are attempting a record height vault. On the first attempt, C3 bumps the crossbar causing it to move, but not fall off, therefore successfully clearing the record height. The event referee measures the height again before D1 tries an attempt. RULING: Correct procedure. COMMENT: Even though the crossbar was not dislodged from the standards, an accurate measurement of the height of the crossbar shall be taken before each record attempt.



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**2022 NFHS TRACK AND FIELD AND CROSS COUNTRY EDITORIAL CHANGES**

**TITLE IX 50**  
Celebrating and Growing Opportunities



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Editorial Change



## RULE 2-2-4

**TITLE IX 50**  
Celebrating and Growing Opportunities

### Section 2 Scoring of Ties

**Art. 4.** . . The number of tied competitors determines the number of scoring places to be added together.

**NOTE:** A tie by two competitors for second place means the scoring points for second and third places shall be added together and divided by two. Third place shall remain vacant.



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Editorial Change



## RULE 3-2-3

**TITLE IX 50**  
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### Section 2 The Games Committee

**ART. 3.** . . The games committee has the authority to determine the:  
h. Approved items (tape, chalk, half-tennis balls, etc.) and locations of these marks for all relay races run in lanes.



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Editorial Change



## 6-9-13 NOTE

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**ART. 13 . . .** The declination 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.

**NOTE:** Calculate the slope by comparing the elevation at the start of the runway to the elevation at the take-off board; intermediate measurements are not considered.



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**2022 NFHS TRACK AND FIELD AND CROSS COUNTRY  
POINTS OF EMPHASIS**

**TITLE IX 50**  
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## Points of Emphasis



## EXCHANGE ZONE

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- The exchange zone in the last two rules books does not require that tracks are repainted or resurfaced in order to be in compliance with NFHS rules.
- The acceleration zone is incorporated into the exchange zone.
- The outgoing runner must be positioned within the 30-meter exchange zone.
- 30-meter exchange zone is used for relay races when the incoming competitor is running 200 meters or less in lanes.



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## Points of Emphasis



## USE OF ELECTRONIC DEVICES

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- The games committee for each meet determines the restricted and unrestricted areas in the meet.
- The use of electronic devices is permitted in unrestricted areas and coaches' boxes provided it doesn't interfere with the progress of the meet.
- When a competitor views a video or uses a wireless device in a restricted area during competition there is an unfair advantage gained.
  - During competition = an athlete is on the clock for a trial in a field event or in a race for running events.
- State Associations may also have policies in place to further address the use of electronic devices.



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## ADAPTED ATHLETES

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- Existing playing rules can be adapted to include students with disabilities and many times do not require undue administrative burden.
- Existing track and field venues can be used.
- Accommodations should not fundamentally alter the sport, heighten risk to the athlete or others or place an opponent at a disadvantage.
- The NFHS is available to assist state associations with questions and accommodations.



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## PIAA Modifications

- **Rule 6-3-2b4(a) (pg. 43) PIAA modification**, which “authorizes the Games Committee **to score a tie for first place in the vertical jumps (‘HJ/PV’)** by adding together the points for the tied places and dividing by the number of competitors involved in the tie in a **‘Multiple School (Dual) Event’** (i.e. Contests involving three (3) or more teams of students representing their schools in interscholastic track and field/cross country competition).”

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## YAIAA Reminders

- Home team is responsible for sending out meet conditions stating # of individuals per event, open pit time limits, 2X2 format for throwing, spike length, etc.
- 2X2 Throwing – Varsity Meets Only – (All competitors get 2 throws, coach designates three thrower who will get 2 more throws – Gentlemen/Ladies Agreement)
- JH Meets have A's (4 attempts) and B's (2 attempts)
- Heats run fastest to slowest
- Ensure that only adult "officials" are in positions of responsibility, i.e. marking the landing point of a discus attempt

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## YAIAA Reminders

- Shot Put Weights → Boys Varsity=12 lbs (5.443 Kg) ; Girls Varsity and Boys JH=4.0 Kg (8.818 lbs) ; Girls JH=6 lbs
- (Get rid of any old 8 lb shot puts)
- Use the 3 Turn Stagger for the 4X400m relay
- The YAIAA League Meet will be back to a one day meet at Dallastown, Friday, May 13<sup>th</sup>
- There will be XC Rules Meeting in the Fall of 2022 for the YAIAA
- **YAIAA XC Committee has adopted Modified Scoring for the Fall 2022 season**

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## Reminders for YAIAA Officials

- PIAA strongly encourages officials to be vaccinated and boosted
- When selecting officials for fall playoffs the PIAA required those officials to be vaccinated
- Officials will not be required to wear masks for the outdoor track & field season

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### Coaching Cross Country




#### Course Objectives

- Explain the cycles of the season and how to develop training plans based on them
- Illustrate drills using video of student-athletes
- Identify common Cross Country injuries and ways to prevent them
- Introduce the concepts of Team Dynamics and explain how they affect a team's performance and experience
- Provide an overview of goal-setting and mental toughness

#### Units

- Training Plan
- Goal Setting and Mental Toughness
- Team Dynamics
- Tapering Principles
- Common Injuries and Prevention
- Ancillary Training Activities
- Training Environments

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## Coaching Track and Field

**Course Objectives**

- Display fundamentals of running, jumping and throwing
- Highlight the importance of sound mechanics in teaching basic skills
- Identify key points of a skill
- Utilize video demonstrations to teach verbal cues to use when coaching athletes

**Units**

- Running
- Jumping
- Throwing

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## QUESTIONS?

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## Jon Seitz Contact Info

- Quick Answer – Text to 717-578-4906
- Email – [JSeitz@consulttrg.com](mailto:JSeitz@consulttrg.com)