



Track and Field Pre-Meet Notes

National Federation of State High School Associations

2011

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Mid-Competition Warm-Up Procedure Change for Pole Vault

Risk minimization is a number one concern for all track and field events. Over the past 10 years, the pole vault rules have been adjusted to help ensure the safety of the competitors. Experienced or more proficient vaulters often begin the competition on the sidelines as they wait until the bar is raised to the height where they enter the competition.



This wait time depends on the number of competitors and the starting height. A long wait places the waiting competitor(s) at a disadvantage as the idle body negates the effect of warming up prior to the competition.

Previously, a competitor who had not entered and passed three consecutive heights was allowed one warm-up

vault without the bar in place during the change to the height he or she would enter. For 2011, the rule has changed to allow that same competitor use of the runway and landing pit for two minutes and as many warm-up jumps as desired during that period. (Rule 7-5-16)

As an official, when more than one competitor enters and is

eligible for a warm-up period, the warm-up periods are added together. So, if two competitors enter at a height, four minutes are allowed for the warm-up period. If three competitors enter, six minutes are allowed. This is unlike the NCAA, where the warm-up time, while also two minutes, is not combined for multiple competitors.

Want to become an official? Start your training today!

The NFHS Track and Field Rules Committee and the USA Track & Field Officials Training Subcommittee are combining efforts and experience to provide the NFHS Pre-Meet Notes, an online track and field education publication. It is our goal to encourage more individuals to become track and field officials.

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2011 Brings Changes to the Penalty Enforcement of the Jewelry Rule

Jewelry is an accessory item worn to enhance an individual's appearance. For a number of years, the rules have prohibited the wearing of jewelry by competitors with the result being disqualification from the event. For 2011, the NFHS rules committee has modified the penalty enforcement procedures regarding jewelry. It should be noted that jewelry is still prohibited to be worn in competition.

Before going over the new procedures, let's review what is and is not jewelry. Although jewelry can be any number of items, it generally includes earrings, necklaces, pins, bracelets (metal, plastic, and rubber etc.), and rings on fingers. It also includes plastic "space savers" inserted into the ears where earrings or other jewelry usually resides.

However, the rule specifically determines certain items NOT to be jewelry. These items include the following:

- Medical alert medals (4-3-3a): If the medals are attached to a necklace or bracelet made of metal or an unyielding material, the medal shall be taped to the body. If attached to a pliable bracelet, it does not have to be taped.
- Religious medals (4-3-3b): These medals must be worn under the uniform and be taped to the body.

Unlike modifications to the uniform for religious reasons, no letter of authorization from the state association is needed for the religious medal.

- Watch (4-3-3c): A single watch worn on the wrist is considered track and field equipment, not jewelry, and is not considered an aid for racing under the unfair assistance rules. (See 4-6-7 Note 2)
- Unadorned hair control devices as described in the rule. (4-3-3d)

In previous years, when an athlete competed with jewelry, he or she was immediately disqualified from the event.



Metal alert bracelets and all medical alert necklaces shall always be taped to the body.



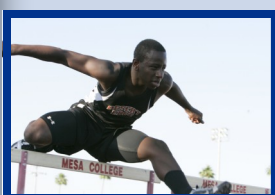
Medical alert bracelets made of pliable material are not required to be taped to the body.

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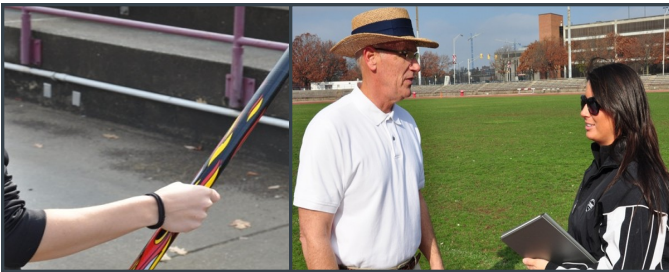
Edited by Becky Oakes, NFHS Track and Field Rules Editor; Rob Buzaitis, Vice Chair for Training, USATF Officials Committee; and Robert Kern, Secretary for the USATF Officials Training Subcommittee.

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Now, under Rule 4-3-3, when an official observes an athlete competing with jewelry, he or she takes two specific actions: (1) informs the competitor he or she must remove the jewelry before further competition and (2) informs the meet referee of the jewelry violation. Once the meet referee is notified by the official, the referee notifies the head coach of the offending school of the violation and issues a team warning. Once the team warning is issued, any new violation(s) will result in that individual being disqualified from the event.



If a competitor is observed wearing jewelry during competition and this is the first violation by any team member, the competitor is to remove the jewelry and the team receives a warning from the referee to the coach.

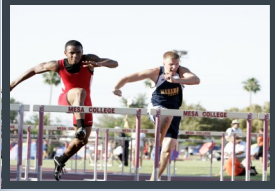
Because this is a new rule and it requires extensive communication, here are some suggestions for referees and event officials in implementing the new jewelry penalty procedure:

- Though it is repeated year after year and in many articles in this Pre-Meet Notes newsletter, preventive officiating can help stop potential violations from becoming violations. Vigilance in reminding coaches and competitors to check for jewelry and remove it prior to the competition can make the whole penalty procedure moot.
- ANY competitor observed by a meet official wearing jewelry needs to remove the jewelry prior to continuing in the competition, whether or not a team warning has been given. Failure to do so may result in disqualification from the event not for the jewelry rule but for unacceptable conduct by willfully failing to follow the directions of a meet official (4-6-2).
- Event officials need to make sure they have the necessary information to report to the referee: name of competitor, school, event, and description of prohibited item.

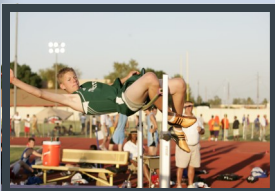
- Referees need to keep track of the school, gender, and time of day the team warning was given. The time of day is important to allow the referee to know if a new violation reported occurred before or after the team warning was issued. The purpose of the team warning to the head coach is to allow a final reminder for the team's competitors to check that they are not wearing jewelry. (Therefore, a referee may exercise some discretion when a new violation is reported within minutes of the team warning being issued.)
- When a meet official in cross country observes a competitor wearing jewelry prior to the start of the race, the official shall notify the competitor and his/her coach to remove the jewelry before being eligible to compete, without delaying the race start, and by way of the referee issue the team warning. A competitor on the same team observed wearing jewelry during competition shall be disqualified.
- In cross country once the race has begun, as a practical matter, disqualification will only result if there is more than one race of the same gender. For example, if there is only a varsity race, an observed jewelry violation during the race will result in a team warning given after the race. However, if a freshman or junior varsity competition precedes the varsity race, the team warning would be in effect. Any new violations would therefore result in that individual being disqualified from the race.
- Meet referees, at their own discretion, shall not issue team warnings to all teams prior to the meet in either sport to circumvent or avoid the procedure outlined in the NFHS rules.



A subsequent violation of wearing jewelry by any member of the team after a team warning shall result in disqualification from the event.



The important thing to note is that the only reason for changing the order is for competitors in other events, not for other reasons or a competitor's personal convenience.



Competition Order Changes for Multiple-Event Competitors Clarified

A change to the rules regarding the competition order makes the rules for throwing and horizontal jumping events consistent. It also gives guidance on how and when competitors shall be accommodated when being excused to participate in another event.

In previous years, the rules for throwing events and jumping events were not the same. Because it was not the intent of the NFHS rules committee to treat them differently, the rule in both sections (6-2-6 & 7-2-6) of the rule book in 2011 is the same. It reads as follows:

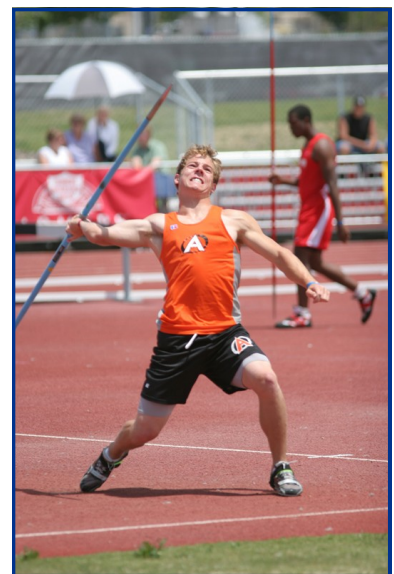
In preliminaries and finals, the head event judge may change the order of competition to accommodate those who may be excused to participate in other events. Competitors may take more than one trial in succession. If weather or other conditions might result in unfairness to any competitor, the referee shall alter the plan and prescribe single trials in the preliminaries and in the finals.

The important thing to note is that the only reason for changing the order is for competitors in other events, not for other reasons or a competitor's personal convenience.

The rule lists possible accommodations the head event judge can make for the competitor: place him or her in a different place in the listed order of competition, allow him or her more than one trial in succession, or both. For example, if a competitor needs to leave 10 minutes after the shot put preliminaries

start, the head event judge could have the competitor throw all 3 attempts in a row at the beginning. Or the head event judge could have the competitor throw the first attempt, let two other competitors throw, give the competitor his or her second attempt, allow two other competitors to throw, and give the competitor his or her third throw. In the vertical jumps (pole vault and high jump), while the competition does not have preliminaries and finals, the change of order and consecutive trials accommodation for multiple-event competitors is still applicable.

An important part of the rule is that the referee can alter the head event judge's plan should the referee determine unfairness may result because of "weather or other conditions." While any changing of order results in competitors being treated differently, the referee's decision should rest on if the competitor who is given the accommodation is receiving an unfair advantage or the rest of the competitors are suffering an unfair disadvantage.





Preventive Officiating

It is important to realize that the purpose of preventive officiating is not to limit the competitors in their warm-ups or competition, but to ensure that the venue is safe and to minimize risk to competitors, coaches, officials and spectators as well as help the competition to progress smoothly and efficiently. While coaches are responsible for ensuring their competitors are knowledgeable of the rules, it is the official who guides each event to be fair and safe for all competitors.

Preventive officiating can begin as early as when meet information is sent to schools. It continues when pre-meet packets are given to coaches prior to the coaches' meeting. This information can include the most critical concerns such as pre-meet practice at field event venues, electronics and jewelry rules, and other practice and competition decisions made by the games committee. Coaches' meetings and meetings of captains prior to the start of any competition should include reminders from the referee and games committee.

Prior to competition, officials review with competitors the rules and procedures relating to the event to aid in minimizing misunderstandings that could result in failed attempts or disqualification. This review could include the basic rules of the event, the manner competitors will be called up, requirements for advancement to the finals, procedures for being excused to compete in another event, and a general reminder of uniform and sportsmanship regulations. By addressing these items prior to the start of the event and, if appropriate, informally cautioning competitors about things which will be penalized if they occur during competition, the official allows the competitors' performances to decide the results.

Preventive officiating is everyone's responsibility and, when consistently utilized and applied by all parties concerned, is a great benefit to the competitors at a track and field meet whether it be a dual meet or the state championships.



Excused Time from Field Events

There are a number of rules that apply to competitors being excused from field events to compete in other events, both running and other field events.

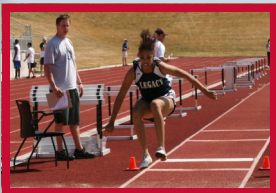
Rule 3-2-3o allows the games committee to set the time limit as well as the procedure to follow for competitors who need to be excused to leave a field event to participate in another event. The purpose of the time limit is not to penalize the other competitors who are present and ready to compete when one competitor is entered in multiple events at the same time. The games committee should look at the event venues and time schedule in determining an appropriate time period to allow competitors to return to an event. This time limit, as set by the games committee, should be communicated to the officials, coaches and competitors.



Rules 3-10-3 and 3-10-4 state that the field event judges may change the order of competition to accommodate excused competitors in other events and that the field event judges may choose to permit the competitor to take trials in succession for the preliminaries and finals.

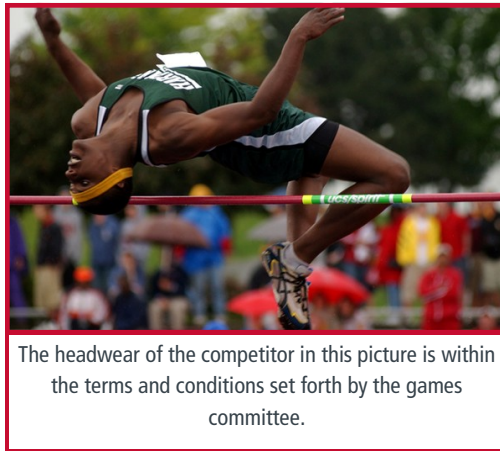
Newly-revised Rules 6-2-6, 6-2-7, and 7-2-6 permit event judges to change the order of competition, including using successive trials, for competitors entered in multiple simultaneous events. Potential methods suggested include creating smaller groups and allowing the multiple event competitors to take two or all their trials before the other competitors.

Choose a Height, Any Height



The NFHS Track and Field Rules Committee has added language for the high jump (Rule 7-4-11) and pole vault (Rule 7-5-18) events that allows the event winner to determine the successive heights. This added language makes it clear that the individual must have been determined the event winner before earning the right to select his or her height.

Rule 3-2-3j states that the games committee determines the starting height and successive heights for the high jump and pole vault. Therefore, even if there are two competitors remaining who wish to change the established progression, this is not permitted until there is one clear winner.



The headwear of the competitor in this picture is within the terms and conditions set forth by the games committee.

A few situations to consider:

- All competitors but one have entered the competition and have three consecutive misses. The other competitor has not jumped or vaulted yet. He or she must first successfully jump/vault at a height in the established progression, thus winning the competition, before earning the right to choose subsequent heights.

- Two competitors (A&B) are left in the competition. A misses on all three trials at a height; B has missed his/her first two trials at the same height. Before taking a third trial, B requests the bar be raised to a height NOT in the established progression. Since at this time there has not been a winner determined yet, the request is denied. However, a few notes to consider:

- ◇ B is not considered to be the event winner before his/her third attempt even if a review of A and B's misses show that B would be awarded 1st place through the tie-breaking procedure.
- ◇ B CAN pass at that height and request the bar be raised to a height in the established progression prior to his/her third attempt.

SITUATION

Two competitors remain in the finals of the high jump (competitors A1 and B1). The bar is now set at 7 feet. B1 misses all three jumps at 7 feet. A1 has cleared his/her jump at 7 feet and is now declared the winner. A1 now requests the bar be moved up to 7 feet, 2 inches, which would better the state record.

RULING: The winner's request is granted.

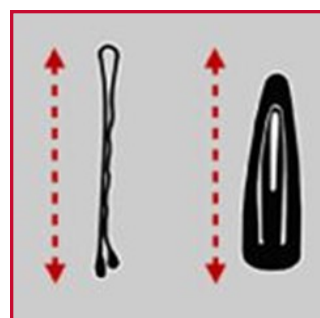
Rule Changes the Result of Vertical Jumps Equipment Failure

A theme that competitors should not be penalized for something out of their control during the vertical jumps continues in this year's rule changes. For a number of years, it has been a no jump if a pole breaks during an attempt. (7-5-22) Last year, a competitor who missed when the standards were at the incorrect setting due to the officials' error was allowed a substitute attempt.

This year, the NFHS rules committee changed the rules once again to award another trial when the supports on the uprights slip when a jumper or vaulter hits the crossbar and causes the crossbar to be displaced. (7-2-12) As previously stated, the purpose of this rule is to not penalize competitors for equipment failure. If the crossbar is not displaced, the competitor is credited with a made attempt. Note that it is still a foul if a competitor, after clearing the crossbar, makes contact with the upright and displaces the crossbar. (7-4-16c & 7-5-29f)

Hair Control: Keeping It Simple

For those track and field competitors with fuller and longer heads of hair, there is the important question, "How am I going to keep my hair in place when I compete?" Prior to 2011, the choices included rubber bands, scrunchies, and headbands (if allowed by the games committee).



Unadorned hair devices, such as bobby pins or flat clips, no longer than 2 inches are legal with no games committee action needed.

In 2011, the NFHS rules committee has changed the rules to allow "unadorned devices, such as bobby pins, barrettes and hair clips, no longer than 2 inches" to be worn to control a competitor's hair without action by the games committee. (Rule 4-3-3d) "Unadorned" means the device should be plain, simple, and functional: no ribbons, beads or other attachments. Rubber bands, scrunchies and headbands, if allowed by the games committee, may still be worn.

POINT OF
FOCUS
EMPHASIS

Concussion Management

To assist in concussion management, the NFHS, at no cost, offers Concussion in Sports — What You Need to Know. The only requirement is registering on www.nfhslearn.com, which is quick and easy. This 20 minute course is designed for coaches, officials, parents, administrators and students to learn how to recognize the signs and symptoms of concussions and a step-wise process to return to the competition. Check it out and share this information with others.

Legal

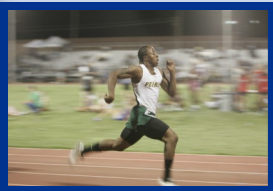
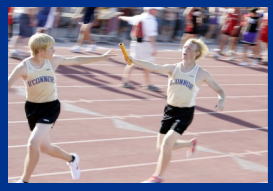


Illegal



Coaches have the responsibility to counsel their athletes on what is illegal and should not be worn in the hair to avoid problems and possible disqualification.

Spotlight: Starting the 4x200-Meter Relay



While relays are an exciting part of the track meet for the competitors, coaches, and spectators, the staggered starting lines used can pose challenges to the starter. No race is more challenging than the outdoor 4x200-meter relay, which is generally run entirely in lanes and requires a 4-turn stagger. In this article, we will focus on the issues facing the starter in the 4x200-meter relay and suggestions on how to deal with those issues.

A starter's pre-meet duties for the 4x200-meter relay are generally the same as for other races. They include familiarizing yourself with the starting lines and exchange zones, conferring with the clerk of the course regarding the pre-race instructions, and meeting with your assistant starter and discussing recall procedures.

As the starter looks at the starting lines, he or she needs to decide where to stand to start the race. For all races, a starter should be in visual contact with all competitors and ideally equidistant from all competitors so the pistol report is heard by all competitors at about the same instant. With its 4-turn stagger, the 4x200-meter relay results in the widest stagger of competitors, with the lead-off runner in lane 1 starting at the start/finish line and the lead-off runner in lane 8 past the top of the turn.

When deciding a starting position for

this race, an important consideration is whether the starter has an assistant starter. The assistant starter could be the one assigned that duty for the entire meet or another official asked to help the starter for only this race. The assistant starter should have a starter's pistol, whistle, or some other method to quickly let the starter know if the race should be recalled for a false or unfair start. With an assistant starter present,

the starter should position himself or herself on the inside of the track, between the starting lines for lanes 4 and 5, and far enough back to be able to watch the competitors in lanes 5 through 8. In this position,

he or she will be ideally suited to observe a side view of the competitors. The assistant starter should be on the outside of the track, between the starting lines for lanes 4 and 5, able to watch lanes 1 through 4, and in the line of sight of the starter. This allows the starter to make eye contact without having to move his or her head.

If there is no assistant starter, there are two possible positions for the starter, neither of which is ideal. The first is on the infield far enough away from the track so the starter can get a good peripheral view of all competitors. On a track around a football field, the goal post may be a reference point. Being too close to the track does not give a good side view of all the competitors.



The disadvantages of this position are that the starter may not see something because it occurs in his/her peripheral vision and the lane 1 athlete may be blocked because of where the finish line officials and equipment are located. The other position is on the outside of the track in front of the last occupied lane. (If there are empty lanes, the starter should have the clerk redraw the lanes so there are teams in consecutive lanes.) While this puts the competitors in a narrower field of vision, it does result in the competitors in the lower-numbered lanes receiving the pistol report a few 1/10ths of a second later than the competitors in the higher-numbered lanes. The starter's position may vary from the above suggestions if there is a limited range of movement for an automatic timing sensor cable or if field event venues or their landing areas are located at that end of the track.

The 4x200-meter relay is a three command start: "On your marks," "Set," and the pistol report. As an alternative, the starter may use whistle commands. Factors in deciding whether to use voice or whistle commands include whether there is a voice amplification system and the starter's ability to project. The clerk or the starter should explain to the runners whether vocal commands or whistle commands will be used. If whistle commands are used, the starter should explain how this will work. Here is a short summary of whistle commands from the 2011/2012 NFHS Track and Field Officials Manual (p. 27): Five or six short blasts are given for runners to stand at their marks and alert the finish line officials to be ready. When all are ready, one long blast is given as the "On your marks" command. When all the runners are at their marks, a second long blast is given in place of the "Set" command. When all the runners are set and motionless, the starting pistol is fired.

Other responsibilities of the starter prior to the start include ensuring that the finish line officials are ready. He or she should also ensure that the exchange zone across the track is ready for the race to begin. Also, prior to the race, the starter or another official should assign people to remove any starting blocks used by the lead-off runners from the track immediately following the start.

Meet Director — Representative of Host Management

Previously the rules did not identify a single position to serve as the representative of the host meet management for the meet referee to contact in the event there were facility problems, spectator conduct problems or other similar issues.



Meet Director

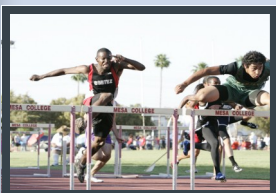
Rules 3-3-1 and 2 provide that the meet director is the official representative of the host meet management. He or she has the responsibilities to deal with issues that come up outside of the scope of the competition rules and matters of unsporting conduct by spectators. Should the meet director need assistance in these areas he/she may designate another representative of the host meet management to serve as his/her designee. The meet referee should always be apprised of other individuals assisting in these roles.

**Official
representative of
host meet
management**

**Responsible for
handling
unsporting
spectator conduct**

**Responsible for
matters outside of
competition rules**

2011 Track and Field Rules Changes at a Glance



Several of the 15 new rules changes approved by the National Federation of State High School Associations (NFHS) Track and Field and Cross Country Rules Committee have more lenient penalties than in the past, including a team warning for the first jewelry violation when observed during competition. The changes, which were subsequently approved by the NFHS Board of Directors, will take effect with the 2010-11 school year.

While jewelry is still prohibited in all track and field events under Rule 4-3-3, the first violation witnessed by an official will now result in a team warning. The observing official shall report to the meet referee, who will then notify the coach of the offending school. All subsequent violations will result in a disqualification of the athlete(s)/relay team from the event.

Becky Oakes, NFHS assistant director and liaison to the Track and Field and Cross Country Rules Committee, said the committee was trying to remain consistent with other sports that prohibit jewelry without being too harsh. "Other than a handful of field events with minimal risk minimization concerns, there isn't a real risk of injury in this sport from wearing jewelry," Oakes said.

"The committee, after discussion and review of the questionnaire, believed this penalty was more appropriate." With regard to medical-alert medals, which are not considered jewelry and are allowed, the rule now reads that the alert should be visible. Oakes said the committee thought medical alerts that aren't visible defeat the purpose of

wearing information that may be important to those responding to an emergency, and responders may need immediate access to the alert.

The rule has also been updated to reflect new technology in medical-alert notification items. Any bracelet made of metal or an unyielding material still needs to be taped to the body, but a bracelet made of pliable material does not require taping. Medals worn on necklaces of any kind still need to be taped to the body.

Additionally, Rules 4-3-3 and 9-6-7 were amended to allow additional means of hair control. Unadorned devices, such as bobby pins, barrettes and hair clips, no longer than two inches, may be worn to control a competitor's hair. This rule was updated to reflect common practice in some states and achieve consistency throughout the rule's application. These items for hair control are not considered dangerous for the contestant and are not considered jewelry or adornment.

"The committee is open to other means of hair control, such as flat clips," Oakes said. "The rule change doesn't open up the wearing of adornments or other items that pose a risk of injury."

Other rules changes allow more leniencies in what is considered a foul, primarily in high jump and pole vault. Under Rule 7-2-12, if improperly fastened supports slip downward when a jumper hits the crossbar, it shall be ruled a no jump and the jumper will get another trial, regardless of the initial jump's result.

In the same vein, a note was added to Rule 7-5-29a that if a crossbar and/or uprights are placed incorrectly by the contest officials and the crossbar is displaced by the competitor, the trial is not recorded and the competitor receives an additional trial.

“All of these things used to be fouls,” Oakes said. “But if equipment is placed improperly by the officials or there is an equipment malfunction, the rules should not penalize the jumper.”

The committee also approved several other rules changes in field events. First, Rule 7-5-16 has been deleted and replaced with new guidelines for the warm-up of pole vault competitors who have passed three consecutive heights and not entered the competition. Those competitors are now allowed two minutes of warm-up jumps per competitor entering at that height. These competitors often sit out long enough that a proper warm-up is in order. Such a warm-up wasn’t being provided by the old rule that allowed only one warm-up jump.

Rules 7-4-11 and 7-5-18 have been modified to clarify protocol when there is only one competitor left in a vertical jump competition. Only after that person has been determined the event winner may he or she determine successive heights of the crossbar.

Additionally, a revision to both throwing and jumping rules allows for a change in the order of competition. The head judge may now change the order, in both preliminaries and finals, to accommodate those who may be excused to participate in other events. Competitors may take more than one trial in succession.

Following are other changes made by the NFHS Track and Field and Cross Country Rules Committee:

- A significant editorial change that will affect all sports requires that any athlete who exhibits signs, symptoms or behaviors consistent with a concussion, including but not limited to loss of consciousness, headache, dizziness, confusion or balance problems, must be removed from the contest immediately and shall not return to play before being cleared by an appropriate health-care professional.

- Although rarely a factor in track and field, Rule 4-4-1 was added, stating that if a hard or unyielding item, such as a guard, cast, etc., is worn, it is up to the referee to determine if padding is required. Such padding shall be closed-cell, slow-recovery foam no less than one-half-inch thick. Unaltered knee and ankle braces do not require any additional padding.
- Rule 4-4-2 clarifies the use of prosthetics in track and field. Each state association may authorize the use of a prosthesis, which in its opinion, is no more dangerous to competitors and/or equipment than the corresponding human body part(s) and does not place an opponent at a disadvantage.
- New to the rules book but commonly practiced, a letter of authorization shall be provided by the state association for any modifications to uniforms or equipment due to medical or religious reasons. The letter shall be made available to the meet referee prior to the beginning of competition.
- Rule 3-3-1 identifies the meet director as the official representative of host meet management; 3-3-2 makes that person responsible for handling unsporting conduct by spectators and other matters outside of competition rules.

Did you know?

Outdoor track and field is the second-most popular sport for boys, with 572,123 participants, and most popular sport for girls, with 469,177 participants, at the high school level, according to the 2009-10 NFHS Athletics Participation Survey. The sport ranks second in school sponsorship with 16,011 schools sponsoring the sport for boys and 15,923 sponsoring the sport for girls.

Cross country is the seventh-most popular sport among boys and the sixth-most popular among girls in high school. During the 2009-10 season, a total of 239,608 boys and 201,968 girls participated in the sport. School sponsored teams included 13,942 boys and 13,809 girls teams.



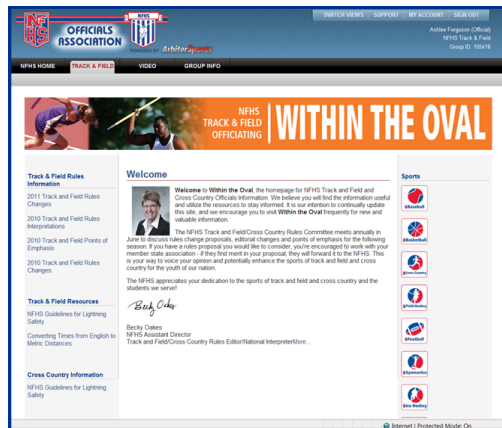
“Within the Oval” will provide information about the sport, rules information, resources and will include video content relating to track and field and cross country officiating.



“Within the Oval” for Track and Field/Cross Country Officials

The NFHS is pleased to welcome officials to the NFHS Central Hub. This new Web site is dedicated entirely to members of the NFHS Officials Association.

As an official, if your state high school athletic/activities association is a 100% member state, you already have access to the “Within the Oval” Central Hub. If your state is not a 100% state, you may join the NFHS Officials Association as an individual.



This site is committed to delivering the most current online resources available to assist the official in his/her season. “Within the Oval” will provide information about the sport, rules information, resources and will include video content relating to track and field and cross country officiating. A special rules library is available and provides a searchable rules database of NFHS track and field and cross country rules, case book, manual and situation interpretations.

For information on how to join the NFHS Officials Association and the benefits for member officials, log on to www.nfhs.org, Join or Renew.



Discus Cage — Are You Up to Date?

The rules and guidelines for the discus cage have been a part of the NFHS Track and Field rules for many years. The addition of the discus cage to this event evolved to help minimize the risk of injury to individuals involved with the event and those around the event venue.

Schools, recognizing the risk minimization concerns with this event, should have or upgrade their discus facilities to meet or exceed the minimum requirements in the rules and the guidelines as provided in the NFHS Track and Field Rules Book. (Rule 6-4-6, Appendix A) The athleticism of today’s discus throwers necessitate a cage that is designed to provide protection for competitors, officials and spectators in the immediate throwing area. The cage material should be of a heavy nylon material or other shock absorbing material. The ends of the cage (wing/gate pole) and the height of the cage should provide protection based on the improved athletic performances of today’s athletes.

Coaches have the responsibility to work with the appropriate staff within their school districts to keep the discus venue up to date with the cage design, construction and material as well as proper markings to restrict fans and others from entering the competition area.

Make sure your discus cage is up to date by the rules and for today’s performances.

**National Federation of
State High School
Associations**

PO Box 690
Indianapolis, IN 46206
Phone: 317-972-6900
Fax: 317-822-5700

USA Track and Field

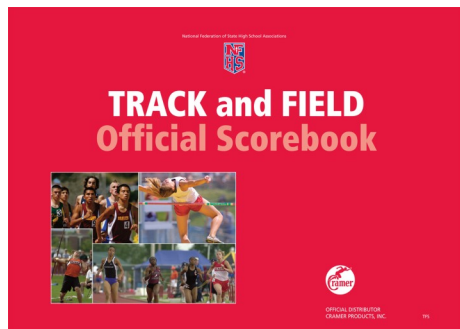
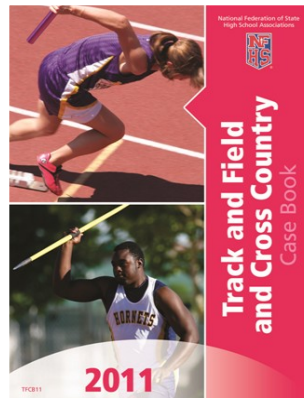
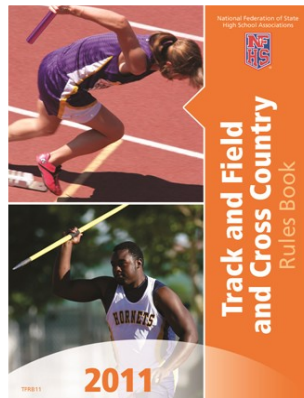
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