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Track and Field Pre-Meet Notes

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Inclusion into track and field

National Federation of State High School Associations

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Review of 2014-15 Rule Changes

55m vs 60m in the Dash and Hurdles (Rule 1-4) More and more high schools are hosting indoor meets at college facilities. Most high schools have a 176-meter oval vs. a standard 200-meter oval that most college sites run on. The new rule provides, for indoor competition, the Games Committee or Meet Director the option of running either distance. Since each respective race boys or girls will have five hurdles, the only difference between the 55m and 60m is the distance of the run out after the last hurdle, to the finish line. Providing this rule option eliminates unnecessary additional site modifications or special markings to be laid down at those facilities that do not have 55m markings. 55m remains the standard distance for the indoor dash and hurdles and is the official distance for NFHS National Records.

Time Framework to Initiate a Trial in Field Events (Rules 6-2-9, 6-4-9a, 6-5-9a, 6-6-11h, 7-2-12, 7-4-14d, 7-5-27e & 7-6-13f) Each field event competitor must initiate his/her respective trial within one minute (or other prescribed time limit) after the competitor's name has been called for a trial. Completion of that trial is allowed beyond the prescribed time. This rule provides clarity to the common practice that has been utilized in the management of field events. As always, the time framework

will change for competitors in the vertical jumps, when there are three (3) or fewer competitors remaining in competition. However, they must still initiate their trial within the defined time after their names have been called for a trial.

Breaking of an Implement During a Trial in the Throwing Events (Rules 6-2-17-Note, 6-6-9, 7-2-18-Note 1) If a legal throw implement breaks during a trial, due to no fault of the competitor, it is not recorded as an attempt. The implement should be immediately removed from competition and replaced with a legal implement. As the implement has become non-compliant, it should be returned to implement inspector until competition is completed and a replacement trial should be awarded to the competitor. A legal implement must be utilized in the replacement trial.

If the implement breaks upon landing (i.e. tip of javelin breaks or the handle or harness of the weight breaks) the mark can be measured, the result recorded and no replacement trial is awarded, provided the trial was made in accordance with the rules. The non-compliant implement should be immediately removed from competition, returned to the implement inspector and replaced with a legal implement.

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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. Another way to ENJOY the sport!



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Legally Exiting The Ring After An Attempt In The Throws (Rules 6-4-9f, 6-5-9g, 6-6-11f) A thrower is no longer charged with a foul if he/she is out of control before legally exiting the ring, behind the back half of circle after the implement has landed (Rules 6-4-9f, 6-5-9g). The field judge no longer has to signal a fair and legal attempt with flags or verbally call “mark” before the competitor can exit the circle. A competitor can now exit after the implement has landed and the trial will be marked and measured and considered a successful trial, provided the trial was made in accordance with the rules. The field judge should continue to signal “Foul”, either with flags or verbally, for a trial not made in accordance with the rules. Officials in the discus and javelin should be mindful that the air travel time of the implement is longer than in the shot and therefore the exit of the thrower from the circle or the runway is delayed.

Displacement of a Crossbar in the Vertical Jumps - Fair or Foul? (Rule 7-2-11) The displacement of the crossbar by a force dissociated with the competitor after he/she is legally and clearly over the crossbar, shall be considered a successful trial, provided the trial was made in accordance with the rules. Vertical jumps competitors will not be charged with a failed trial if the crossbar is displaced by anything other than competitors attempt (i.e. wind or equipment failure).

In the pole vault, the pole cannot be caught by anyone if it is going to dislodge the crossbar (Rule 7-5-23). If the pole vault planting box padding causes the pole to redirect and knock the bar off, after the competitor is legally and clearly over the crossbar, the trial shall be considered a successful trial, provided the trial was made in accordance with the rules.

1600m or 1500m Run in the Decathlon (Rules 8-1-1,2) The universal distance is the 1500m in the decathlon. This new rule provides the games committee or meet director the option of running either distance, since there is an available table, located at www.iaaf.org, Scoring Tables for Combined Events. The

standard distance for the last race of the Decathlon in high school remains 1600m and the scoring table is located at www.nfhs.org, Track and Field/ Cross Country Resources.

Weight Throw in the Indoor Season (Rule 8-2-1) The indoor weight throw may be included in the order of events for indoor meets, beginning in 2015. This new rule provides, for indoor competition only, the games committee or meet director the option of providing two throwing events. Presently indoor meets only offer the shot. The throwing area shall be the same as the shot, 7 feet in diameter (Rule 6-5-3), with no toe board. A weight cage must be utilized for the safety of competitors as well as spectators and officials. The boys will throw a 25-pound weight and the girls a 20-pound weight.



Points of Emphasis

1. Risk minimization in the hammer and weight throws
2. Proper flagging in the throwing events
3. Legal implements breaking and becoming non-compliant during competition
4. Displacement of the crossbar not associated with competitor
5. Jewelry restriction removed
6. Head event judge mechanics – throwing events

Full descriptions are on page 11

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Rule Books Available as E-books

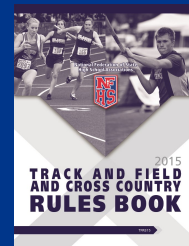
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Common Errors in Officiating Field Events

Field events present a unique form of competition at a track and field meet, as the competitors compete head-to-head, but perform individually, rather than collectively, as in running events. This type of competition presents challenges for officials as they ensure that the performances are measured accurately and once all competitors have completed the competition, the place finishers are correctly determined.

Each field event possesses a different set of circumstances that could lead to measurement errors. To ensure precise measurements officials must routinely, consistently, and accurately perform the tasks that comprise the measurement of each competitor's distance or height.

In the Throws:

1. Accurately determining the nearest edge of the first mark made by the implement.
2. Pull the tape through the center of the ring.
3. Record to the lesser measurable increment (Rule 6-5-11 - lesser 1/4 inch or centimeter in the shot). Round down if the mark has not met the next 1/4 inch.
4. Record to the lesser measurable increment (Rules 6-4-11 & 6-6-13 - lesser inch or even centimeter in the discus & javelin). Round down if the mark has not met the next full inch or even numbered centimeter.

In the Horizontal Jumps:

1. Accurately determining the point in the pit touched by the person or the apparel of the jumper which is nearest the foul line or its extension (Rule 7-6-13).
2. Pull the tape perpendicular to the foul line or its extension (Rule 7-6-13).
3. Pull the tape several feet past the takeoff board or its extension (for

accuracy).

4. Measure from the correct takeoff board (as there could be multiple takeoff boards).
5. Record to the lesser measurable increment (Rule 7-6-15 - lesser 1/4 inch or centimeter). Round down if the mark has not met the next 1/4 inch or centimeter.

In the Vertical Jumps:

1. Mark the crossbar and the base of the standard to ensure consistent placement of the crossbar (Rules 7-4-12 & 7-5-25). To ensure this, one face should be marked for identification.
2. Measurement shall be recorded to the nearest 1/4 inch or centimeter (Rules 7-4-13 & 7-5-26).
3. Measurement of the official height shall be from a point on the same level as the takeoff to the lowest point on the upper side of the crossbar (Rules 7-4-13 & 7-5-26).

more competitors finish with the same best performance (Rules 6-3-1 & 7-3-1).

2. The higher place is awarded to the tying competitor whose second best performance is better from either the preliminary trials or the finals (Rules 6-3-2a & 7-3-2a(1)).
3. If a tie still remains, the higher place is awarded to the tying competitor whose third best performance is better than the third best performance of any tied competitor, etc. (Rules 6-3-2b & 7-3-2a(2)).

To break ties in the vertical jumps, confirm that a tie actually exists, by checking your results a second time.

1. 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 (Rule 7-3-2b(1)).
2. If the tie still remains, the competi-

tor with the fewest number of total unsuccessful trials throughout the competition, up to and including the last height cleared, shall be awarded the higher place (Rule 7-3-2b(2)).

3. If the tie remains after applying (1) and (2) and 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 in the high jump and 3 inches in the pole vault. If two or more of the tying competitors cleared the

height, the bar shall be raised by 1 inch in the high jump and 3 inches in the pole vault. Each competitor shall attempt one trial at each height until a winner is determined (Rule 7-3-2b(4)).

4. If the tie concerns any place other than first, the competitors shall be awarded the same place (Rule 7-3-2b, 4b).

Officials should be reminded of the fol-

The screenshot shows the NFHS Officials website. At the top, there are navigation links: HELP, REGISTER, REDEEM LICENSE, and LOGIN. The main header reads "NFHS OFFICIALS". Below the header is a row of five small images showing officials in various settings. A prominent banner reads "'Interscholastic Officiating' Course Now Available!". Below this banner is a paragraph of text describing the course. To the right of the text is a "Order Now" form with a dropdown menu for "Select your state...", radio buttons for "I need..." (with "A single course for myself" selected), and an "Add To Cart" button. At the bottom of the page, there is a copyright notice: "©2014 NFHS Officials. All Rights Reserved." and a footer: "Developed and hosted by Creative Street Media Group."

Once all competitors have concluded competition and all of their best marks or performances have been recorded, now it is time to determine their final place finishes.

To break ties in the throws and horizontal jumps, confirm that a tie actually exists, by checking your results a second time.

1. A tie occurs when two or



lowing in breaking vertical jump ties:

1. Passed trials that shall not count as misses, when breaking ties (Rule 7-3-2b (3)).
2. A competitor shall be credited with his/her best achievement if it occurred in a jump-off for first place (Rule 7-3-2c).
3. If the height which 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 (Rule 7-3-2c Note 1).
4. No passed heights shall be permitted in jump-offs (Rule 7-3-2c Note 2).

When recording performances and determining final place finishers, speed is not the most important factor. Precise measurements and calculations are determined by a process that is consistent and patient ensuring that each and every competitor receives an accurate measurement and a correct final place finish.

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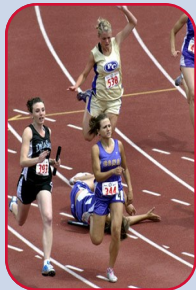


Rerun — When Are They Appropriate

The decision to rerun a race, and who is to participate in the rerun, is solely the decision of the Referee (Rule 3-4-3). The rerun of a race is a decision that should be made carefully – and rarely. A rerun should only be considered when no other remedy is available and should be considered only in races or relays with individual legs of 400 meters or less, for a one day meet.

time of the interference and the act did not affect the results.

The likelihood of a rerun in a small meet (dual, triangular, quad meet, etc.) is minimal, due to the shortened time schedule, significance of the meet, and risk management concerns for the competitors.



It is appropriate to consider a rerun, when one of the following conditions occurs:

1. Interference by another competitor resulting in disqualification.
2. Interference caused by a nonparticipant.
3. A meet administration error, i.e., wrong staggers, hurdle setting, official's instructions, etc.

However, at invitationals, conference championships, state qualifying competitions, and state level championships the stakes are higher and the impact of a rerun is of greater importance, significance, and impact to the final place finishers and team standings.

Reruns are seldom called for, should be avoided if at all possible, and should only be considered appropriate when no other remedy is available.

It should be noted that just the fact interference occurred does not require a rerun. Judgment must be utilized to determine if the interference truly did deny a competitor the opportunity to compete for a place or if the competitor was out of contention at the

For more information detailed concerning reruns, refer to the 2014 NFHS Pre-Meet Notes, page 4 or the NFHS 2015 Track and Field and Cross Country Case Book, page 15.



Implement Inspection



The primary job of the implement inspector is to weigh, measure and inspect all implements used in the throwing events, allowing only legal implements in warmups and competition (Rule 3-19-2). In doing so the implement inspector shall make sure implements comply with all the rules defining that implement. All specifications, for implements, are in the 2015 NFHS Track & Field Rules Book (Rules 6-4-2, 6-5-2 and 6-6-2).

Many people are only concerned with the weight of the implement since that is how we distinguish between the various sizes. While the minimum weight is important, there are other limitations on each implement. Some can be checked visually, but



Long Reach Digital Caliper

most require some kind of measuring device. A long reach digital caliper and a steel tape will handle most measurements.

The shot is strictly a ballistic device, which moves subject to force, and therefore it's required specifications are fewer. Rule 6-5-2 lists three (3) specifications, but two (2) of them are related. The circumference is a function of the diameter and so does not need to be measured. Therefore the two (2) measurements which must be taken are the weight and the diameter. In its construction, the shot shall not have indentations other than a weight marking which must be manufactured in such a manner that no advantage is gained by the grip (Rule 6-5-1).

The discus is aerodynamic and therefore has several specifications to restrict its flight. Rule 6-4-2 outlines six (6) specifications. Weight is, of course, one of them. The others are diameter, thickness and one to restrict shape. The latter refers to the specification of the diameter of the flat spot in the center of each side. An additional specification con-

cerns the rim, which must be smooth, without indentations that could be used as finger grips. Included in Rule 6-4-2 is a specification on the diameter of the rim, but that is harder to measure without a gauge.

Many competitors utilize a discus made of rubber. These tend to have a higher non-compliant rate, as their rim tends not to be smooth without indentations. Through over-use pieces of rubber brake off from the edges causing them to be non-compliant.



The javelin is also aerodynamic and can present a daunting task to a new implement inspector, since there are so many specifications. Rule 6-6-2 lists eight (8) specifications for its construction and Rule 6-6-1 presents three (3) additional ones, for javelins with a rubber tip.

Non-compliance of the javelin tends to be caused by the following:

1. Improper weight.
2. Not having the balance point within the grip.
3. Improper overall length.
4. Improper distance from the balance point to each end point.
5. Size of grip.
6. A grip that is worn or damaged.

The implement inspectors job does not terminate at the conclusion of inspecting and certifying all implements for competition, at the beginning of the meet. During the meet they may be asked to deliver and retrieve implements to the competition venues. They must also make themselves available, during competition, to recertify implements that have become non-compliant through use.

For more information about implement inspection, visit the USATF Officials Best Practices web site at <https://my.usatfofficials.com/resources/tag/implement-inspection>

What Officials Should be Looking for in Distance Races

The casual observer may often think that there is little to watch during a distance race, but there are several things that officials need to be aware of during these events. Though it is easy to let one's mind wander during a distance race, it is important for officials to pay attention to what is taking place on the track and remain observant.

Officiating distance races involves more than knowing the NFHS Rules pertaining to starting commands (Rule 5-7-3), recall procedures (Rules 5-7-4-6), interference (Rule 5-9-1), and running violations (Rules 5-13-1-4). While these are all important, an official should observe more, during the course of a distance race.

Distance races contain three separate components; the start of the race, the running of the race, and the finish of the race.

Start of the Race - The start of the race, varies based upon the number of competitors competing in the race. Officials duties are based upon the number of starters involved and are assigned by the head starter. Duties include, but are not limited to:

1. Providing a fair start for each competitor (Rule 3-6-1).
2. Ensuring that no part of a competitor is touching the startline (Rule 5 -7-4b).
3. Ensuring the competitors are motionless and set when the starter's pistol is fired (Rule 5-7-4c).
4. Observing when a race is not started in lanes (a waterfall start) or two or more competitors are assigned to a single lane (alley), that the race shall be recalled in the first 100 meters when a competitor falls due to contact with another competitor (Rule 5-7-6a, b).

Races Started in Alleys - Even though distance races are not run in lanes, competitors can commit a lane violation during the first part of the race if they are running in the outside alley. Just as in a race run in lanes, if a

competitor takes three or more consecutive steps with either or both feet on or over the inside lane (without being fouled), it is a violation. (Rule 5-12-1a)

Break Line - The break line is a place in each lane, usually at the point of curve, that marks the end of a lane stagger. It may be a solid line painted on the track, or designated by a flag or pylon located on the inside lane boundary of each lane. When utilized, competitors shall run the entire distance to the break line in their assigned lanes before breaking to the inside. (Rule 5-12-2)

Running of the Race - You need to observe the runners and note their running style. Knowing all of these characteristics assists you in making better judgment calls, if and when contact occurs.

1. Are their arms neatly tucked in or do they normally run with elbows away from the torso?
2. Do they have a smooth flowing long or short stride or run with short choppy steps?
3. Do they carry their body boldly upright or slightly bent forward?

Contact does occur during the running of a distance race. By observing these points during the running of a race, it places you the official in a bet-

ter position to render a judgment, should a mishap or violation occur.

As you observe the runners competing during the race:

1. Position yourself to maintain an optimum angle for observation.
2. Be proactive and anticipate what changes in the running may occur.
3. Observe the runners coming toward you, in front of you, and going away from you.
4. Note if they are tightly packed together.
5. Observe who is attempting to pass another runner.
6. Make note of the length of space left before a passing runner cuts back in.
7. Watch the hands, feet, and legs closely.

Interference - Any action by a competitor that unfairly changes the course or natural running rhythm of a competitor during a race. This may include bumping, tripping or running across the competitor's path (Rule 5-9-1). This can happen at any time at any place during a distance race, so officials must remain alert and vigilant.

In distance races, when a runner seems to trip or fall, the reasons for the mishap could vary greatly. The outcome of an official's observation could vary from a violation, leading to a disqualification or to a "no call", a deter-





mination of no evidence of an advantage or disadvantage being gained. Possible reasons for the runner tripping or falling could be:

1. A passing runner cut him/her off by cutting in too soon.
2. A trailing runner ran up on his/her heels.
3. The runner hit or stepped on a raised curb.
4. The runner nicked his/her own heels.
5. The runner caught his/her spike on the track.

Also watch the hands of the competitors, as they race. Did a trailing runner place a hand on a shoulder to let the runner in front know he/she was there or to prevent a collision? Did the trailing runner give a shove or throw an elbow to move the runner out of the way? Again, the outcome of an official's observation could vary from a violation, leading to a disqualification, or to a "no call".

In addition, both become issues and are of greater concern when competitors are competing on a track without an inside curb or on the curves.

1. A competitor shall not, when running around a curve, step on or over the curb, or painted curb line, for three or more consecutive steps with either or both feet (Rule 5-13-2).
2. It is also illegal for a competitor to deliberately run on or inside the track curb or painted line to gain an advantage by improving his/her position or shortening the course (Rule 5-13-1).

Lap Counting - In distance races with large fields and many laps, keeping an accurate count of the number of laps each competitor has run is very important. Therefore, it is vital that someone has the responsibility to make sure that lap counting is done accurately and effectively.

It is recommended that these steps be taken:

1. Assigning Lap-Counters – There should be a lap-counter assigned for at least every four runners. The lap-counters responsibilities include keeping track of the laps run by the competitors and the number of laps that they have remaining.
2. Securing a Lap Board or Counter – A clearly visible board should be at the finish line, indicating to the runners how many laps they have remaining. In a race

where competitors are being lapped, this board will indicate how many laps the leaders have remaining. It is up to the lap-counters to let the lapped runners know how many laps they have yet to run.

3. Identifying Lapped runners – It is also helpful to have one or two people watching and identifying those runners who get lapped as a back-up to the lap-counters.

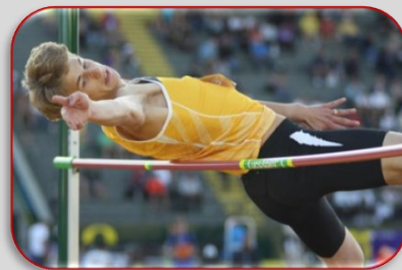
Finish of the Race - Position yourself to observe the runners, not only at the Finish Line, but also over the course of the final 100m. Duties include, but are not limited to:

1. Ensuring that all competitors complete the correct number of laps.
2. Watching for interference that occurs when a competitor changes course or veers to try and keep a competitor from passing or to force a competitor to run a longer distance.
3. Observing that lapped runners do not become obstacles to finishing competitors.

Officiating distance races presents a unique set of officials obligations and observations. Officials, who remain observant and vigilant throughout the course of the race, place themselves in a position to make a more informed judgment, should a potential mishap occur, during the running of a distance race.

Jewelry no Longer Prohibited

The NFHS Track and Field Rules Committee recommended and the NFHS Board of Directors approved deleting the rules prohibiting the wearing of jewelry in track and field and cross country beginning with 2015 season. In regard to the indoor season, each state association will determine if the new rule is being implemented for this season.



Jewelry ordinarily presents little risk of injury to either the competitor or opponents. This change enhances the opportunity for officials to focus on meet administration directly related to competition and not spend time on an area that does not provide an advantage or safety concern in the competition. An official may ask a competitor to remove an accessory if it is not properly secured or could damage equipment.



Coaches retain the responsibility to not allow competitors to wear items that are dangerous to them or to equipment such as a landing system in the high jump. Preserving the integrity of the sport, coaches should set and communicate expectations that jewelry, if worn, should not be dangerous, must be securely affixed to not come off during competition and to not disrespect the sport.

A state high school athletic association may determine to retain the prohibition of wearing jewelry and if prohibiting, the penalty for violation shall be determined by the state association.



Pole Vault Plant Box — ASTM Standard

For the purpose of minimizing risk of injury to pole vaulters, beginning with the 2014-15 school year, all pole vault plant box padding is required to meet the ASTM standards. The padding shall cover any hard and unyielding surface including between the planting box and all pads and other areas identified in the standard. Such padding can be incorporated into the design of the planting box or can be a padding addition to an existing planting box. (Rules 7-5-14 & 7-5-22) Manufacturers have marked the padding when ASTM compliant.

Coaches should be diligent in their efforts for proper installation of the padding. During competition, just as with the landing system and all other padding, the officials should monitor the placement of all padding. Should it move out of proper location the competition should be temporarily suspended, if necessary, to return padding to the proper location.

National High School Sports-Related Injury Surveillance Study

As high school sports participation continues to increase in the United States, the number of sports injuries have the potential to increase. The NFHS Sports Medicine Advisory Committee (SMAC) and the NFHS Sport Rules Committees use information from the National High School Sports-Related Injury Surveillance Study (High School RIO™) to monitor rates and patterns of sports injuries among high school athletes. High School RIO™ is currently collecting its 10th year of sports exposure and injury data.



High School RIO™ data shows that both boys' and girls' track and field have among the lowest injury rates of the 20 sports under surveillance. Boys' and girls' track and field injuries have remained relatively stable over time. During the 2013/14 academic year, hip/thigh/upper leg sprains/

strains were the most common injury in track and field representing 45.9% of all boys' and 40.5% of all girls' injuries. Injury patterns differ by event. For example, while pole vaulting accounted for just 5.1% of all track and field injuries, 33.3% of all concussions sustained in track and field occurred in pole vaulting. Understanding such

patterns of injury is one important tool available to those working to promote health and safety as a priority in the efforts to keep track and field athletes as safe as possible.

If you are interested in more information on the High School RIO™ Study or interested in becoming a reporter for boys' and/or girls' track and field, please visit <http://www.ucdenver.edu/academics/colleges/PublicHealth/research/ResearchProjects/piper/projects/RIO/Pages/Study-Reports.aspx> summary reports.

Interested in More Information or Becoming a Reporter?
To become a reporter for boys' and/or girls' track and field, please visit <http://injuryresearch.net/rioreports.aspx> for summary reports or send an email to highschool-rio@nationwidechildrens.org

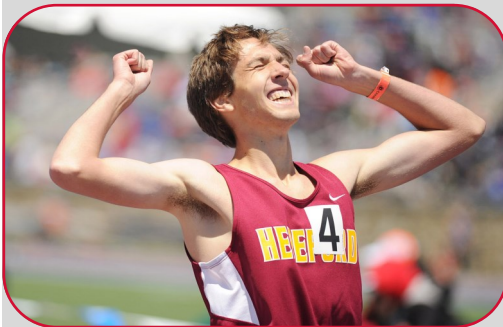
NFHS High School Participation Survey Results

Overall, track and field and cross country participation continues a steady growth pattern. Participation of girls in grades nine through 12 has reached an all-time high in both track and field and cross country. School sponsored programs have also reached their highest mark for track and field and cross country.

The NFHS Participation Survey consisted of 54 sports and of those, outdoor track and field, cross country, soccer and basketball were the only sports to have all 51 state association report participation from both boys and girls.



Outdoor track ranks second for the number of schools reporting a boys program and for the total number of boys participants, cross country is fourth and seventh respectively. For the girls, track is second for the number of schools and first in participation, with cross country being fourth and seventh respectively.



Congratulations to all our high school participants and let's see continued growth in 2014-15!

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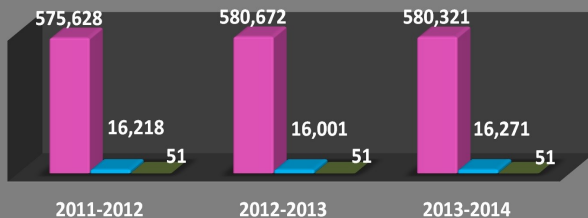
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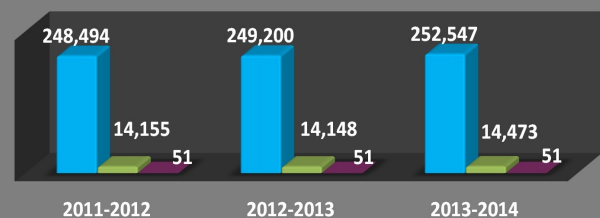
Boys Outdoor Track & Field

Individuals Programs States



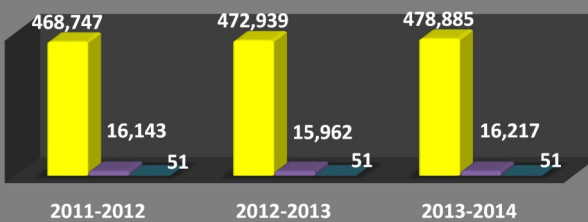
Boys Cross Country

Individuals Programs States



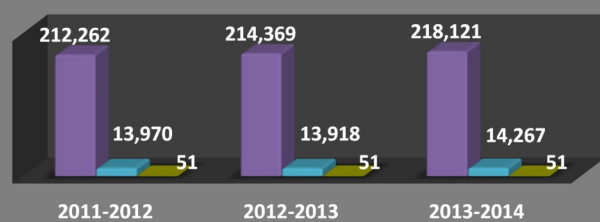
Girls Outdoor Track & Field

Individuals Programs States



Girls Cross Country

Individuals Programs States



Detailed Points of Emphasis

Risk minimization in the hammer and weight throws –

The weight throw is allowed as an additional indoor event. Boys will use a 25-pound weight and girls will use the 20-pound weight. The throwing circle is the same size used for the hammer throw and shot put (7 feet in diameter with no toe board). A weight cage must be used to maintain the safety of spectators, waiting competitors and officials. Flagging should be set up well outside the sector lines. Throwing shoes and gloves are recommended.



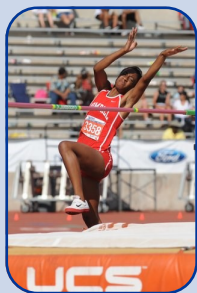
Proper flagging in the throwing events –

Throwing events should be cordoned off and/or flagged properly for the safety of spectators, competitors and officials. Ropes, fences or flags should be set up well outside the sector lines to minimize the risk of injury for spectators, athletes and officials. Spectator seating should be placed behind the throwing area and back from the cage.



Legal implements breaking and becoming non-compliant during competition –

An implement used in competition shall be deemed legal by the appropriate official prior to the event. It is possible for an implement deemed legal to break during a trial. For example, in the javelin, the tip could come off or the cording of the grip could unravel during flight. If the implement breaks (or becomes illegal) during the trial, the competitor will receive another trial and no penalty will be assessed. The broken implement will no longer be used in the competition. If an implement breaks (or becomes illegal) upon landing, the trial shall count and be recorded. No penalty will be assessed, but the broken implement will no longer be used in competition while broken.



Displacement of the crossbar not associated with competitor –

It is a foul if the competitor displaces the crossbar from the pins on which it originally rested with the body or the pole. If the crossbar and/or up-

rights are placed incorrectly by the contest official, the trial is not recorded as a foul and the competitor receives an additional trial. If the crossbar is displaced by a force disassociated with the competitor and he/she has legally and clearly gone over the crossbar, it should be considered a successful attempt. For example, due to the addition of the ASTM plant box padding, a pole could rebound and change direction, causing the pole to displace the crossbar. This should not result in a fault if the vault was clearly successful. Wind may also blow the bar off the standards.

Jewelry restriction removed –

Jewelry and hair accessories are no longer prohibited by rule. An official may ask a competitor to remove an accessory if it is not properly secured or has a high probability to damage equipment. Watches are still legal in all track and field and cross country events. Religious and medical alert medals are still legal and no longer required to be taped to the body. The coach and athlete have the ultimate responsibility to not wear items that take away from the integrity of the sport or pose a high likelihood of coming loose during competition.

Head event judge mechanics – throwing events –

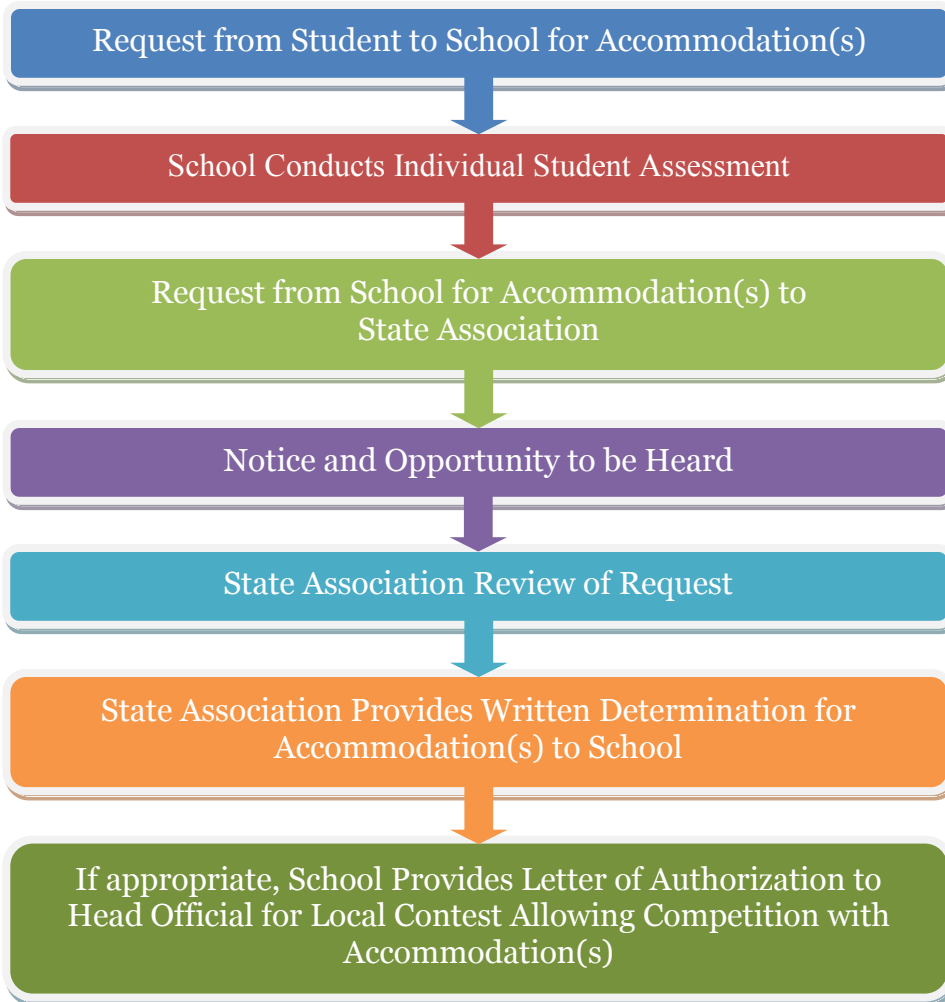
After the throw has landed, the official marking the attempt immediately goes to the point of impact and marks the spot. Once the implement lands and the competitor exits the ring, the ring judge will voice or use flags to indicate foul. If the attempt was legal, the mark will be measured and recorded.



Inclusion of Students With Disabilities in Track and Field

Both track and field and cross country lend themselves to the inclusion of students with a disability(ies) into the competitive arena. Rule 4-4 NOTE provides authority to the respective state association to work with their member schools and students to consider and provide reasonable accommodations for students with a disability(ies) to participate. Such accommodations may require a modification of a rule providing it does not fundamentally alter the sport.

The meet referee is not in the position to make this determination on site. He/she should receive from the school coach authorization from the state association should a modification or accommodation be necessary. This notification should be presented prior to the competition. The general basic steps for working with students and schools for opportunities to participate are illustrated below. For specific information the state association office staff should be contacted.

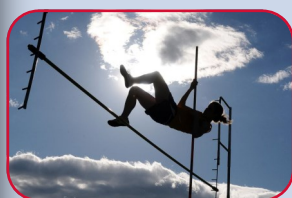
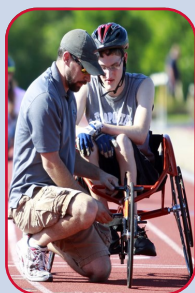


Material for best practices for inclusion can be located on the NFHS web site. In several states, track and field is being presented as a Unified Track and Field program. Guidance for the Unified programs will be provided through the respective state association.

Regardless of whether the student is entering the traditional program, event specific competition, adapted or Unified program it is important that good communication occur with the student, parents, school staff and the state association in order to provide a positive competitive atmosphere.



Coaches Education Opportunities



Course Objectives

- ◆ Types of races – sprint and endurance
- ◆ Running form – proper posture, arm movement, and leg movement
- ◆ Start and Drive phase – block and standing start
- ◆ Types of jumps – horizontal and vertical
- ◆ Jump elements – approach, take off, flight and landing
- ◆ Throwing – basic skills for each event type
- ◆ How to teach skills for correct form
- ◆ Teaching progressions to combine skills into full movement

Units

- ◆ Running
- ◆ Jumping
- ◆ Throwing

• Coaching Track and Field, developed by USA Track and Field and the NFHS is hosted by decorated Olympic athletes Dan O'Brien and Hyleas Fountain.

• The course presents the fundamentals of running, jumping and throwing, as well as the importance of sound mechanics and how to teach these basic skills.

• After taking this course, you will be able to identify key points or stages of a skill, and use visual demonstrations with verbal cues to help athletes execute a particular technique or skill.

- Members of USA Track and Field will receive a \$15 discount as an added benefit.
- Course participants have unlimited access to course & resources for one year from date of purchase.
- This course can be used as an elective to fulfill AIC or CIC certification requirements.
- Approved by NFHS for 5 course clock hours.

• This course, developed by USA Track and Field, the NCAA and NFHS has been designed to help both coaches and athletes.

• Coaches will learn to develop and teach the introductory skills of pole vaulting to his/her athletes.

• After completing this course, each participant will have a better understanding of the fundamentals of pole vaulting, as well as the best practices and techniques that will help educate and promote safety in the sport.

- Course participants have unlimited access to the course & resources for one year from date of course delivery.
- This course can be used as an elective to fulfill CIC certification requirements.
- The course is approved by NFHS for 3 course clock hours.



Course Objectives

- ◆ Starting a beginner—teaching proper standing grip height, width of hands on pole and position on pole.
- ◆ How to instruct beginning level pole-vaulters through skill development drills and build confidence
- ◆ Maintaining a safe practice and competition environment — proper pad placement and securing vault mat pads

Units

- ◆ Stating a Beginner
- ◆ Basic Laws of Physics
- ◆ Drills and Teaching Techniques
- ◆ Problem Solving
- ◆ Equipment and Facility
- ◆ Interactive Exercise

More Information at nfhslearn.com!

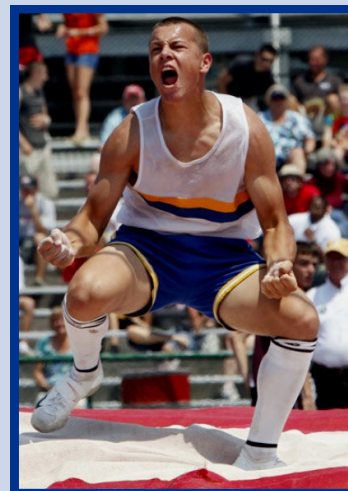
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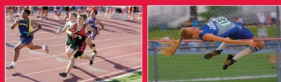
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