

# Points of Emphasis

1. Managing Vertical Jump Landing Systems: A Guide for Track and Field Officials
2. Excused Athletes
3. Time Limits in Vertical Jumps
4. False Starts



PLAY.  
PERFORM.  
COMPETE.  
TOGETHER.

## Rules Revisions

1. The recall distance, in track events, has been adjusted to within the first 50 meters to ensure fair starts.
2. Differences between rules for relay races and infractions for those races were clarified for officials.
3. Guidance provided for determining if an infraction occurred when an athlete leaves the track on a straightaway.
4. Warning competitors that their time limit is about to expire provides notification to athletes and gives guidance for officials.
5. Field event time limits for all competitors have been defined.
6. The jump-off starting height in situations when athletes exit the event at varying heights has been clarified.

Sport image provided by Minnesota State High School League.



# 2025 TRACK AND FIELD

NATIONAL FEDERATION OF STATE HIGH SCHOOL ASSOCIATIONS

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