



# 2025 NFHS TRACK AND FIELD RULES INTERPRETATIONS

**Publisher's Note:** The National Federation of State High School Associations is the only source of official high school interpretations. They do not set aside nor modify any rule. They are made and published by the NFHS in response to situations presented.

Dr. Karissa L. Niehoff, Publisher, NFHS Publications © 2025

**SITUATION 1:** A1 enters the pole vault competition at 15 feet, 0 inches as the only competitor remaining and, therefore, receives one minute for the first attempt. A1 misses on the first attempt and receives three minutes to take a second, consecutive attempt. A1 clears 15 feet, 0 inches on the second attempt, is now the winner and has five minutes for the next attempt. **RULING:** Correct procedure. **COMMENT:** Situation follows the chart listed in Rule 6-2. (6-2-2)

**SITUATION 2:** Four competitors remain in the pole vault at 16 feet, 0 inches. A1, B1 and C1 have all jumped at previous heights. D1 has just entered the competition. D1 receives two minutes for warm-up at the bar height change.

All four competitors receive one minute for their attempts. The bar moves to 16 feet, 6 inches and competitors A1 and D1 are the only two remaining competitors. Each competitor receives three minutes for their attempts. **RULING:** Correct procedure. **COMMENT:** Situation follows the chart listed in Rule 6-2. Note that at any bar height, the time for all competitors remains the same until the next bar height is established or a clear winner is determined. In addition, a competitor who has passed three consecutive heights shall be granted two minutes of warm-up without the bar or bungee in place. Such warm-up shall occur at the change of the bar to the height at which the competitor enters the competition. (6-2-2, 6-8-7, 6-8-17)

**SITUATION 3:** While A1 is warming up for the shot put event, the event judge notices the athlete (a) has fingers taped together, (b) has tape on the fingers but all fingers can move independently, (c) has a wrist wrap that loops around the thumb, or (d) has a wrist wrap that contains hard plastic piece to keep wrist stiff. In (a) and (d), the event judge asks the athlete to remove the tape and wrist wrap. **RULING:** Correct procedure. **COMMENT:** Athletes are permitted to apply tape to their fingers as long as they are not taped together, and all fingers can move independently. Wrist wraps are permitted that loop over the thumb provided they have no artificial aids in the wrap such as hard plastic pieces to keep the wrist stiff. (6-4-1)