

# **Track and Field and Cross Country Rules Changes - 2016**

By NFHS on August 17, 2015

**3-6-4 New, 3-19-3: Changes the responsibility of checking the starting blocks from the implement inspector to the head starter.**

Rationale: Placing the responsibility of inspecting all starting blocks is more appropriate with the starter, who has this expertise, rather than with the implement inspector who has expertise with throwing implements.

**3-10-7 New: Head event judges may use white and red flags to signal fair or foul for a field event trial.**

Rationale: The use of flags will assist with efficient administration of the field events. Communication between officials, coaches and fans is enhanced by the visual signal, similar to the use of flags by umpires.

**6-1-1 thru 5, 6-2-9: Expands and clarifies definitions of trial/attempt, flight, round, pass, foul and what determines the initiation of purposeful action of completing the specific throwing event.**

Rationale: Expands the definitions for throwing events for greater clarity in application of the throwing rules and updates to accepted current sport terminology.

**6-5-2 New: Establishes a maximum diameter for the boys and girls indoor shot puts to account for the synthetic cover.**

Rationale: To account for the thickness of the synthetic covering of an indoor shot, which is not present on the outdoor implement, a maximum diameter is needed in the specifications for the implement.

**6-6-1: The javelin shall be constructed of metal or other suitable material, which could be wood or newer materials, with a metal point or rubber tip.**

Rationale: Updates the current javelin specifications by eliminating reference to wood, which is no longer a commonly used material. The change will permit use of newer materials, such as carbon fiber, in the construction of the javelin.

**7-1-1 thru 7, 7-2-1: Expands and clarifies definitions of trial/attempt, flight, round, pass, foul and what determines the initiation of purposeful action of completing the specific jumping event.**

Rationale: Expands the definitions for jumping events for greater clarity in application of the jumping rules and updates to accepted current sport terminology.

**7-6-3: Updates size of takeoff board to accepted sport specifications by recommending it be 8 inches wide, but permits up to 24 inches.**

Rationale: Updates to accepted current sport equipment specifications for the takeoff board while not resulting in existing boards becoming non-compliant.

**7-2-2, 6-2-5: Clarifies language regarding when the order of competition may be changed for consistency in all field events and removes duplicate language.**

Rationale: Removes duplicate language contained elsewhere in existing rules and adds language regarding when the order of competition may be changed for consistency in all field event rules.

**9-1-3b New: Permits the use of double boundary lines marking both the inside and outside boundaries of the cross country course.**

Rationale: The use of the double painted line provides additional guidance to the runners, better defines the race course for spectators, and allows for natural barriers (grasses, hedges, etc.) which appear on many of the newer courses.

**9-3-3a, b New: Recommends the use of a video/photograph back-up system for cross country when transponders are used for place finish with a review activated when the timing system indicates a one-tenth second or less differential.**

Rationale: Recommends the use of a video/photograph back-up system when order of finish in cross country is determined using a transponder system. Transponders can read early or late, come off the runner etc. The video back-up can confirm close finishes and also assist if other problems arise using the transponder system at the finish line.

**9-3-4, 5 New, 9-4-6, 8, 9, 10: A finish corral is recommended at cross country meets in which the transponder system is used for the order of finish.**

Rationale: The finish line is opened to its full width when using transponders for order of finish allowing competitors to race through the line. The use of a chute may restrict running space therefore, the corral should be used with transponder place finish. The corral enhances competitors' ability to perform administrative tasks as directed by meet management and then progress in an orderly fashion out of the corral culminating all race activity.