

National Federation of State  
High School Associations



**3-2-4g New NOTE:** NOTE: All areas designated for the coaches to observe and confer with competitors shall be clearly identified and marked by the host meet management.

**Rationale:** The games committee has the authority to “designate specific areas for coaches to observe and confer with competitors.” The rules now give further instructions regarding the requirement for these areas to be clearly identified and marked by the host meet management. Coaching boxes are established for a specific purpose, to assist competitors by way of better communication with their coaches, however, proper location and identification are important.

**3-2-7:** Video replay or television monitoring equipment, other than the official equipment approved by the games committee prior to the start of competition, shall not be used to make decisions related to the meet.

**Rationale:** The current rule allows for the use of video replay or television monitoring equipment to be used to make decisions related to the meet only if declared official and approved by the games committee. Now the determination to approve such equipment must be made prior to the start of competition eliminating electronic images and video from being presented to meet officials for approval after competition begins.

**3-17-2:** ...and finish. In all races that require a wind reading, the anemometer shall be set 50 meters from the finish line, and for the long jump and triple jump, 20 meters from the foul line. It shall face...

**Rationale:** This change makes more specific the location of the anemometer for all events requiring wind readings. In the horizontal jumps, where competitors have a choice of take-off boards, the anemometer will remain at 20 meters from the foul line regardless of choice. The anemometer distance will be measured from the common take-off board, not the alternate choice board. The language regarding the 200 meter dash is out of date and no longer needed.

**4-5-8e:** e. Communicating with a competitor through the use of any device.

**Rationale:** This rule change broadens the description of devices that cannot be used to communicate with competitor. As technology evolves new devices will be developed. The rule now prohibits communication with “any” device and eliminates the need for new language to constantly address new devices.

**5-6-3:** All heats and/or sections shall use the same starting procedure.

**Rationale:** In order for all competitors to receive an equal opportunity in a running event, the starting procedure for the event shall be the same for all heats and/or sections. This change does not prohibit sub-varsity heats and/or sections from using an alternate starting procedure to accommodate expanded participation, as determined by the state association or individual school.

**5-13-2b:** b. Knocks down any hurdle by hand

**Rationale:** The word “deliberately” has been deleted from this rule. The official no longer needs to determine the intent of the competitor. The word “foot” has also been deleted from the rule. The deletion of the word “foot” does not remove the requirement that hurdlers must attempt to clear each hurdle.

**6-5-5:** A 34.92-degree sector shall be marked on the ground. Radial lines 2 inches (5 centimeters) wide shall extend from the center of the circle to form an area into which legal puts shall be made. The inside edges of these lines shall mark the sector, and the lines shall be placed equidistance from the ends of the stopboard.

**Rationale:** The rule was changed to correct a statement within the rule regarding the position of the sector lines in

reference to the stopboard. With the 34.92-degree sector the radial lines no longer extend from the extremities of the stopboard.

**7-2-11 New NOTE:** NOTE: A bungee cord manufactured for use in the high jump and pole vault may be used during warm-ups, as approved by the games committee.

**Rationale:** The use of a bungee cord in the pole vault during warm-ups has previously not been allowed. A bungee cord may now be used during warm-ups for both the high jump and the pole vault. If used, the bungee cord must be approved by the games committee and must be a bungee cord manufactured specifically for use in track and field for this purpose. A bungee cord may only be used if the standards for the event are such that they accommodate the specific bungee cord approved for use by the games committee.

**7-4-6, 7-5-11 New NOTE:** NOTE: Effective January 1, 2013, the crossbar shall be circular. Square with beveled edges or triangular crossbars shall no longer be legal for competition.

**Rationale:** Crossbars are now being manufactured as circular cross bars. The January 1, 2013 effective date will allow for the replacement of current crossbars which are not circular.

**7-5-4:** A competitor shall not use a variable weight pole, a pole which is improperly marked, a pole rated below his/her weight, or any other equipment which is not legal during warm-up or competition.

**Rationale:** The reference to the use of a bungee cord during warm-ups has been removed. If used, the bungee cord must be approved by the games committee and must be a bungee cord manufactured specifically for use in track and field for this purpose. A bungee cord may only be used if the standards for the event are such that they accommodate the specific bungee cord approved for use by the games committee.

**7-5-29g:** Deleted letter g, "clears the crossbar with the uprights positioned incorrectly."

**Rationale:** A competitor who clears an attempt in the pole vault should not be responsible for the uprights not being properly positioned by the officials.

### Major Editorial Changes

4-3-3, 4-5-9, 6-3-2a, 7-5-3

### Points of Emphasis

1. Coaching Box
2. Pole Vault
3. Games Committee Responsibilities
4. Contestant/Competitor
5. Application of "Design of Uniform" for  
Relays and Cross Country

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