

# Track & Field and Cross Country Rules Changes - 2022

By NFHS on July 13, 2021

## [track & field/cross country](#)

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**4-3-1b5:** Clarifies that garments with logos completely around the waistband on uniform bottoms are legal.

**Rationale:** The change would minimize issues related to logo/trademark reference on uniform bottoms. In the sport of track and field uniform bottoms are increasingly being purchased by the athlete and not school issued. It is becoming more difficult to purchase some garments without the logo completely around the waistband. Allowing larger logos around the waistband has no bearing or impact on the race or event.

**4-3-1b 8 (NEW):** Clarifies that religious headwear is not considered a hair device.

**Rationale:** The NFHS Track and Field Rules Committee added this rule to clarify there is no need for prior authorization from the state association for religious headwear.

**5-3-3:** Clarifies when each exchange zone is to be used.

**Rationale:** Clarifies when each exchange zone is to be used based on the incoming runner.

**6-2-7 (NEW):** Clarifies that running in a direction other than how the event is conducted is prohibited in warm-ups with the exception of the high jump.

**Rationale:** Clarifies that running in the direction other than how the event is conducted is prohibited during warm-ups in horizontal jumps, pole vault and javelin and more clearly organizes warm-ups, competition, and conclusion of all field events.

**6-9-9:** Clarifies that an athlete is not penalized for a hat or sunglasses falling in the pit after they have made their mark.

**Rationale:** The change no longer penalizes the athlete for a hat or sunglasses falling in the pit after they have made their mark.

**8-1-1a (NEW NOTE):** Clarifies cross country course markings.

**Rationale:** The change states that other methods of marking a course should be used with a single wide line to help identify the turns and route of the course as a single wide line may not be the shortest route.

**9-3-2 b, c (NEW):** Clarifies when measurements for record attempts for vertical jumps needs to be taken.

**Rationale:** Putting all record information in one location and clarifying when measurements for record attempts at vertical jumps need to be taken.

## 2022 Editorial Changes

2-2-4, 3-2-3h, Rule 6, 6-5-1 Note, 6-9-1 Note (NEW) 2022

## Points of Emphasis

1. Exchange Zones

2. Use of Electronic Devices

3. Adapted Athletes