



# 2024 NFHS TRACK AND FIELD AND CROSS COUNTRY POWERPOINT

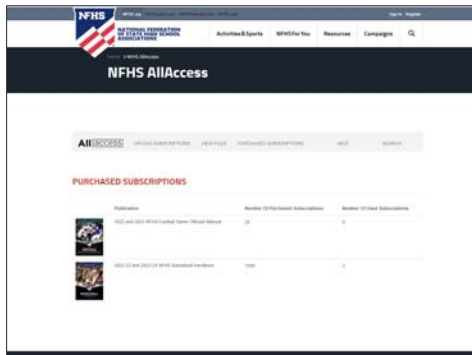


Rules Changes  
Major Editorial Changes  
Points of Emphasis

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1

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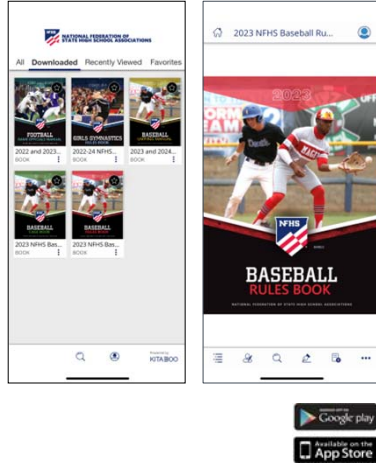


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2



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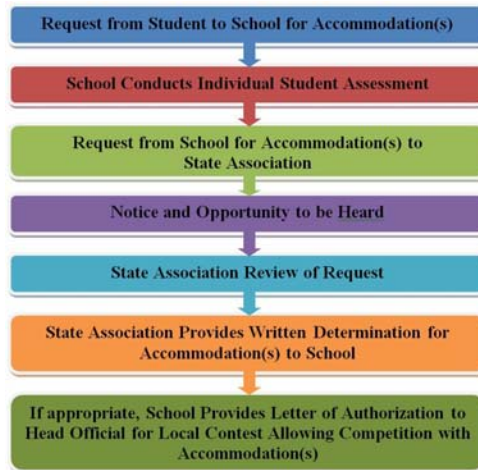


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3



## GUIDELINES FOR SCHOOLS AND STATE ASSOCIATIONS FOR CONSIDERATION OF ACCOMMODATIONS



4




5

Rule Change

## 3-8-1 FINISH JUDGES AND TIMERS/FAT

- Removed the requirement of two appointed officials to operate the FAT timing system.
  - Now a small meet could utilize one individual to operate the FAT timing system and evaluate the finish line pictures.
  - Each meet should utilize the number of officials that specific meet needs to operate the FAT timing system.



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6

## Rule Change

## 4-2-1 NOTE PARTICIPATION AND ENTRY LIMITATIONS

- State Associations may adopt different participation limitations, not to exceed six events.
  - Offers flexibility to states to determine number of events best suited to the student athletes in their state.

**NOTE – PIAA has not adopted different participation limitations, therefore PIAA athletes shall not compete in more than four events.**



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7

## 5-3-1 TRACK MARKINGS

- Track staggers are dependent on the geometry of each individual track and a competent surveyor should determine the lane staggers.
  - Examples of a competent surveyor such as: land surveyor, professional engineer, certified track builder, or experienced track striper
- 9-4-1 Indoor Track Markings is also affected by this change.



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8

## Rule Change

## 5-7-4 C,D AND NOTE (NEW) THE START

Changes made to the definition of a false start and how it should be consistently officiated.

Starting violations which constitute a false start include:

- Failure to comply with the starter's commands.
- Having any part of the body in contact with the starting line or running surface beyond the line, when the starting device is fired.
- If a runner leaves their mark with a hand or foot after the "set" command but before the starting device is fired.
- If a runner leaves their mark with a forward motion without the starting device being fired.
- Failure to place starting blocks within the respective competitor's lane.
- Repeated use of disconcerting acts.

**PENALTY: A competitor who commits a false start shall be disqualified.**

**NOTE:** Extraneous motion before the device is fired does not necessarily require a false start be charged unless the criteria listed in the rule above are met. If the starter thinks the movement creates a situation of unfairness to any of the competitors, they may cancel the start with the command "Stand Up" or if the device has been fired, recall the race as an unsteady or unfair start and redo the start procedure.

**OTHER RULES AFFECTED: 8-4-4 NOTE 2 (NEW) – (XC Rule)**



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9

## Rule Change

## 5-7-4 C,D AND NOTE (NEW) THE START

Changes made to the definition of a false start and how it should be consistently officiated.

**Eliminated the following rule:**

- Failure to remain motionless after assuming the set position prior to the starting device being fired.

**NOTE:** Extraneous motion before the device is fired does not necessarily require a false start be charged unless the criteria listed in the rule above are met. If the starter thinks the movement creates a situation of unfairness to any of the competitors, they may cancel the start with the command "Stand Up" or if the device has been fired, recall the race as an unsteady or unfair start and redo the start procedure.

**OTHER RULES AFFECTED: 8-4-4 NOTE 2 (NEW)**



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10

## 5-14-1 HURDLING INFRACTIONS

- ART. 1.** . It is an infraction if a competitor:
- Does not attempt to clear each hurdle.
  - Knocks down or displaces any hurdle by hand.
  - Advances or trails a leg or foot along the side of and below the height of the hurdle gate.
  - Runs over a hurdle not in the assigned lane.
  - Runs around a hurdle.
  - Interferes with another hurdler.

**PENALTY:** Disqualification from the event.



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11

Rule Change

## 6-2-2D (NEW) GENERAL RULES FOR FIELD EVENTS

Guidance was added for how to handle a competitor entering late in a competition.

d. In the high jump and pole vault, one minute shall be allowed for the first trial of a competitor first entering the competition. (at any height of entry)



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12

## Rule Change



## 6-3-2B (NEW) BREAKING TIES

Rules were added to offer guidance to officials when dealing with competitors withdrawing from competition or jump-off.

(b) If all competitors eligible for a jump-off withdraw from the competition before the jump-off begins or at a height change, those competitors shall tie for first place, and any team points shall be added together and divided equally between the tying competitors.



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13

## Rule Change



## 6-3-2B NOTES (NEW) BREAKING TIES CONT.

The new note explains that an athlete withdrawing from a jump-off concedes the higher place but does not negate their performance in the event nor is it unsporting to simply withdraw in this scenario. The addition of the new note helps explain how to officiate these scenarios.

**NOTES:**

3. A competitor withdrawing from a jump-off shall concede any opportunity for a higher placing in the event, but the withdrawal shall not negate a competitor's performance in that event up to the point of withdrawal. Withdrawing from a jump-off is not unsporting conduct. [4-6-1]



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14

## Rule Change

## 6-3-2B NOTES (NEW) BREAKING TIES CONT.

Question - Rule 6-3-2B (New) Breaking Ties. Say we have two boys who tie in the HJ. I ask Boy A if he wants to continue in the jump-off and he says "No". I ask Boy B if he wants to continue in the jump-off and he says "Yes". At that point is Boy B going through a jump-off by himself? That seems weird to have a jump-off by yourself. But it also seems weird to declare Boy B the winner if he does not do the jump-off. (He did no more than Jumper A.)

Answer - The interpretation that was given to all the nationwide Rule Interpreters during the NFHS Meeting with all the State Association Officials was that Jumper B would be declared the winner of the event and would NOT be required to make any additional attempts. That is why they emphasized that when asking the tied competitors if they wanted to continue in a jump-off was to meet separately with the athletes.



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15

## 6-4-1, 6-5-1, 6-6-1 THROWS

- The rule change permits athletes to apply tape to their fingers provided that the fingers are not taped together, and all fingers can move independently.
- The change also permits a wrist wrap provided there are no artificial aids within the wrap such as hard plastic pieces to keep the wrist stiff.



LEGAL



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16



## Rule Change



## 8-1 COURSE LAYOUT

The COURSE section was reorganized for ease of use when setting up a Cross Country course.

**ART. 1 . . . Course Length:** no change

**ART. 2 . . . Course Layout:**

- a. Turns and guidelines should be marked on the ground with a material which is not injurious to the eyes or skin.
- b. The course should be at least 3 feet (1 meter) wide at its narrowest place.
  1. No narrow section should be longer than 10 feet (3 meters) long.
- c. **The course surface may range from grass, dirt, asphalt or other materials.**
  1. No ground obstructions which might cause tripping, turned ankles, etc., are permitted.
- d. No overhead objects such as tree branches lower than 8 feet above the ground are permitted.
- e. A straightaway at the beginning of the course of at least 100 meters before any significant turns is required.



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17

## Rule Change



## 8-1 COURSE MARKINGS

- ART. 3 . . . Course Markings:** The course shall be clearly marked using **natural or artificial markers.**
- a. **The boundary markers shall be continuous through the entire length of the course clearly designating both the inside and outside boundaries.**
  - b. The course markings could be a single-wide line, **dashed line** or boundary lines, both inside and outside, marked with a material which is not injurious to the eyes or skin.  
NOTE: **If a single-wide line is used, it may or may not mark the shortest possible route a runner may take. If used on turns, the course should utilize other methods of markings, natural boundaries or boundary markers to assist the runner in identifying the course route.**
  - c. **Flags, caution tape, rope or other type of material are permitted along the course.**
    1. Signs and **directional** flags shall be at least 6 feet above the ground and visible for 100 feet (30 meters).
    2. Small survey flags or cones at least 12 inches (30 cm) high of the appropriate color may be used in lieu of painted line or survey chalk.
  - d. In case of a discrepancy in the course markings, directional flag markings take precedence over any other course markings.



**FLAG DESIGNATIONS WERE MOVED TO THIS ARTICLE**

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18

## 8-1 COURSE

- **The Start Area:**
  - Recommendation that lane positions or boxes be numbered from left to right facing the running area.
- **The Finish Area:**
  - The finish line should be indicated by some type of flags, cones, or other finish indicators.
  - A finish chute recommended for all races not using transponder (chip) system
  - A finish corral should be used for all races that use transponder (chip) system



## 8-5-3 (NEW) TEAMS

- Section 5 was broken into articles for ease of use. ART. 3 was added new.
- ART. 3. . . All members of a scoring team must follow all competitor and uniform rules. (4-3-1 thru 3)



## Rule Change



## 9-6-1 (NEW) INDOOR RELAYS

- Offered clarification as to when to utilize the 30m exchange zone on an indoor track.
- Relays with legs of 200 meters or less, each exchange zone in which the incoming competitor is running 200 meters or less in lanes will be 30 meters long on a 200 meter track. Tracks smaller than 200 meters may use a 20 meter exchange zone.



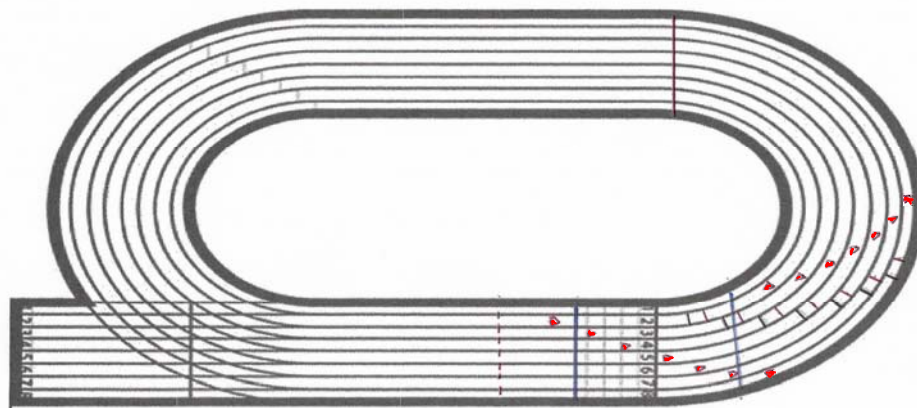
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21

RULE  
CHANGE

## 200 METER INDOOR TRACK

**TITLE IV 50**  
opportunities



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22

## NFHS INFORMATION

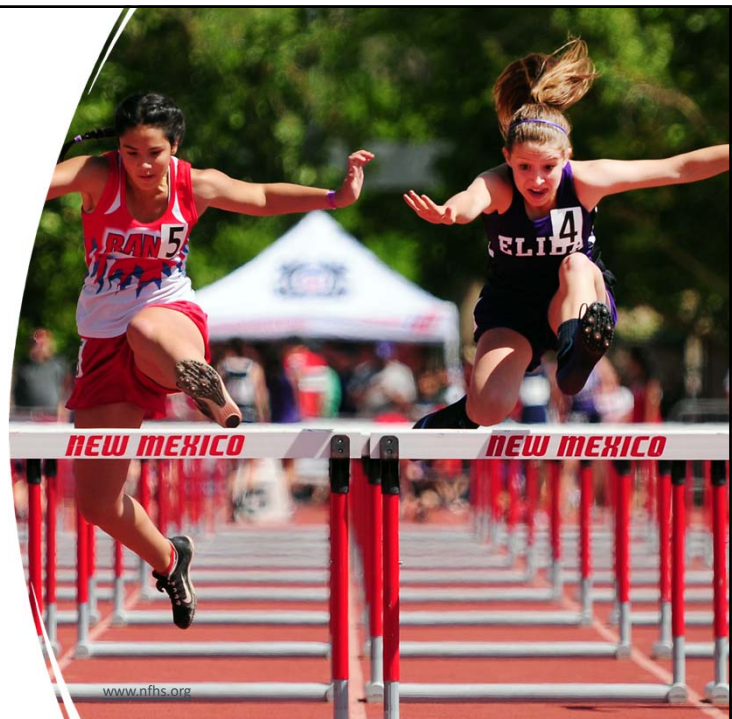
- If you are interested in a print out of a review of the NFHS Rule Changes for 2024 go to the NFHS website:
- **NFHS. Org**
- Click on “**Activities & Sports**” link and select Track & Field/Cross-Country
- Under Rule Changes – Click on “**Track & Field Rule Changes - 2024**”
- Then click on the “**PRINT**” button



23

QUESTIONS?

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24



# 2024 NFHS TRACK AND FIELD AND CROSS COUNTRY EDITORIAL CHANGES



25

Editorial Change

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## 4-2-1 PARTICIPATION AND ENTRY LIMITATIONS

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**SECTION 2 PARTICIPATION AND ENTRY LIMITATIONS**

**ART. 1 . . .** A competitor shall not compete in more than four events, including relays.

Contestant may officially participate in:	
Four individual events	No relays allowed.
Three individual events	May be listed on any number of relays but compete in only one relay.
Two individual events	May be listed on any number of relays but compete in only two relays.
One individual event	May be listed on any number of relays but compete in only three relays.
Zero individual events	May be listed on <del>four</del> <u>any number of</u> relays but compete in only four relays.

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26

Editorial Change

## 4-6-5 DISQUALIFICATION AND CONDUCT

Rewording of providing and receiving assistance.

**ART. 5...** It is an unfair act when a competitor receives any assistance. Assistance includes:  
 g. A downed competitor who receives assistance from another competitor, coach, official, or spectator to finish the race shall be disqualified. The individual providing the assistance shall **not** be disqualified for assisting a downed runner unless the assisting individual or their team gains an advantage.



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27

Editorial Change

## 5-9-2 INFRACTIONS FOR ALL RACES

Clarifies the 2022 rule change which allows the meet referee the option to create an additional preliminary heat for the offended competitor/team without automatically having to advance the competitor/team to the next round.

**ART 2...** If interference occurs in a preliminary heat, the referee may allow the offended competitor or relay team to start in a subsequent heat in the same round of heats if a lane is available. If a lane is not available, the meet referee may add a heat in that preliminary round or in the next round of heats, the same as if the offended competitor or relay team had won a place.



28



29

**2024 NFHS TRACK AND FIELD AND CROSS COUNTRY POINTS OF EMPHASIS**

30

## Points of Emphasis

**FAIR STARTS**

- It is the starter's responsibility to ensure a fair and legal start.
- The interval between the set command and the firing of the starting device should be approximately two seconds.
- After giving the order "Set" if any competitor is in motion the starter shall not fire the device.
  - Firing too soon doesn't allow athletes to get ready and firing the device too slow create a situation of unfairness.



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31

## Points of Emphasis

**FAIR STARTS**

- Starters may for any reason cancel a start by directing competitors to "Stand Up".
- Examples a starter may cancel in races with legs of less than 800 meters.
- Noise at the start line;
  - Starting block problem;
  - Obstruction on the track;
  - Slow athlete getting set;
  - Misfire of starting pistol;
  - Hands on the line; or
  - Extraneous movement after the set command.



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32



## Points of Emphasis

**FAIR STARTS**

In Distance races the following are some of the reasons that a starter could halt or recall the start.

- Runners not steady;
- Toes on the line;
- Failure to come to the line in a timely manner;
- Impeding a position of another athlete; or
- Fall during first 100 meters due to contact.


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33

## Points of Emphasis

**SPORTSMANSHIP**

Sportsmanship rules help officials, parents, coaches, and student-athletes develop and reinforce values that apply to the development of the whole person. Respect for others, honesty, fair play, learning, and understanding the rules are critical life skills that, when practiced, will enhance any individual's character. The absence of good sportsmanship jeopardizes one of the fundamental principles of participation in education-based athletics and complicates the team-building process. A sportsmanship priority is keeping winning and losing in perspective. Understanding that losing with dignity is an important lesson, everyone must learn and practice. A collaborative, working relationship should be a priority between officials, game administration, coaches, and student-athletes to promote good sportsmanship during a track meet. This includes treating people with respect and using appropriate language, actions, and language that build people up and values each person.

It is critical to remember that winning means you were the best version of yourself that day. The beauty of track and field is that one constantly tests themselves against one's best time, height, or distance. Continual improvement is a hallmark of successful student-athletes, programs, teams, and coaches. This improvement also involves positive sporting behavior, a fundamental ingredient of education-based high school sports.


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34

## CROSS COUNTRY SAFETY

Training for Cross Country is unique in that there are so many options afforded to the runner(s) to accomplish their workouts.

Not being limited to the track allows the runners access to parks, city streets, highways and country roads. However, each of these options creates safety concerns that all runners and coaches should keep in mind.

Workouts and runs should be fun, relaxing, carefree experiences. But an increase in pedestrian deaths in the United States, as well as eight reported running-related motor vehicle crashes resulting in nine deaths and two disabling injuries among middle school and high school cross country and track and field runners between 2011 and 2021 shows a continual need for point of emphasis.



## CROSS COUNTRY SAFETY CONT.

Everyone should promote and practice safety and risk minimization strategies as Cross Country runners share the road with vehicles and drivers that have become increasingly distracted on the roads.

Coaches need to plan when developing a road route where stop lights, routes, and heavy traffic exist. Educating the athletes on where to go for safety in case of weather, emergency situations and hydration stops is crucial to athlete safety.

**Some key safety measures include:**

- Using sidewalks when available or run facing traffic.
- Stay alert and avoid wearing headphones and using electronic devices, including cell phones.
- Crossing roads at crosswalks and intersections, when available. If not, cross at a well-lit location.
- Avoid running when it is dark. If it is dark, wear bright, reflective materials and/or use a flashlight or head lamp.



## CROSS COUNTRY SAFETY CONT.

### Some key safety measures continued

- Follow the rules of the road.
- Avoid running along eastbound roads at sunrise or along westbound roads at sunset.
- Provide a safety orientation for first-year runners
- Run in pairs
- Never run against traffic lights
- Avoid running in higher traffic speed areas
- Run during lower traffic times if running along a road
- Avoid loitering along the road before and after runs



37

QUESTIONS?

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38



39

Points of Emphasis

## PIAA POINTS OF EMPHASIS

- Starting Procedures:
  - Emphasize the 2023 Rule Change to Rule 5-7-2 –“The interval between the set command and the firing of the starting device is to be approximately **TWO** seconds!
  - It is being **strongly recommended** that **ALL** Cross-Country race at all levels (regular season dual tri, quad and invitational HS and MS including League and District Championships that the **“whistle/flag”** command start as described in Rule 8-4-4b on page 70 be used.



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40

## PIAA POINTS OF EMPHASIS

- ❖ Recommend and Encourage using **Alleys** for all races 800m or greater at ALL levels of competition. Also, use the 3 turn stagger for the 4X400m relay if available!
- ❖ In a relay race, **and before the start of the that race**, only one team per school may be designated as a scoring team. Rule 4-2-4d
- ❖ The starter, or any other official designated by the starter, shall give a signal at the beginning of the last lap in each individual race **or relay legs** of two laps or more. Rule 3-4-7 & 3-6-1



41

## PIAA POINTS OF EMPHASIS – CONT.

- It is a **requirement** that the Head Field Judge, Referee, Referee/Starter or the PIAA Official running the Pole Vault review the **“POLE VAULT VERIFICATION FORM.”** ALL the poles are checked and that they are legal according to the Rules listed on the Pole Vault Verification Form – **prior to the warm-up period!**



42

## NEW PIAA MODIFICATION – RULES 8-2-3 & 8-2-4

- In accordance with **Rule 8-2-3 (pg. 68)**, authorize conferences or leagues to adopt a modified or “ghost” cross country team scoring system **providing each school involved has a minimum of 3 runners.** Approval by the conference or league **MUST** be done prior-to-the-start of the Regular Season. Notification to all involved schools is required.
- **If the final score of the Modified Scoring XC Meet results in a tie, the tie score will remain and NOT be broken. (Rule 8-2-4 pg. 68)**



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43

## YAIAA REMINDERS

- Home team is responsible for sending out meet conditions stating # of individuals per event, open pit time limits, spike length, etc. Email to [RavenWalker@comcast.net](mailto:RavenWalker@comcast.net) so they can be published to the YAIAA Track and Field Officials website. [www.yorkadamstrackofficials.com](http://www.yorkadamstrackofficials.com)
- Coach Joel Jacobs will send out a Google Sheet for Coaches to enter rosters for the season to help with digital scoring and help spelling correctly.



44

## YAI AA REMINDERS

- Open Pit Long & Triple Jump – Rule 4.1.3.-Contestants who fail to report prior to the judge staring competition in the field events shall not be allowed to participate in that event. All athletes must check in before the field event starts. (Coaches may check in athletes.)
- 2X2 Throwing – Varsity Meets Only – (All competitors get 2 throws, coach designates three throwers who will get 2 additional throws – Gentlemen/Ladies Agreement). **No need to reorder throwing order, this is not preliminary/finals.**
- JH Meets have A's (4 attempts) and B's (2 attempts)
- Heats run fastest to slowest



45

## YAI AA REMINDERS

- Ensure that only adult “officials” are in positions of responsibility, i.e. marking the landing point of a discus attempt
- Use the 3 Turn Stagger for the 4X400m relay
- The YAI AA League Meet will be to a one day meet at Dallastown, Wednesday, May 8<sup>th</sup>
- There will be XC Rules Meeting in the Fall of 2024 for the YAI AA



46



47

## **JON SEITZ CONTACT INFO**

- Quick Answer – Text to 717-578-4906
- Email – [JSeitz@consulttrg.com](mailto:JSeitz@consulttrg.com)



48



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49

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