

2024 Coaches Outdoor Track Rules Review
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2024 NFHS Rule Changes for Track & Field/Cross-Country

Rule 3-8-1: Permits the Games Committee to set requirements for each meet on the number of timing officials.

Rationale: As technology continues to evolve in sports of track and field and cross country, not all FAT systems require separate operators and evaluators. The Games Committee may set requirements for each meet on the number of timing officials.

Rule 4-2-1 (NEW): Permits state associations to set the participation requirements within their state, with six events being the maximum number.

Rationale: Adds flexibility for state association to determine the number of events best suited for their state.

Note: The Outdoor Track Committee will make this determination at the meeting scheduled for March 22nd.

Rule 5-3-1, 9-4-1 (NEW) Removed and corrected information concerning track staggers.

Rationale: Track staggers are dependent on the geometry of each individual track and a competent surveyor should determine the lane staggers.

2024 NFHS Track and Field and Cross Country Power Point Note: Examples of a competent surveyor include land surveyor, professional engineer, certified track builder, or experienced track striper.

Rule 5-7-4c, d (NEW) Extraneous motion before the device is fired does not necessarily require a false start to be changed unless the runner leaves their mark with hand or foot after the set command or leaves their mark with a forward motion without the starting device being fired.

Rationale: The change makes it clearer as 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 or running surface beyond the line when the starting device is fired.
- *New: If a runner leaves their mark with a hand or foot after the “set” command but before the starting device is fired.*
- *New: 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.

Rule 5-14-1, 2: Clarifies that displacement of any hurdle by hand is an infraction.

Rationale: Offers guidance to officials and umpires when determining hurdle infractions.

Rule 6-2-2a Clarifies when a competitor enters a vertical jump for the first time, at any height, no matter the number of competitors left, that the competitor has one minute to do their attempt.

Rationale: This clarifies in the vertical jumps how the rule is to be interpreted and adds additional support to the official’s decisions when a competitor enters after the event has been started.

Supervisor’s note: The competitor could be the only one left in the competition in either the pole vault or high jump. If the competitor is entering the pole vault or high jump for the first time, the competitor has one minute after being called to complete the vault/jump. The competitor would have five minutes between all of the remaining jumps.

Rule 6-3-2b 4 b: Added language in the vertical jumps when breaking ties and competitors withdraw from the competition/jump off.

Rationale: The additional offers guidance to officials when two or more tied competitors withdraw from the competition/jump off at the same time.

Under breaking ties: **6-3-2 b 4(b) (NEW)** 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.

Rule 6-3-2b NOTE 3 (NEW): Any athlete withdrawing from a jump-off concedes the higher place but retains their performance in the event.

Rationale: 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. Withdrawing from the jump-off is not considered unsporting conduct.

Rule 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.

Notes from the NHTOA Supervisor of Officials

The safety of the athletes should be of prime importance to all coaches. For this reason, important notes are included here.

- The ASTM pole vault collar must be in place around the pole vault planting box, The event cannot be contested without this collar in place. NFHS Rule 6-9-33
- All hard and unyielding surfaces such as, but not limited to asphalt, concrete, wood and pallets, that extend out from under the sides and back of the pole vault and the high jump landing pads shall be covered with at least two inches of dense foam or other suitable material. This is an NFHS requirement. NFHS Rules 6-9-21, 6-9-28 Please ensure this requirement is met.!
- **The sand in the long jump and triple jump pits must be level with the runway and should be to a depth of at least 12”.** Pits with sand too low may be deemed unable to be used due to safety concerns. A school or state record cannot be set in long jump or triple jump pits where the sand is not level with the runway.
- Sand in the long jump and triple jump pits should be turned over prior to competition and must be done before the first practice to avoid injury from athletes jumping into hard or frozen sand. Please check to see that the pits are completely thawed before allowing them to be used.
- It is not the official's responsibility to turn over the sand in the pits prior to a long jump and triple competition. It is the responsibility of the site, i.e., grounds personnel, coaches, or volunteers can shovel it or rototill it prior to a meet or practice.

Other Miscellaneous Notes

Once a competition has begun, except as scheduled, athletes are not allowed to use the throwing ring, runway, take-off area, or implements association with the competition.

Use of Electronic Devices

- The games committee for each meet determines the restricted and unrestricted areas in the meet.
- The use of electronic devices is permitted in unrestricted areas and coaches' boxes provided it doesn't interfere with the progress of the meet.
- When a competitor views a video or uses a wireless device in a restricted area during competition there is an unfair advantage gained.
 - "During competition" in this instance means an athlete is on the clock for a trial in a field event or in a race for running events.

Recommended take-off boards in LJ and TJ

	Boys	Girls
Long Jump	12'	8'
Triple Jump	32'	24'

- Competitors can change the take-off board they are using but must let the official know of the change prior to the athlete being called up for the jump.
- Athletes should land nearer the middle of the pit to avoid injury.
- Runbacks (running in the non-legal direction) are illegal in the long jump, triple jump, javelin, and pole vault during practice and warm-ups.
 - Tape measures should remain along the edge of the runways at all times to help facilitate locating the athlete's starting position on the runways – even during competition.
 - Coaches need to emphasize that athletes should know their starting marks. (Coaches should know them as well.) Runbacks are not allowed to assist an athlete locating their starting marks. Coaches should help keep track of the athletes' starting marks.

➤ Relay team uniforms:

All members of the relay team must have:

Same color Uniform bottoms.

- Same color uniform tops, and similar designs.
- Same school identification on uniform tops.

- Directions for the proper construction of all throwing sectors will be emailed to all athletic directors and given to appropriate personnel and can be found at the end of this document. Coaches should occasionally check the sector measurements for proper set-up and accuracy.
- The Policies and Procedure Manual for Outdoor Track has important information related to the division meets and the meet of champions. It may be accessed at www.nhiaa.org by selecting *Sports* and then *Outdoor Track Boys or Girls*, and then finally, *the NHIAA Policies and Procedures for Outdoor Track 2024*. Be sure to read this manual!
- All coaches will be emailed a copy of the *NFHS/USATF 2024 Pre-Meet Notes for Track and Field* and a copy of the 2024 NFHS Points of Emphasis.
- All coaches are expected to read the track and field rule book and be familiar with its contents.

Pole Vault

- Reminder – Top hand-hold position marker and weight rating indicator label must be on all vaulting poles. Missing one? Go to www.nfhs.org and under track and field, will be a list of pole vault manufacturers. Coaches must supply the pole serial number and the manufacturer will send a replacement weight rating label for the pole.
- The NFHS has set up a video entitled, **How to Assemble a Gill Pole Vault Pit**. It can be found on the NFHS website at www.nfhs.org and track and field

(selected from the dropdown menu Activities and Sports) or you can click on this link:

<https://www.nfhs.org/articles/how-to-assemble-a-gill-pole-vault-pit/>.

➤ **Coaches' pole vault certification**

- The GSTFCA holds a pole vault certification clinic during its meeting in November at Merrimac Valley High School. The NFHS Pole Vault Coaching Course may also be used for pole vault certification. It has recently been revised. The course may be accessed at www.NFHSLearn.com and by selecting Officiating Pole Vault under its courses. It will be up to the athletic director of the pole vault coach's school to keep track of the coach's pole vault certification.

➤ **Unified shot put**

- Unified athletes in shot put – please show them the proper way to throw the shot put.

➤ **Measurements in field events**

- Shot Put, Long Jump, and Triple Jump measurements must be made/taken to the nearest lesser ¼”.
- Discus and Javelin measurements must be made/taken to the nearest lesser 1”.

➤ **NFHS videos – In the near future, the NFHS hope to make available short videos to aid in the training of helpers who are running the various field events.**

Miscellaneous Notes from the Outdoor Track Committee

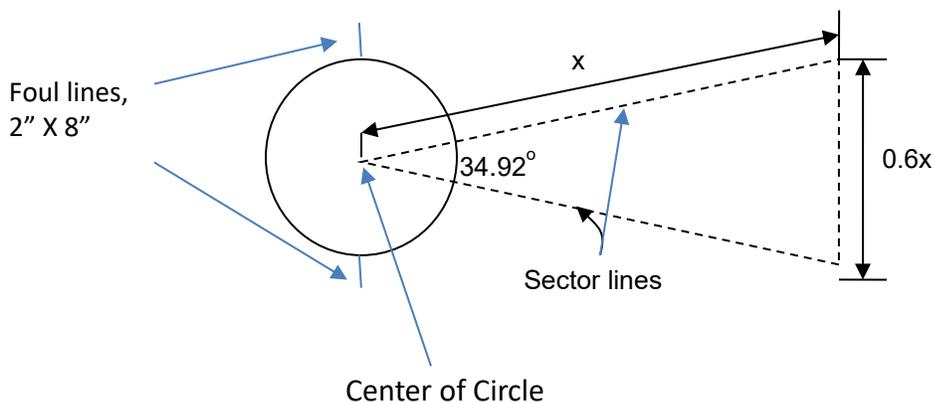
- **It is expected that all meet performances will be entered into “*Battlenotes*” within two weeks following the meet/performances.**
- **Effective this year (2024 outdoor track season), only FAT times will be allowed for entry into the divisional meets and the meet of champions. (Converted hand-held times will not be allowed.)**

Diagrams for Throwing Sectors

Shot Put & Discus Sector

- The 34.92° sector used in the shot put and discus competitions has been in effect since 2007. As of 2021, incorrect size of sectors is still being found in many schools. Incorrectly drawn sectors were also found. The sector is formed by an isosceles triangle with two equal sides (x) along the sector lines. The unequal side is the cross measurement ($0.6x$) To check the accuracy of your sectors, measure out equal distances from the center of the throwing circle along the inside edge of the sector lines and carefully mark these distances (with a stake or spike). Measuring across the base of the triangle formed by your marks, the cross distance should be 0.6 times the distance along the sides. For example, if you measure distances from the center along the sides equal to 60' for the shot put, the cross measurement should be 36 ft. (0.6×60). In the discus, if you measure a distance from the center along the sides equal to of 175 ft., the cross measurement should be 105 ft. (0.6×175)

Shot Put and Discus Set-Up.



Javelin Sector

The procedure for checking the javelin sector is similar except that the distance along the base between your marks would be 0.5 (or half) of the distance you measured from the center along the sides. For example, measuring 200' from the center along the sides should yield a cross measurement of 100'. (The javelin sector is 28.96° .)

Javelin Sector Setup

