

**2022 Rules Review for Coaches**  
**2022 Rule Changes**  
**Nancy Eastman, NHTOA Supervisor of Officials**

### **Logos around the waistband of the uniform bottom**

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

Rule 4-3-1 b5 reads, “A single manufacturers’ logo/trademark/reference, no more than 2 ¼ square inches with no dimension more than 2 ¼ inches, is permitted on the uniform top and bottom or one-piece uniform. **Bottoms may have manufacturer’s logo/trademark/references larger than 2 1/4 square inches around the waistband.**”

### **Religious headwear**

- 4-3-1b 8 (NEW): Clarifies that religious headwear is not considered a hair device.
  - Players may wear head coverings for religious reasons.
  - The headwear must fit securely and be made of non-abrasive or soft materials.
  - Wearing of religious headwear does not require prior authorization from the State association.

### **Relay Exchange Zones**

- 5-3- **ART. 3 . . .** An exchange zones is designated for exchanging the baton during relay races. It is an area the width of one lane and 20 or 30 meters long. The lines marking the limits of the exchange zone are included in these measurements. In relay races in which the incoming competitor is running 200 meters or less **in lanes**, the exchange zone shall be extended 10 meters in the direction of the incoming competitor.
- **5-10 ART. 6. . .** Each competitor shall carry his/her own team's baton by hand throughout the race and shall pass it to the succeeding teammate. The first competitor shall start with the baton, and the last competitor shall carry the baton until he/she has finished the race. The baton must be passed while the baton is within the exchange zone. A baton that inadvertently leaves a runner's hand must be retrieved immediately without interference to other runners.

- **NOTE:** In the 4x100-meter relay and 4x200-meter relay, and other 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. All exchange zones for races **with incoming legs of** more than 200 meters **or when the incoming competitors are not in assigned lanes** will remain at 20 meters.

#### Rule 6-2-6 thru 9 **Section 2 General Rules for Field Events**

- **ART. 6 . . .** Warm-ups shall not be allowed unless supervised by an event official or the contestant's coach and the venue has been declared open by the meet director.
- **ART 7 . . . Warm-up approaches, in horizontal jumps, pole vault or javelin shall only be run in the direction the event will be conducted.**  
**NOTE: During competition and while a competitor is on the clock (6-2-2), it is permissible for an athlete, after an aborted attempt, to run, jog, or walk backward in the opposite direction the event is being conducted.**
- **ART 8 . . .** Once a competition has begun, except as scheduled, competitors are not allowed to use for practice purposes the runway, ring, takeoff area or throwing implements associated with the competition.
- **ART 9 . . .** At the conclusion of any field event, there shall be no further practice and implements, including vaulting poles, shall be removed from the area.  
**PENALTY: (Articles 6-9) First offense shall result in a warning and, if repeated, disqualification from that event. If the incident recurs, the athlete will be disqualified from further competition in the meet.**

**Rule 6-7-4 Measuring the Long Jump and Triple Jump** Clarifies that an athlete is not penalized for a hat or sunglasses falling in the pit after they have made their mark.

- **Section 7 Horizontal Jumps**
- **ART. 4 . . .** Each legal jump shall be measured perpendicularly to the foul line or its extension and from that point in the pit touched by the person **or anything that was attached to the body at the time it made the mark** which is nearest the foul line or its extension.

#### **Rules 9-3-2-b and c, 6-8-12, 6-8-28 Records**

- Rule 9-3-2 b. **An accurate measurement of the height of the crossbar shall be taken before each record attempt. Mark the crossbar and base of the standards to ensure consistent placement of the crossbar. Any displaced crossbar should be placed on the**

standards in exactly the same position as before its displacement. A displaced cross bar means any movement of the bar not only a dislodged bar from the pins or standards.

- c. The crossbar height shall also be measured if the bar has been touched by a competitor before another competitor also jumping at the record height proceeds.

(Why is this a problem? Because it is a foul if an athlete displaces the crossbar in an attempt to clear it.)

- **Notes from Julie Cochran, Director of Sport, NFHS**

The 2022 Track and Field rule change to Rule 9 Records has caused some confusion for officials with the definition of displaced. A displaced cross bar is still a cross bar falling from the pins and is still a foul. The intent of the rule change was to add clarification in measurements for a record attempt. An accurate measurement of the height of the crossbar shall be taken before each record attempt. If the crossbar is dislodged or jostled it should be placed in the exact same position and remeasured before the next record attempt. The following was the intent of the 2022 rules book and will be proposed for amendment in the 2023 rules book.

- **9-3 Page 71**

ART. 2 . . . In the vertical jumping events:

- a. a competitor shall be credited with their best achievement, including performances made in the jump-off of a first place tie;
- b. an accurate measurement of the height of the crossbar shall be taken before each record attempt. Mark the crossbar and base of the standards to ensure consistent placement of the crossbar. Any displaced or jostled crossbar should be placed on the standards in exactly the same position as before its displacement. ~~A displaced cross bar means any movement of the bar — not only a dislodged bar from the pins or standards;~~ and
- c. the crossbar height shall also be measured if the bar has been touched by a competitor before another competitor also jumping at the record height proceeds.

- **OTHER RULES AFFECTED**

- **6-8 Page 48**

ART. 12 . . . An accurate measurement of the height of the crossbar shall be taken before each record attempt. Mark the crossbar and base of the standards to ensure consistent placement of the crossbar. Any displaced or jostled crossbar should be placed on the standards in exactly the same position as before its displacement. ~~A displaced~~

~~cross bar means any movement of the bar — not only a dislodged bar from the pins or standards.~~

- **6-8 Page 50**

- ART. 28 . . . An accurate measurement of the height of the crossbar will be taken before each record attempt. Any displaced or jostled crossbar should be placed on the standards in exactly the same position as before its displacement. To ensure this, one face should be marked for identification. ~~A displaced cross bar means any movement of the bar — not only a dislodged bar from the pins or standards.~~

## 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 = an athlete is on the clock for a trial in a field event or in a race for running events.
- State Associations may also have policies in place to further address the use of electronic devices.

## Notes from the Supervisor of Officials

### ➤ Warmups in the long jump, triple jump, pole vault, and javelin

- 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 are allowed to 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 in an athlete locating their starting marks. Coaches must help keep track of the athletes' starting marks.
- The NFHS/USATF 2022 Track and Field Pre-Meet Notes states, *“Once an athlete is put on the clock during competition, the runway belongs to that individual. The athlete may abort an attempt and turn around and run down the runway in the*

*wrong direction to get to their takeoff mark as long as they do so in the allotted time.”*

➤ **30 Meter Relay Exchange Zone**

- New 30-meter exchange zone for the 4X100m and 4X200m relays (or relays with legs of 200m or less that are run in assigned lanes). Also, this applies to sprint relays with incoming legs of 100m or 200m run in assigned lanes.
- The 30-meter exchange zone is based on the position of the incoming runner. The incoming runner must be running 200 meters or less in an assigned lane.
- In the past – 10 m acceleration zone and 20m exchange zones were used.
- There is no longer an acceleration zone – it is incorporated into the 30-meter exchange zone.
- The entire 30 meters is now exchange zone.
- Outgoing runners must remain entirely within the exchange zone while waiting for the incoming runner.
- The 4X400 meter relay and 4X800 relay relay are not impacted by this rule and still have the 20 meter exchange zone.

➤ 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.

➤ 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.

➤ Long jump/triple jump pits

- **Sand in the long jump and triple jump pits must be level with the runway** and is supposed to be at a depth of 12". Pits with sand too low may be deemed unable to be used due to safety concerns.
- 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 pit is completely thawed before allowing it to be used.

- It is not the official's responsibility to turn over the sand in the pits prior to a meet. Grounds personnel, coaches, or volunteers can shovel it or rototill it prior to a meet or practice.

➤ Relay team uniforms

- Same color tops, same color bottoms or one-piece uniform, and similar designs.
- Same school identification on uniform tops.

- 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](http://www.nfhs.org) and under track and field, will be a list of pole vault manufacturers. Must supply pole serial number and they will send a replacement weight rating.
  - 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](http://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
  - A proposal from the Outdoor Track Committee relative to the certification/recertification of pole vault coaches is being sent to the Coaches' Education Committee. In this proposal, the NFHS Pole Vault Officiating Course may be used for this purpose. 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 quarter inch
  - Discus and Javelin  
Measurements must be made/taken to the nearest lesser inch.
  
- Throwing Sectors – shot put, discus, and javelin
  - This year officials will NOT be required to measure each throwing sector prior to a meet. The officials will look for gross errors in the set-up of the sectors and will randomly measure a sector for accuracy.
  - The onus for the proper set-up of the throwing sectors is with the host school. Therefore, it should be the coach's responsibility to check on the accuracy of the throwing sectors.
  - Diagrams showing proper measurements will be included at the end of this review.
  - Many invitationals have their sectors measured.

- Sectors will be measured for accuracy at the State Division Championships and the Meet of Champions.

Note: Most of the information presented in this review is from the *2022 NFHS Track and Field and Cross Country Rules PowerPoint*, and from the **2022 NFHS Track and Field and Cross Country Rules Book**.

For Information regarding the Outdoor Track Division Meets and Meet of Champions, please refer to the *2022 NHIAA Policies and Procedures for Outdoor Track (P&P)*. The P&P may be found on the NHIAA website at [www.NHIAA.org](http://www.NHIAA.org) by clicking on Sports, and then selecting Spring, and then Outdoor Track for Boys or Girls.

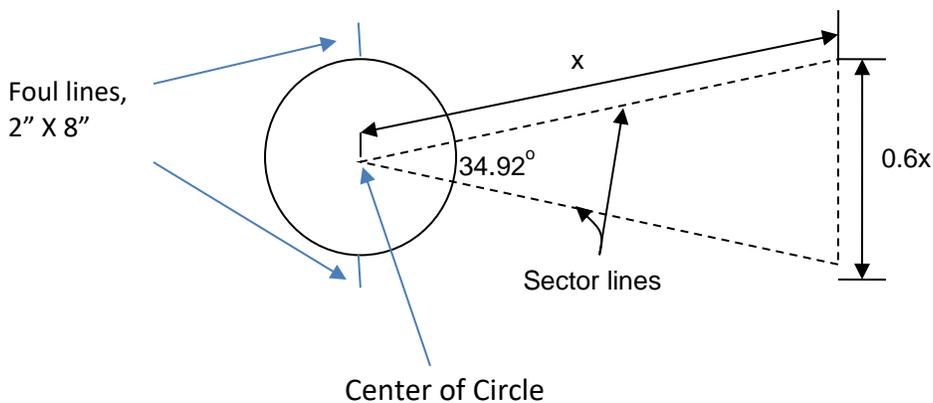
Questions? Contact Nancy Eastman: [neastman@metrocast.net](mailto:neastman@metrocast.net)

## Diagrams for Throwing Sectors

### Shot Put & Discus Sector

The  $34.92^\circ$  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. ( $0.6 \times 60$ ). 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. ( $0.6 \times 175$ )

### 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  $28.96^\circ$ .)

### Javelin Sector Setup

