

TRACK & FIELD QUESTIONS AND ANSWERS

5/22/26

Question: In many large meets and invitationals, there are three officials -- two Starters and the Meet Referee who also oversees the Field events. If needed, can the Meet Referee serve as a second Recall Starter? This would also assume the Meet Referee has use of a blank pistol for recalls.

Answer: Yes, this would be an approved practice. This could be advantageous for long staggered starts such as the 4x200 and 4x400 Relays.

5/7/26

QUESTION: Is it permissible to place tape check marks alongside the runways in field events? How many? Also, can a tape measure be placed along the side of the runway and remain there during the competition?

Answer: Yes, tape marks are allowed. They are governed by the pre meet decision making, planning, and by the approval of the Games Committee, NFHS Rule 3.2.4b, page 13. In addition, their placement or position is alongside the runway, NFHS Rule 6.7.1a & 6.8.20. Two markers is the standard operating practice.

Comment: It is standard operating procedure(SOP) for Long Jump, Triple Jump, and Pole Vault officials, as a cutesy, to secure a tape measure along the runway, prior to the beginning of the warm up period. This provides a quick and efficient way for competitors to facilitate determining their take off spot. The tape measure stays in place during competition so as not to disrupt the competition, to remeasure if a take off marker is inadvertently misplaced or moved. Also, the tape measure aids the competitor in adjusting their take off marker during the competition.

QUESTION: Recently while observing the Pole Vault at a high school meet, three competitors were entering the competition 75 minutes after the start of the competition. By rule each is afforded two(2) minutes of warm up without the bar or bungee in place. (a) Competitor #1 took one(1) vault and then stated that they were done warming up, even though there was still 59 seconds

available on the clock. The Head Event Judge stopped the two minute clock, called up the next competitor and reset the clock at two(2) minutes. (b) Competitor #2 stated they didn't want any warm ups. The Head Event Judge called up the next competitor and restarted the clock at two(2) minutes. (C) Competitor #3 utilized their entire two(2) minutes of warm up time. Was this the proper application of new Rule 6.8.6?

Answer: Yes, correct application and implementation in A, B, and C of NFHS Rule 6.8.6, page 49.

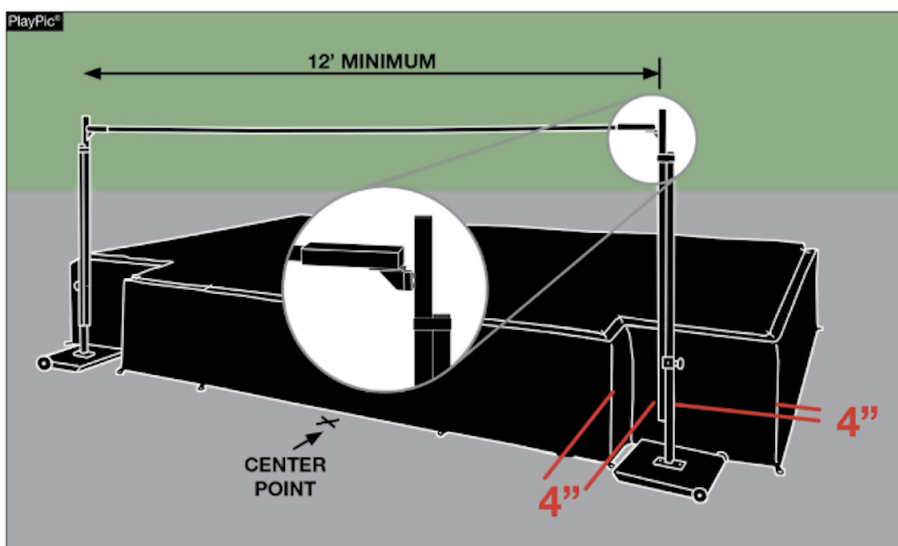
Comment: By rule the incoming competitor is allowed 2 minutes of warm up. However, when their two minutes are over or when they say state they no longer want any more warm ups, the next competitor is afforded their warm up time.

Note: Proactive officiating in managing the two(2) minute time period benefits all competitors in the competition, by maintaining the flow of the event.

5/5/26

QUESTION: In the High Jump, I am confused as to where and how far from the landing system the cross bar should be located. Please explain.

Answer: The rule change in 2024 called for the plane of the cross bar to not be less than 4° from the landing pad creating a standard distance for the placement of the high jump crossbar and standards, NFHS Rule 6.9.22, page 57. By following this rule during the set up and competition of the High Jump, a clearance has been created for the competitor to have an attempt that is not impacted by the standards interacting with the landing system.



QUESTION: In the Triple Jump, during the 2nd phase (step phase) a competitor drags their toe. Is this considered a foul?

Answer: No, this is not a foul. All horizontal jumps fouls are outlined in NFHS Rule 6.3.3, on page 48.

Comment: This occurs frequently in the triple jump and no advantage is gained in the performance of the jump.

4/23/26

QUESTION: In meet information and at pre meet coaches meetings, I often hear the term "cafeteria style" used when referring to the Horizontal Jumps. There is nothing in the NFHS Rule Book defining what that is. What does the term refer to?

Answer: "Open Pit" is defined in the NFHS Officials Manual, page 30. It refers to a competition procedure, in the horizontal jumps, which allows competitors their allotted attempts at anytime during the time framework designated for the conclusion of the event. In the NFHS Rule Book, Rule 3.2.3n, the Games Committee has the authority to determine "Order in which competitors take trials". In the WIAA Tournament Procedures, Section 4h - "Meet managers are allowed to use the open pit/cafeteria style concept for competition in the long jump and triple jump events".

Note: NFHS Rule 6.2.3, page 42 - "To accommodate those competitors who may be excused to participate in other events, the Head Event Judge may change the order of competition by any method".

Comment: Cafeteria style is not a correct term, even though it often replaces the correct term "open pit". It refers to the visual line of competitors awaiting their opportunity to jump, as in a cafeteria. The problem of managing cutting or skipping in line falls under the jurisdiction of Meet Management and the Head Event Judge. Pre meet information and pre event directions should clearly outline and define if and how consecutive attempts will be administered.

4/21/26

QUESTION: At a recent pole vault competition, I as Referee was performing the pole vault verification duties prior to the warm-up period. Some schools/competitors presented verification sheets with ink signatures, while other schools presented copied sheets. As Referee I had two(2) options; (a) Allow only those schools/competitors with ink signatures to compete or (b) Allow all schools/competitors with a verification sheet, in ink or copied to compete. I choose (b). Did I make the correct choice?

Answer: Yes, you made the correct decision by choosing (b). Do not deny a competitor participation in the pole vault if their verification form is not an ink signature.

Note: This was not a rule change this year but a Point of Emphasis.

Comment: Pole Vault weight verification is a requirement of the NFHS for the safety of the competitors. A point of emphasis this year was *striving* for ink signatures/dates as opposed to copies for liability purposes and to improve engagement of administrators and the integrity of the process.

Rule 3 Meet Officials and their Duties

Rule 3.2 The Games Committee

Question: In triangular/quad meet how are the increments in the vertical jumps determined?

Answer: NFHS Rule 3.2 outlines the role, duties, responsibilities, and authority of the Games Committee. One of those is 3.2.3j, "Determine the starting height and successive heights of the crossbars". These should be published on the meet information, sent to each participating school and all officials prior to the meet. This is done for all size meets from duals to invitationals. They can also be announced at the Coaches Meeting and indicated on the event sheets.

Rule 3.4 Referee

Question: During heat 1 of the 110 HH, a runner false started and was DQ'd. After both heats were completed, it was found that there was a timing error. We decided to rerun the race and the DQ'd athlete's coach thought that he should be able to be included since it was a rerun. After discussion and going through the jury of appeals, it was decided that the athlete should NOT be allowed in the reruns because he was disqualified from the event when he false started. Was this correct?

Answer: Correct call. NFHS 3.4.3 Note 4 "Any disqualification that occurred in the original race would stand"; thus, only those competitors from the original race, still eligible to place, may participate in the rerun."

Question: Does a signal have to be given indoors for the 400 meters?

Answer: NFHS Rule 3.4.7 The rules do not indicate a specific distance of the race (i.e., 400m, 800m, etc.) It states "The referee shall note and call aloud, for the benefit of each competitor the laps remaining in individual races or relay legs of 2 laps or more. Additionally, in each individual race of 2 laps or more "the starter shall give a signal at the beginning of the last lap". (NFHS Rule 3.6.1)

Comment: Outdoors a signal to be given to individual races of 800m and longer. It should be noted that even though NOT required by Rule 3.6.1, it is a common practice to signal at the beginning of the last lap of relays, with individual legs of 2 laps or more. Common and acceptable forms of signaling are ringing a bell, blowing a whistle, the sounding of an air horn, or the firing of a single shot of a starting gun.

Rule 3.6 Starter

Question: I have been asked a few procedural questions with regard to the new NFHS Rule 3.6.4 which states that "the head starter (or designee) shall inspect all starting blocks used in running events."

Answer: After consulting with officials on this, the following process is recommended: If after inspecting the starting blocks, the head starter or designee determines that one or more of the starting blocks are unusable (broken or unsafe):

- 1- Is there a replacement block(s) available? If so, replace and follow usual procedures. If not, proceed to Step #2.
- 2- Can the broken or unsafe block(s) be quickly repaired? If this step can be completed more quickly than #3, then repair and follow usual procedures. If not, proceed to Step #3.
- 3- If steps #1 and #2 do not remedy the problem, then the head starter, in conjunction with the referee and meet management, will determine that the heats will be reseeded to run more heats with fewer lanes, dependent upon the number of usable blocks.

Rule 4 Competitors and Competition

Rule 4.1 Competitors

Question: A competitor in the Long Jump qualifies for the finals. However, they never report back for the final to check in and never take another attempt. How do you handle this situation in the finals and in the final placement?

Answer: NFHS Rule 4.1.2. By checking in prior to the start of the Long Jump, the competitor checked in for both the Prelims and Finals, as they are considered one event. In the Finals their name would be called in the competition order and they would have one minute to initiate their attempt. Once the allowable time for the attempt has elapsed, the Head Event Judge will record a failed attempt. In the final placement, a competitor is credited with their best attempt from either the Prelims or the Finals.

Question: In the regional and sectional meets, an athlete has a potential conflict with the start time for the field events. Is he/she allowed to still compete if he/she is not there for the start of the event? We're running an open pit and this athlete should arrive before the end of the open pit time.

Answer: NFHS Rule 4.1.3 If an athlete has not checked in prior to the start of competition, they will not be allowed to participate in that event. Some coaches believe that if their athletes are competing in an open pit or in a later flight they do not need to be there when the event actually starts. This is incorrect.

Rule 4.3 Competitor's Uniform

Question: Attached is a picture of what my school wishes to wear as the track & field cross country/ uniform bottom. As you can see the word "Runner" is on the hip. THIS IS **NOT** A FOUNDATION GARMENT, but the uniform. Is this legal?



Answer: The NFHS Rules defining uniforms are outlined in 4.3.1b(2) - "The top and/or bottom or one-piece uniform may have school name, school logo, school nickname and/or competitor's name". As the word "Runner" is NOT one of these four designated legal uniform terms, this is NOT a legal uniform.

Question: Is it legal for members of a relay team to wear solid black traditional shorts, solid black compression shorts, and a black body suit?

Answer: NFHS Rule 4.3.1(b4) states "Loose fitting boxer-type bottoms or compression-style bottoms are permitted for boys and girls. Additionally, 4.3.2a states "All relay and cross country team members must wear uniforms clearly indicating, through predominant color, school logo and color combinations of all outer garments worn as a uniform, that members are from the same team. Design is interpreted as stripes, panels, etc. So if the black shorts had a white stripe and compression shorts did not they would be in violation of the rule. Style is tights, track shorts, compression shorts, briefs, etc. Style is not part of rule NFHS Rule 4.3.1.

Question: There are some "leggings" (to the ankle) that have panels built in that are supposed to follow contours of muscles and help performance. They are very nearly the same color but different material (it might be the difference of material that makes the colors look different). Are they legal?

Answer: Leggings with different materials but the same color are legal. As long as it is considered black it doesn't matter if it is a different material.

Question: Are these legal?



Answer: If these shorts are worn as a uniform - ILLEGAL - 4.3.1b-5, as the logo on the leg exceeds 2.25 square inch maximum. If these shorts are worn as an undergarment - LEGAL - 4.3.7, as undergarments are not subject to the logo restrictions. The waistband is LEGAL if worn as an undergarment or uniform.

Question: We are a coop team (2 schools) for Track & Field and we want to respect the athletic individuality, history, and dignity of each school. Is it permissible for each school to wear their respective school uniforms at meets? How should we handle relays?

Answer: Contact WIAA and request a waiver to respect the athletic individuality, history, and dignity of each school, by allowing competitors to wear their respective school uniforms for individual events. However, NFHS Rule 4.3.2a states - "All relay team members must wear uniforms clearly indicating through predominant color, school logo, and color combination of all outer garments worn as a uniform, that members are from the same team".

Comment: For relay events you will have to determine which school's uniform will be worn to comply with the NFHS Rule.

Question: I had a team come to the line for a relay with compression shorts as team shorts. 2 boys had random white stitching in a pattern not always on seam lines and two had plain black shorts. Are they legal?

Answer: NFHS Rule 4.3.2a. If the stitching is not on the seams then it would not be legal if worn with others in a relay who were wearing plain black. The athletes wearing plain black could also switch to the compression shorts with the white stitching so that all team members are identical.

Question: Are long sleeve shirts with the hole in the sleeve (to slip the thumb through) legal for relays? Would this be considered a violation of the "no gloves" rule for relays?

Answer: Legal, but the clerk should check to be certain the material has not been altered to improve the grip on the baton.



Question: Are arm sleeves or leg sleeves considered an undergarment and therefore subject to undergarment rules?

Answer: No, sleeves worn on the arm or leg are not governed by NFHS or WIAA rules.

Question: We are seeing more athletes wearing Nike "bicep bands". Nike describes these as sweatbands worn on the upper arm. Are they legal?

Answer: The NFHS has clarified that at this time, these bands would be considered legal. The rule book does not address sweatbands.

Question: I've seen a few athletes wearing "Superman" socks. Are these legal?

Answer: While socks are not governed by NFHS rules, the NFHS has advised that for risk minimization purposes, athletes will be instructed to tuck the "capes" into the sock so that other runners do not catch their spikes on the extended cape.



Question: Are tied bandanas or headbands tied with tails, or durags allowed to be worn during competition?

Answer: Headbands and durags are Allowed, as they are made with intention to be worn on the head. When the jewelry rule was removed from the Track and Field Rule Book the restrictions on hair devices was removed as well. Bandanas however, are not legal as they are not made specifically for the head. WI Adoptions b(3) states "only headbands, knit caps and durags which are unadorned except for school name, school nickname or school mascot are legal, A single manufacturer's logo no more than 2 ¼ square inches with no dimension more than 2 ¼ inches is permissible on all items of apparel."



Rule 4.6 Disqualification and Conduct

Question: At a recent invitational meet and during a distance race, a coach was observed inside the track running along the backstretch from turn 2 to turn 3, while calling instructions to the athletes. Is this considered a violation of NFHS Rule 4.6.5b, pacing by persons not participating in the event?

Answer: Even though it may not be intended by the coach, this could definitely be considered "pacing" and the resulting penalties would apply. At the very least, the coach should be warned. If meet management would restrict coaches from the infield, that would further prevent this situation from occurring.

- Question:** Can a coach be on the track and reset or move the hurdles so that an athlete can warm up and do run outs before a race?
- Answer:** No. Once the hurdle crew has set the hurdles, heights, or positions of the hurdles on the track, the hurdles cannot be moved without the permission of the Referee or Starter. A coach being on the track can be viewed as illegal assistance (NFHS Rule 4.6.5e - coaching from a restricted area) and could cause disqualification of the athlete. This is also a safety issue having coaches on the track during run outs.
- Question:** At a recent track & field meet, as a runner in the 1600m run passed the start finish line on each lap, an audible beep could be heard coming from the runner's watch. Is this legal?
- Answer:** Yes, this is legal - NFHS Case Book 4.6.5 Sit. E. A watch is permitted to be worn. The rules do not prohibit a beep from a watch that may be distracting to other runners and/or also serve as a pacing aid.
- Question:** Is it permissible for a running competitor to carry an inhaler during a race?
- Answer:** Yes, NFHS Rule 4.6.5 Note 1 permits the use of the inhaler provided they have medical documentation.
- Comment:** The medical documentation should be presented to the Meet Referee prior to the meet.
- Question:** I am aware that watches are allowed per NFHS Rule 4.6.5 Note 2, but now with smart watches which can do just about anything to aid a runner, such as heart rate, pacing, GPS, etc., what is legal?
- Answer:** You are correct, watches are allowed per NFHS rules (timing as similar to a stopwatch or a countdown or just straight time are all functions permitted). However, NFHS Rule 4.6.6 states that electronic devices shall not be used to transmit information to the competitor during the race or trial. With that said, unfortunately this will be more on an honor system.
- Question:** As an official, I constantly had to remind competitors about the use of electronic equipment in the field of play/competition area. How can I positively address this?
- Answer:** NFHS Rule 4.6.6 - Electronic devices may ONLY be used in unrestricted areas and coaching boxes. The field of play/competition area is a restricted area. The use of electronic devices in restricted areas is strictly prohibited. Also, the WIAA Regional Sectional Tournament Information addresses wireless communication devices - Wireless communication devices (headsets, cell phones, radios, etc.) except for the official equipment used by meet management and meet officials are prohibited in restricted areas.
- Comment:** The Games Committee is responsible for designating restricted and unrestricted areas and communicating them effectively to all. Officials must enforce the NFHS & WIAA Rules. All rules must consistently be applied and enforced at all times. Violators of the electronics rules, should be warned (*document*) and if the usage continues, the competitor should be considered for Unacceptable Conduct. Further, NFHS Rule 4.6.6c continues that competitors are not permitted to wear any type of audio or video recording

devices during a race, trial or while in restricted areas. The penalty for a competitor is disqualification from the event. Team personnel (e.g. coach, manager, etc.) shall be disqualified from further participation in the meet for unsporting conduct.

Question: One of our athletes is extremely sensitive to the firing of the starting device. Is it possible for him to a) use an iPod with earplugs or b) just wear earplugs while running?

Answer: NFHS Rule 4.6.6 Electronic devices (the iPod in this case) may only be used in unrestricted areas and coaching boxes but there would not be a prohibition against using earplugs.

Question: Are parents allowed to video tape their children and show them? If there is no specific restricted area, is anyone allowed to show a video?

Answer: It is imperative that prior to competition, meet management define "restricted" and "unrestricted" areas. NFHS Rule 4.6.6 - "Electronic devices may be used in UNRESTRICTED Areas and coaching boxes, providing the location does not interfere with the progress of the meet as determined by the Meet Referee. As long as this is occurring in a non-restrictive area or coaches' box, it is legal.

Question: At a recent indoor meet, one of our pole vaulters was the last competitor remaining. Since we know that we can legally watch the video of vaults, after the completion of the vault, on electronic devices, we have been doing that. The Head Field Event Official informed us that we could be DQ'ed, as a competitor cannot view a video after their name has been called up to compete. Since he was the last competitor, he is technically called up as soon as he misses a vault. Therefore he is unable to legally view his attempt. Is there an actual rule prohibiting a coach and athlete reviewing a video on an electronic device under these circumstances?

Answer: NFHS Rule 4.6.6 - "Electronic devices may be used in unrestricted areas and coaches boxes, providing the location does not interfere with the progress of the meet, as determined by the Referee". It is imperative that Meet Management define the areas that are restricted, unrestricted, and coaches boxes, and share that information at the pre meet coaches meeting (NFHS Rule 3.2.4g). Once a competitor's name is called to compete, they can no longer view a video in an unrestricted area or coaches box.

Proper protocol for field event management, provides a competitor the opportunity to confer with his/her coach after each attempt, even if a consecutive attempt is about to occur. The Head Event Judge should apply appropriate judgment and common sense, so as not to allow a competitor and coach to abuse the time between consecutive attempts to confer. A competitor is not up for his/her attempt, and the clock does not start, until the Head Event Judge calls them up. Once a reasonable time has elapsed, after an attempt for a competitor to confer with their coach, the Head Event Judge shall call the competitor up for his/her next attempt. This signifies that the competitor can no longer view a video in an unrestricted area or coaches box, as the clock has now begun for the competitor to initiate an attempt.

Rule 5 Running Events

Rule 5.1 Track Construction

Question: We are working on a track renovation project at our high school. Is there any rule or regulation concerning the size or dimensions of the area behind the 100m & 110m Hurdles Start Lines?

Answer: NFHS Rule 5.1.1 describes a track as "two straight sides and two curved ends". The available space for the track would determine the track size. There is no reference, specification, or requirement to the area that you are concerned about.

Question: Can we paint sponsor names on lanes for donated funds from the community to make the new track surface.

Answer: From the NFHS: not allowed due to possible interference with track markings. May be placed in the area behind the starting line or other areas without actual track markings.

Rule 5.2 Course Measurement

Question: With the NFHS Rule Book elimination of the accelerated zone, is there still a need to paint the triangles to indicate the exchange zones, on repainted facilities?

Answer: Yes. Due to the many different relay races that are contested, the NFHS Rule Book 5.2 Recommended Standard Color Markings for Tracks - "Problems which arise in the running of races, particularly distance races involving a large number of contestants, can be reduced and sometimes completely eliminated through the use of standardized color markings to denote alleys, starting lines, finish lines, and exchange zones".

The NFHS Track & Field and Cross Country Committee recommends the use of the following color lines to aid in the administration of the meet:

Relay	Exchange Zone	Color
400 m		Yellow
800m	Lane 1 only - split color	Red/Yellow
	1-2 & 2-3	Red
	3-4	Yellow (same mark as 400m 2-3
1600m	1-2	Blue Staggered
	2-3 & 3-4	Blue Non-staggered
3200 m		

Note: The rule change only eliminated the accelerated zone for relays in which the incoming runner is running 200m or less. The exchange zone now becomes 30m instead of 20m. If the incoming runner is running longer than 200m, the exchange zone will be 20 meters, the same as in the past. The triangular markings provide clarity to competitors, coaches, and officials, to determine the boundaries of the exchange zones.

Rule 5.3 Track Markings

Question: As we repaint our track, is it a requirement that the track be marked so that the sprints can run in both directions?

Answer: It is neither a NFHS or WIAA requirement. It is an individual school district decision as to whether that should be done. Some factors to take into consideration in the decision making process are the hosting of invitationals, a desire to produce better performances, and to possibly increase elite performances for qualification during the state tournament series, if you are a host school. For additional information on track construction and course markings, see NFHS Rules 5.1, 5.2, and 5.3

Question: How are the runners positioned on the start line at the start of the 3200 relay and 800 meter run when there are more competitors than available lanes.

Answer: The NFHS Rule Book does not specifically provide guidance for the start of these races however, alleys are most commonly utilized when there are more competitors than there are lanes; usually in the 800m, 1600m and the 3200m. These are races run in alleys for one turn.

Comment: Double waterfalls are another possible procedure and are used at the State Track Meet for D1 3200 m. $\frac{2}{3}$ of runners are placed in alley 1 (lanes 1-5, first waterfall line) and the remaining $\frac{1}{3}$ of runners (lanes 6-10, second waterfall line). Alley 1 can cut to the inside lane right away while alley 2 remains in their alley until the end of the first turn stagger.

Question: With the NFHS Rule Book having changed the sprint relays exchange zone, what will we have to do to remark our track?

Answer: The 30m exchange zone will not require any additional marks on the track at this time. Schools are encouraged to utilize the lane-wide triangles for all exchange zone markings, until they update or repaint their track. Some facilities currently have small triangles to mark their acceleration zones. These facilities should paint a 2" wide line of the same color as the base of the small triangle. This 2" line shall extend across the entire lane. This will make it easier for both the competitors, coaches, and officials to locate and identify the boundaries of the exchange zone.

Rule 5.4 Track Equipment

Question: What is the rule regarding tape on relay batons? I see in the rule book where it talks about no gloves, but cannot find a reference to taping a baton.

Answer: Not allowed. NFHS Rule 5.4.3 "Tape shall not be used to wrap the baton."

Rule 5.6 Forming Heats

Question: When seeding athletes, is it allowed/legal to seed at heights lower than what they can perform at. Example; A vaulter has vaulted 10' multiple times over the last two seasons, but is regularly seeded at 6'0

Answer: The NFHS Rule Book does not address the validity or accuracy of seed marks. Seed Marks are utilized by Meet Management to determine the jumping order and the opening heights in the vertical jumps. Therefore the practice as described is allowed/legal.

Comment: We all strive for validity and accuracy in the competition order and in developing the opening heights. Therefore this should not be common practice.

Rule 5.7 The Start

Question: We have encountered starters who are not letting the athletes perform their individual starting routines (i.e. jumping up 2 or 3 times) before they enter the blocks. I know that NFHS Rule 5.7.2 states: "the competitors will immediately take their proper positions behind the starting lines;" however, I believe that the brief jumping/loading that the athletes are not delaying the start.

Answer: The NFHS Officials Manual does speak to this topic, in general, under Official Duties and Procedures: Running Events: Pre-Race 3 - Give final instructions. Appropriate information might include the following: Runners, do not delay in responding to my commands. At the command "On Your Marks" I will give you reasonable time to assume a comfortable position." Actions such as 2 or 3 jumps or slapping the legs would be allowed as long as it does not delay the orderly progress of the meet.

Question: What would the procedure be when we notice starters holding athletes in the set position beyond two seconds. Do we approach the meet referee to address it or contact the WIAA if this happens consistently when we have the same officials at most of our meets?

Answer: NFHS Rule 5.7.2 - "The interval between the set command and the firing of the starting devices is approximately two seconds. Competitors should not be held longer as it creates an unfair disadvantage for the competitors. However, NFHS Rule 3.6.1 - "The Starter shall have full responsibility for the competitors on the starting line during the start". The Starter and Assistant Starter shall decide whether a start is fair and legal

Comment: If a situation where a starter persists in disadvantaging competitors with longer the two second holds in the set position, have a discreet conversation with the Referee, to obtain their opinion on the starts.

Question: If a runner, without moving their hands or feet, rocks/moves forward toward the finish line after the set command but before the firing of the gun, is this a definite "False Start" or is this an example of the starter canceling the start with the "Stand Up" command and redoing the start?

Answer: This is NOT a false start under the criteria for a false start listed in Rule 5-7-4 Note. If the athlete's hands or feet do not leave the ground, then they have not left their mark. If they have not left their mark, it is NOT a false start. This is commonly referred to as a "flinch" or "bump" that has not resulted in leaving their marks.

Comment: The starter has options here:

1. The starter can continue to hold the athletes in the set position until everyone is still and signal to start. If the starter sees any unfairness created by the situation, they can recall the race and redo it. The key judgment here is making sure that things are fair for all concerned. If the starter has that moment of doubt, cancel the start process and stand everyone up.
2. They can give the command to "stand up" and redo the start. The extraneous motion may have created a distraction resulting in an unfair situation. The starter must make sure things are fair for all concerned.

3. Finally, if the starter starts the race, they still have the ability to recall the race. If the starter makes the decision that this motion, although not a false start, contributed to an unfair situation, they can recall the race and restart it without any penalties being charged.

In all cases the competitor who flinches and causes the restart should be advised to be still. Consistent adherence to Rule 5 -7-2, indicating the interval between the set command and the firing of the starting device of approximately two seconds and the starter not firing the gun if any competitor is in motion after the set command, should decrease the frequency of this happening.

Question: In the 800m Run, on command the competitors step up to their marks. The Starter fires the gun starting the race. The Recall Starter immediately fires their gun, calling the competitors back. After the Starters discuss the situation, a competitor is disqualified as they had started the race with their foot on the Start Line. Is this the correct procedure for this situation?

Answer: Incorrect procedure. Preventative Officiating would have the recall Starter, upon viewing the competitor with their foot on the Start Line, call all the competitors up and the race should have been restarted, with a warning being given to the competitor with their foot on the Start Line.

Comment: Although the NFHS Rule 5.7.4b provides support to the actions of the Recall Starter, preventative officiating should always be exercised and utilized.

Question: Can a runner who is in a four point stance (in their blocks) prior to the "set command", on the set command assume a three point stance on the set command by moving one of their hands/arms backwards toward their back/hip similar to what a runner does on the set command when using a Moye starting block?

Answer: The competitor chooses their final set position with or without blocks, standing, or starting from four points on the ground. That motion of picking up the hand in this situation is in preparation for the athletes' final "set" position. The starter at that point will make sure everyone is motionless before signaling the start.

Rule 5.10 Relays

Question: In a 400-200-200-800 sprint medley, past practice prohibits the first 200 runner from using an acceleration zone. With the new 30 meter exchange zone, do we still let that 200 runner use all 30 meters? Wouldn't that be a very short 400 leg?

Answer: NFHS Rule 5.10.6 note, "Relays with legs of 200 meters or less, each exchange zone in which the incoming runner competitor is running 200 meters or less will be 30 meters long". Therefore, the second 200m competitor will utilize the 30m exchange zone and the 800m competitor will utilize the 30m exchange zone.

Rule 5.11 Relay Infractions

Question: A relay team reports to the starting line with a baton that:
a. has the school name printed with paint or magic marker

b. has the school name in cut out letters taped to the baton surface

Answer: Legal in (a). Illegal in (b).

Comment: NFHS Rule 5.11.1b The paint or marker is legal provided it does not leave the baton with a rough surface. The use of tape or any other substance on the baton which provides a better grip is illegal

Question: In judging relay hand-offs, is it the position of the baton or the position of the runners that determines a legal hand-off?

Answer: The baton is the point of reference in determining when an exchange commences and when it is complete. Rule 5.11.1l "The incoming and outgoing runners shall not simultaneously touch the baton outside of the exchange zone."

Rule 5.12 Infractions for Races Run in Lanes

Question: In a 4x400 relay, the first runner (with the baton) started in lane 7, as she came around the second curve in lane 7, and ran down the straight away, she ran from lane 7 into lane 1. She did NOT interfere with any other runner. She saw she was in the wrong lane and ran back into lane 7, again NOT interfering with any other runner. She then made the baton exchange with her teammate in lane 7. Should she and her team have been disqualified?

Answer: NFHS Rule 5.12.1 - As no interference occurred and on the straight away no advantage was gained, therefore there is no disqualification.

Rule 6 Field Events

Rule 6.2 General Rules

Question: What is the best procedure for declaring a venue open?

Answer: In the case where an official or coach is not present at a competition venue, the responsibility for opening the venue clearly lies with meet management. Meet management should not open the venue unless warm-ups will be supervised by a designated official or coach. As a preventative and pro-active measure, these venues should be clearly marked by meet management to prevent any unfortunate accidents. As an official supervising the event, the key is to communicate to athletes when the venue is open or closed. That identification as a closed site prior to, during and after competition may take several forms such as an orange cone (pylon) placed in the runway or circle, or a sign stating the venue is currently closed or an official (event worker) standing in the ring or on the runway or at the takeoff board preventing that particular warm-up.

Question: How much time is allowed for gender change in field event competition, i.e. once the boy's shot has concluded, how much warm-up time for the girls before starting competition? I found a reference to a 10 minute warm-up between trials and finals, and meet management decision on warm-up between flights.

Answer: This is a host decision, usually a minimum of 20 minutes. Consideration should be given for the size of the field and the event.

Question: In the Vertical Jumps, at a height change, 10 competitors remain in the competition, but only 3 competitors will be attempting the height. What is the time allotted for each of their attempts?

Answer: NFHS Rule 6.2.2 Chart. 1 minute, as there are 10 competitors remaining in competition. Consecutive trials would be 2 minutes in the high jump and 3 minutes in the pole vault.

Comment: "Number of athletes competing at the start of a round", includes all competitors remaining in the competition

Question: Two competitors are remaining in the High Jump competition. Competitor "A" misses on their 1st attempt and requests permission to take another attempt out of order so that they can check out for another event. As there are only two competitors remaining in competition, competitor "A" is afforded 3-minutes to complete their 2nd attempt. Is this the correct procedure?

Answer: Yes. NFHS Rule 6.2.2 Chart.

Question: If an athlete aborts an attempt, is the 2nd attempt of this trial considered a continuation of the trial or is that a new trial? I would assume the athlete has 1 minute to initiate an attempt that is carried through to completion.

Answer: NFHS Case Book 6.2.2 Situation A Comment: The initiation of a purposeful action that results in a completed trial must be within the prescribed time limit. The actual completion does not need to be within the prescribed times

Question: If an athlete is called up in the high jump and their time allowance begins, if they approach the bar without taking a jump, does the clock start over again?

Answer: No. NFHS Rule 6.2.2 Sit. F. It is not a requirement to complete that trial prior to the expiration of the time limit and no additional time will be added when an athlete initiates but does not complete their trial. The clock continues to run.

Question: How many attempts can be saved by the leader in a field event?

Answer: NFHS Rule 6.2.3; "The competitor with the best mark in the preliminaries has earned the right to make the last attempt of the competition and may choose to wait until after any excused competitors have taken all their trials."

Question: An athlete "passed" not "scratched" on her first round attempt. The event official was moving on to the second round and was going to have our athlete complete her last two attempts without the other girl jumping. The other girl was holding all 3 attempts until the end of the competition to see if she needed to use them. Is this the correct procedure?

Answer: This was not the correct procedure. From the Long Jump and Triple Jump Field event sheet:
Flighted Protocol: Athletes will take only one jump each time their name is called (1-1-1). If they do not take an attempt when their name is called it will be considered a foul, once the allowable time for the trial has elapsed. Successive attempts may only be approved

by the head event judge if an athlete is excused to participate in another event.

4. Holding an attempt is **only** allowed if the athlete is in the final round **and** the athlete has the best attempt from the preliminaries and chooses to wait until all others have completed their attempts. NFHS Rule 6.2.3 Case 6.2.3 Sit. F

The athlete with the best jump from the preliminaries may hold only one attempt (their last attempt).

Question: Can an official move a thrower from flight 1 to flight 2 because they are in a different event?

Answer: NFHS Rule 6.2.3 Yes, moving a competitor from one flight to another IS an acceptable method of accommodating the athlete. The head judge may change the order "...by any method..." to accommodate a competitor excused to participate in another event. This is but one of several options available.

Question: In the horizontal jumps, does the top seeded jumper in the finals have the right to hold all of their jumps in the finals, or just the last jump of the last round?

Answer: Just their last attempt. NFHS Rule 6.2.3 states "the competitor with the best mark in preliminaries has earned the right to make the last attempt in competition and may wait until after any excused competitors have taken all their trials.

Question: If athlete A is the #1 seed with the best throw from the preliminaries and is bested DURING the finals, but prior to the final throw, by athlete B, are they still entitled to hold, or would that privilege be transferred to the new best thrower?

Answer: NFHS Rule 6.2.3 The competitor with the best mark in the preliminaries has earned the right to make the last attempt of the competition. Athlete A continues to be the #1 thrower throughout the finals and would be the only one allowed to hold an attempt, although if someone else beats their throw it becomes a moot point. No one else, regardless of their throws, supplants athlete A in regards to holding an attempt.

Question: What is the procedure for allowing Field Event competitors to check out of their field event to compete in another event?

Answer: NFHS Case Book 6.2.3 Sit . D & E - Guidelines for a Competitor Who Has Been Excused From a Field Event to Compete in Another Event

- A. The competitor must receive permission from the Head Event Judge.
- B. The Event Judge must make note of the "check out" and record the TIME when the competitor's name would have been called for their next attempt. (This begins the allowed check out time determined by the Games Committee)
- C. The Head Event Judge may allow the competitor to take a trial/attempt out of turn before being excused.
- D. In the **THROWS and HORIZONTAL JUMPS**, if a competitor has **failed to return in the allowed check out time**
 - The Head Event Judge will call the excused competitor up.
 - If the competitor is NOT AVAILABLE, the remaining trials/Attempts will be recorded as FORFEITED.

Note: Consecutive attempts are governed by a 2-minute time limit

- E. In the **HIGH JUMP and POLE VAULT**, if the competitor has **failed to return in the allowed check out time (check out time has expired)** and all the remaining competitors have passed, failed, or cleared the existing height:
- The crossbar may be raised to the next height.
 - The judge will automatically pass the excused competitor to the new height.

Additionally, NFHS Rule 6.2.3

- a. Competitors excused to compete in another event shall not be called for a trial during the excused time.
- b. In the VERTICAL JUMPS, before the crossbar is raised, the Head Event Judge will PASS a competitor who has NOT returned within the designated time limit

Question: During the finals in the long jump. Jumper A1 is the third jumper in the jumping order for finals. A1 takes his jump in the first round and then informs the judge he has to be excused to run in another event. The judge marks the sheet, and starts the 15 minute clock when A1's name comes up in the second round. If A1 returns within the 15 minutes or they are still jumping in round two, he jumps at that time, or at the latest, at the end of round two. My question is what happens if he returns after the 15 minute excused time and they have moved into round three? Does he get a scratch for round two because he didn't return within the 15 minutes and completion of round two, or does his jump from round two continue over to round three, during which he would get his jump from round two as well as his jump from round three?

Answer: NFHS Case Book, 6.2.3 Sit. C - There's a similar situation where the jumper forfeits his third attempt. In your case, he would forfeit the second jump in the finals but have one remaining jump in the third round if he returns in time.

Question: A checked out athlete in the pole vault doesn't come back in the time allotted, is the vaulter DQ'd or can they vault at the next height because the bar was raised after the athlete's time limit?

Answer: The competitor will be passed to the next height.
See explanation above.

Question: In the High Jump, competitors A, B, C, D, E, and F remain at 5' 10". The Games Committee has set the check time limit at ten minutes. Competitor B requests to check out for another event. B's name comes up in the normal rotation but Competitor B has not yet returned for competition. The head event judge records the time, beginning the check out time limit clock. As the competition continues, Competitor E requests to check out for another event. All other competitors have either passed, cleared, or failed at 5' 10". Competitors B & E are checked out and neither have passed, cleared, or failed at 5' 10". E's name comes up in the normal rotation but Competitor E has not yet returned for competition. The head event judge records the time, beginning the check out time limit clock. Competitor B's check out time has now expired. How should the Head Event Judge proceed?

ANSWER: Competitor B will be passed to the next height. Now that all competitors have passed, cleared or failed the height, Competitor E will also be passed to the next height. See explanation above.

Question: In the Discus, Competitors A, B, C, D, E, and F are scheduled in Flight #1. The Games Committee has set the check out time limit at fifteen minutes. Competitor C requests to be excused to compete in another event and receives permission from the Head Event Judge. When Competitor C's name comes up in the normal competition order, Competitor C has not returned and the Head Event Judge records the check out time and the competition continues. Within the check out time limit Competitor C returns and requests another check out to compete in another event. How should the Head Event Judge respond to the second request for consecutive check outs.

Answer: When Competitor C returns they are required to either make an attempt or pass the attempt before they can check out again. Consecutive check outs cannot be awarded.

Question: May an adjacent throws venue be utilized for warm-up purposes while the main throws venue is conducting the competition?

Answer: NFHS Rule 6.2.6 - Warm-ups shall not be allowed unless supervised by an event official or the contestants coach and the venue has been declared open by the meet director. NFHS Rule 6.2.8 - Once a competition has begun, except as scheduled, competitors are NOT allowed to use for practice purposes, the runway, ring, or take off area or throwing implements associated with the competition.

Comment: The primary consideration for this rule is to stress SAFETY, by avoiding and minimizing the potential for a disastrous situation. Although the premise of having next flight competitors warming up at the shot put may expedite the time framework of the event, the potential risks far outweigh the time saving benefits. However, if the venue is supervised and NO implements are used, it would be acceptable to use this area for warm-ups. As a preventive and proactive measure adjacent venues should be clearly marked as "Closed", to prevent any unfortunate accidents from happening while the competition is going on.

Question: Are athletes allowed to go through warmup or technique movements with/without an implement outside or near the venue in the shot or discus?

Answer: The handling of implements creates a safety issue at the shot and discus venues. Warmup or technique movements are part of the event preparation. However, they can only be done without an implement, unless the competitor is taking their warm up throw in the competition circle.

Comment: Throwing event head officials, should make it a policy and part of the event instruction to inform competitors that implements can only be utilized in the competition circle. Additionally, during the competition, only the competitors who are "Up", "On Deck", and "On Hold" should have an implement in their possession.

Question: Can a horizontal jumps competitor or a pole vaulter who has been called up (is on the clock) run away from the pit to set his/her steps?

Answer: No, this is not permitted and the competitor is in violation of NFHS Rule 6.2.7. The Referee should be notified and the competitor warned that any repeated action will result in the competitor being disqualified from further competition in that event. Refer to

NFHS Case Book 6.2.7 Situation A.

Comment: The note under Rule 6.2.7, clearly states that "the run back is permissible after an aborted attempt".

Question: Is it legal to use an over the head toss while facing away from the toe board during warm-ups.

Answer: NFHS Rule 6.2.13 states that an illegal implement cannot be used for warm-ups. It does not require that the warm-up throw must be legal. There are lots of interesting methods to warm-up for the discus and the method you describe for the shot is quite common. Second, while not facing the landing area is a cause for concern, in the glide and rotation the thrower also turns their back and is allowed for warm-ups. As stated in the field event guide sheets, officials, coaches, and athletes should carefully scan the landing area to be certain there is no one in that area prior to throwing. Good supervision is key.

Question: If an implement is broken during an attempt is an additional attempt allowed and when shall it be taken?

Answer: NFHS Rule 6.2.13a "If a legal implement breaks during a trial in accordance with the rules, no penalty shall be counted against the competitor and a replacement trial shall be awarded." Replacement throw may be taken immediately.

Question: I have found that there are some male athletes that like to use a 16 lb shot during warm-up prior to the competition; and then, switch to the 12 lb shot for competition. NFHS Rule 6.2.13 states "A competitor shall not use an illegal implement during warm-up...." As to weight, there is no problem, as Rule 6.10.2 states only a minimum weight of 12 lbs. However, there is a maximum diameter of 117.5mm (4.625 inches). 16 lb shots range in diameter from 110mm to 130mm (4.3 to 5.1 inches). It is possible to purchase a 16 lb shot that has a diameter less than the specified maximum diameter of 117.5 inches, and would be a legal implement. However, I believe the vast majority of 16 lb shots purchased range from 125mm to 129 mm, and thus would render those 16 lb shots an illegal implement, and if used in warm-ups would constitute a violation of NFHS Rule 6-2-13.

I do not have the instrumentation to determine the diameter of these shots. Can we assume that 16 lb shots are not to be used during warm-ups at meets?

Answer: The easiest way to address this is that only those implements that have been weighted/measured and are determined legal should be used in warm-ups. So if that rare shot that is 16 lbs but meets all the dimensions is checked in and the athlete wants to use it for warm-ups they could.

Question: Are athletes in throwing events allowed to spray their shoes with adhesive for better traction? I have concerns about the build up on the circles.

Answer: Not legal. NFHS Rule 6.2.14 indicates that competitors can use chalk or an adhesive or similar substance such as rosin on their **hands**. Meet management, via the meet referee or head official would have the authority to not allow due to a concern for the integrity of their throwing surfaces.
Possible residue left on the surface could impact other throwers.

Question: To attempt to speed the shot and discus events along, can the Games Committee require all JV throwers to take all 3 or 4 of their throws in succession? i.e. A1 takes all 3 throws back to back, B1 takes all 3 throws back to back, etc.

Answer: The Shot Put and Discus Field Event sheets, B. General Rules states "An exception to the 1-1-1 may be made for large sub-varsity meets"

Rule 6.3 Breaking Ties

Question: At a WIAA Regional, seven (7) girls were jumping at 4'8". Two cleared the bar and the remaining five (5) had three (3) misses, receiving a Best Mark of 4'6". Four (4) of the girls had no misses previously in the competition while the other cleared 4'6" on her second attempt. This results in a 4-way tie for 3rd Place. How do we administer the "Jump Off" for the 3rd & 4th qualifying places?

Answer: NFHS Rule 6.3.2b to 4a, a "Jump Off" only occurs if it involves 1st Place. As this is a state regulations mandate that there can only be 4-qualifiers, the tie must be broken via a "Jump-Off". The four (4) tied competitors will immediately take one (1) additional attempt at 4'8", as this is the first "Tie Breaking Procedure". For those who make the "Tie Breaking Attempt" at 4'8", they will receive one (1) attempt at 4'9", to start the jumping at that height, then the two (2) remaining competitors in competition will complete their attempts at that height. As long as the tied competitors make their attempt and the tie is not broken, this procedure will continue. If none of the tied competitors makes their attempt and the tie is not resolved, then they must wait until the competition is completed before the bar can be lowered and the Tie Breaking Procedure continues to its next phase.

Comment: By applying the "Tie Breaking Procedure" this way, no competitor is disadvantaged and no competitor gains an advantage. There is no disruption of the event and all competitors are competing and not waiting. By NFHS Rules, the bar is never lowered during the competition.

Rule 6.4 Shot Put

Question: In the Discus and the Shot Put is it legal for a competitor to tape their hand?

Answer: Yes this is permissible. NFHS Rule 6.4.1 & 6.5.1 - "Tape may be used on the hand and fingers provided that no two fingers are taped together. The tape may be continuous and connect to the wrist, but all fingers must be able to move independently. A wrist wrap used in lieu of tape is acceptable and is not considered an artificial aid provided there are no hard pieces in the wrap to keep the wrist stiff. Gloves are not permitted: however, a support belt may be worn".

Comment: Language concerning "taping of the palm of the hand unless there was an open wound" was removed from the rule book. This is consistent with other rule books as no advantage is gained.

Question: Is the pictured throwing brace allowed per NFHS Rules?



Answer: Currently this brace is legal via NFHS Rules. Referring to the shot, NFHS Case Book 6.4.1C and discus NFHS Case Book 6.5.1A, athletes are allowed a writ wrap that loops around the thumb. A brace strictly on the wrist would also be permitted.

Question: May a discus thrower/putter bring a towel in the circle and wipe the circle off and then throw the towel out of the circle as long as it is done within the 1 minute time allowed? Can I sweep or wipe off the circle for my athlete?

Answer: NFHS Case Book 6.4.3 Sit. A states that the athlete may enter the circle, with a towel, wipe the circle, and then throw the towel out. This must occur in the 1 minute allowed. Provided you do not slow down the competition, there shouldn't be a problem with "grooming" the circle. Meet management or the meet referee should address this issue

Question: If glasses fall off inside or outside of the circle what is the ruling?

Answer: NFHS Case Book, 6.4.3, Sit. A; "Unintentional touching of personal equipment outside the circle before the put started does not, by itself, constitute a foul".

Question: Is it legal to use the "South African" style where they begin their attempt with one foot outside the ring,

Answer: Not allowed. NFHS Rule 6.4.3b; "After stepping into the circle, fails to pause before starting the throw."

Rule 6.5 Discus

Question: An injured competitor has been cleared by their personal physician to compete in the Shot Put and Discus wearing a walking boot. Is this permissible? Is any waiver or documentation required or necessary?

Answer: NFHS Case Book 6.5.1 Sit. B. This is permissible as this would not be considered an artificial aid. The walking boot does not provide any advantage and would seem to be more of a hindrance.

Comment: No waiver or documentation is required or necessary.

Question: If a competitor in either the shot put or discus is not under control and falls out of the back half of the circle after the implement has landed, is the throw a foul or a measurable throw?

Answer: NFHS Case Book 6.5.2 Sit B Legal throw as the shot put or discus landed prior to the competitor exiting the circle.

Rule 6.7 Horizontal Jumps

Question: Is it illegal to put chalk on the runway in the horizontal jumps?

Answer: NFHS Rule 6.7.1 "A marker shall not be placed on the runway or in the landing pit."

Question: Is it a legal attempt if an athlete, while long jumping, runs across the line or foul line extended or first lands on the runway instead of in the pit?

Answer: NFHS Rule 6.7.3b It is a foul if the competitor allows either or both shoe(s) to extend over the foul line or makes a mark in front of it on the takeoff, or runs across the foul line or the foul line extended. Landing on the runway instead of the pit is covered by both of these references.

Question: Is it a legal attempt if an athlete, in the process of landing or leaving the pit, touches the ground outside the landing area nearer the foul line than the nearest mark in the landing pit?

Answer: Illegal. NFHS Rule 6.7.3f

Comment: Each legal jump shall be measured perpendicularly to the foul line or its extension to the point in the pit touched by the jumper which is nearest the foul line or its extension. When the competitor touches the ground outside the landing area, nearer the foul line than the nearest mark made in the landing pit, the ability to make a measurement is not possible, and the jump is considered a foul.

Question: In the absence of a coach, are the triple and long jump officials required to tell the athlete by how far he or she fouled and where the shoe was on or behind the board?

Answer: At the high school level, this would consider it a courtesy. A shoe sole is currently used at the state meet to show the positioning of the athlete's foot. Since none of the coaches are located close enough to actually see, it seems to be something that both athletes and coaches appreciate. It is not a "requirement" as it is not written in the NFHS Rule Book or WIAA regulations.

Rule 6.8 Vertical Jumps

Question: In meets where there are large numbers of entries, particularly in the high jump and pole vault, can the Games Committee establish the following procedure? In the PV, starting height is 7', the next height is 8' and the next height is 9'. A jumper gets only one attempt at each of those heights. If he/she misses at 7', their next jump is at 8', and the next one at 9'. The jumper is permitted 3 attempts, but is allowed only one attempt at each of those heights. After 9', the bar would be raised in 3" or 6" increments and the regular method of attempts/misses is followed.

Answer: Not allowed NFHS Rule 6.8.1; "Each competitor is...granted a maximum of three trials at any one height." The games committee does not have the ability to set aside a rule. NFHS Rule 3.2.

Question: In a larger meet, can the Games Committee establish the procedure that only 2 attempts can be taken at each height until a predetermined number of competitors remain (e.g. 10 jumpers)?

Answer: Not allowed. See the situation above. The games committee has the ability to start at a higher opening height if there is a concern with the number of jumpers entered.

Question: May a crossbar be used for warm-ups in the high jump?

Answer: NFHS Rule 6.8.3 A bungee cord manufactured for use in the high jump and pole vault may be used in lieu of the crossbar during warm-ups, as approved by the games committee.

Question: A vault is made and cleared by the athlete. The pole lands against the bar and the bar does not come off. What happens when the vaulter is finished with the vault, goes to remove the pole resting against the bar and the bar falls?

Answer: NFHS Case Book 6.8.5 Sit A., Competitors are not at fault for displacement of the crossbar due to a force disassociated with the competitors once the competitor has clearly cleared the crossbar.

Question: All other athletes still competing are checked out when an athlete has run-throughs. Is the host school (their athlete) allowed/legal to have as many minutes of run-throughs (when coming in at a higher height), as they want, or is it still the 2 minutes for run-throughs?

Answer: NFHS Rule 6.8.6 states "a high jump or pole vault competitor who has not entered the competition within 60 minutes from the first jump of the competition shall be allowed 1 ½ minutes for high jump or for pole vault 2 minutes of warm up without the use of the crossbar or bungee cord under the supervision of the an official. This will take place only at the beginning of the height change. If more than one athlete is entering at the same time, each athlete is allowed 1 ½ minutes for high jump or for pole vault 2 minutes. This time is not aggregated for the group. The competitor must make a minimum of one attempt at this height."

Comment: This is the ONLY time that a warm(s) up may take place once the competition has begun.

Question: Two competitors remain in the pole vault. The competitors are tied and both will be attempting 12 feet. A1 missed on all 3 trials and B1 missed on her first two trials. Before taking her third attempt, B1's Coach requests the crossbar be raised to 12' 1", which would be a school record, if cleared. By looking at the record of competition B1 would win the competition (miss or make) on her final attempt at that height, according to tie breaking rules. The Coach of B1 contested that B1 was the winner and therefore should be able to set her mark on her final attempt. Head Meet official denies the request as B1 is not yet determined the winner of the event.

Answer: Correct procedure. NFHS Case Book 6.8.8 Sit, B - Once B1 is determined to be the event winner, he/she may determine successive heights of the crossbar. B1 has not

officially won the competition until he/she has taken their jump to conclude the competition. B1 could use language, or perform some other unacceptable behavior that could result in her being disqualified from the competition. Therefore B1 would not have been designated as the winner and should not have been allowed to change the height of the crossbar.

Comment: From the NFHS office: "The vaulter is not the winner until he/she clears the height set at regular intervals. The vaulter can't request a bar change until after the true winner is determined by clearing the bar at the height set."

Question: 60 minutes have passed since the beginning of Pole Vault. Prior to the height that A1 was coming in at, A1 was called to another event and properly checked out with the official. Is A1 considered called when the height change takes place, thus starting the 15 minutes? If not, when does the time start? Can the bar be set and competition continue, starting A1's time to start when called in proper order? If this is the case, when does the two minute warm-up take place?

Answer: Athlete A's time to be excused should not be started until his name would have been called for his first attempt. That would mean the 15 minutes starts a little later which usually gives enough time for an athlete to return.

Whether or not the athlete has exceeded their 15 minutes, when the bar height is changed, the competitor forfeits their run throughs.

Comment: It is unfair to other competitors to "hold" the event for warm-ups.

Question: In pole vault, can a student-athlete tape his/her pole in two different locations therefore creating a taped, non-taped, taped grip area?

Answer: This taping of the pole is actually quite common and not illegal. NFHS 6.8.14 The vaulting pole may have a binding of layer(s) of adhesive tape of uniform thickness on the grip end, The plant end of the pole may be protected by layers of tape, PVC metal, sponge rubber or other suitable material to protect it when placed in the planting box. NFHS Rule 6.8.17 adds that the binding shall not be on or above the top hand-hold band.

Question: Is it legal for the vaulters to use pole vault grip tape on their poles rather than just athletic tape?

Answer: NFHS Rule Book 6.8.14 refers simply to "adhesive tape". Pole vault grip tape is really just adhesive tape. Legal

Question: In the Pole Vault who has the rule book responsibility to check in and verify the poles? Competitor? Coach? Teammate?

Answer: NFHS Rule 6.8.15 - "The coach prior to competition the coach must verify that all of the school's pole vaulters and poles meet these requirements". In Wisconsin the Pole Vaulters Weight Verification Form serves this purpose and must be presented or turned in at Pole Vault Check In. Be mindful that NFHS Rule 4.2.3 requires the competitor to

check in prior to the start of the field event competition. *This check in must be done by the individual competitor and not the coach or a teammate.*

Comment: It is standard practice for the competitor or the competitor and coach to be a part of this check in process. With the competitor being present, this facilitates any questions that the Head Event Judge may not have; verifying uniform, checking competitor number(if utilized), opening height, competition in other events, etc.

Question: Recently at a pole vault competition, the official brought to my attention that since one of my poles lacked the etching/barcode. The pole was legal by all standards; numerical pole rating, a minimum 3/4 inch contrasting color band located within or above the top hand-hold band, and proper binding of adhesive tape of uniform thickness, not above the top hand hold band. Does the lack of the etching/bar code make the pole illegal?

Answer: No. The pole is legal. The etching would be needed if you wanted to order a new pole weight label from the manufacturer. This is how the company ensures that they are providing you with the proper label.
NFHS Rule 6.8.15 Note says "etchings, serial numbers, etc, that may appear on poles shall not replace the requirements of manufacturer's pole rating of the minimum 3/4-inch (2 cm) marking in contrasting color on each pole.

Question: While checking in poles at the pole vault, I have observed some older poles for which the coaches have replaced the weight band (bright yellow, very visible weight). I know they are legal as I can match serial numbers. There are other poles, such as Best Flex, that have the same bright yellow weight band and same font for weight, but they are original, with serial number on label only, so I have no place to "match" serial numbers. How can I tell if all the different poles are legal?

Answer: NFHS Rule 6.8.15 NOTE 1, "Etchings, serial numbers, etc. that may appear on poles shall not replace the requirement of the manufacturer's pole rating of the minimum 3/4 inch marking in contrasting color on each pole." If the Best Flex pole does not have a serial number etched or embedded, but has the band as indicated above, it would be considered legal. If they have the markings as per the rule book they should be considered legal unless you have a valid reason to suspect otherwise.

Question: Pole markings in the vault-should there be two markings on each pole, one for the weight and one for the top hand held position? I have found most of the poles I am seeing taped right up to below the weight band.

Answer: The markings may be one and the same. NFHS Rule 6.8.15; "...located within or above the top handhold position..."

Question: NFHS Rule 6.8.17 states that only the field referee or head field judge shall inspect and approve each pole in the pole vault.
a. Does this mean that a competent and knowledgeable pole vault event judge cannot check poles?
b. Does this mean that one of the starters cannot inspect and approve the poles?

Answer: In Wisconsin schools must hire two licensed WIAA officials. The starter may also have the role of the head field event judge. The rule does not allow an event judge to inspect and approve the poles.

Question: In the pole vault, the crossbar is placed on the highest pins possible. The competitor vaults, makes contact with the crossbar, it is dislodged, and at the conclusion of the attempt: (a) the cross bar rests diagonally on the highest pin and the next pin below; or (b) the cross bar rests on the two pins below the highest pins.

Answer: NFHS Rule 6-8-26b. An unsuccessful attempt is recorded for both (a) and (b). It is a foul if the competitor: Displaces the crossbar from the pins on which it originally rested, with the body or the pole.

Question: As a field judge, I noticed a girl vaulter run down the runway and break the plane of the crossbar with her pole. Both feet were on the ground and she did not attempt a jump, but the pole ran through and touched the mat. Was this the correct ruling?

Answer: NFHS Rule 6.8.26e states it is a foul if the competitor "Allows any part of his/her body or the pole to touch the ground or the landing system beyond the vertical plane of the top of the stopboard, without first clearing the bar."

Pole Vault Verification Forms

Question: In regards to the Pole Vault Verification Forms, does the regulation mandate the weighing in during the designated week or can the weigh in be completed any time after the start of the designated week?

Answer: The Pole Vault Verification Form weighing in can take place anytime after the start of the designated week and if there is a subsequent change to a singles competitor's weight, after that week, that competitor can be reweighed on a new sheet and it does not require every competitor to weigh in again on that new sheet.

Comment: Sheets should not contain both copied and original athletes with their weights. Coaches should strive to have sheets with authentic, not copied, signatures.

Question: If a new vaulter is added between the 36th and 40th weeks, but is not on the original Pole Vault Weight Verification Form for Week 36, are they to be weighed and added to the sheet or is a new sheet created with just the new vaulter's information?

Answer: If a new vaulter comes out for track, then you would need a new sheet for that vaulter only. You would not re-weigh everyone else, you would simply have 2 sheets to show the official.

Comment: Sheets should not contain both copied and original athletes with their weights. Coaches should strive to have sheets with authentic, not copied, signatures.

Question: Can the coach use an electronic version of the Pole Vault Weight Verification Form?

Answer: Currently not allowed. This has been discussed by the NFHS. There are issues with verifying signatures, especially on a smart phone or iPad.

- Question:** For the shot put vectors, is it legal to place a 2" wide fabric / rope line down instead of painting on the stone like surface?
- Answer:** NFHS Rule 6.9.5, "Radial lines 2 inches (5 centimeters) wide shall extend from the center of the circle to form an area in which the legal puts must be made".
- Comment:** A portable and removable 2" inch line would comply with the rules.
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- Question:** Is it a legal cage if a school builds a new discus cage and uses cyclone fencing?
- Answer:** NFHS Rule 6.9.10, recommends that "the cage be constructed of heavy nylon netting or other material that will absorb the energy of the discus to prevent bounces back". Therefore, by the wording of the rule, the cyclone fencing is legal as a material for the cage. Appendix A, page 85 & page 86 provides the recommended guidelines for the dimensions of the discus cage. These dimensions are in place to ensure the safety of the officials, volunteers, competitors, and spectators, at the event.
- Comment:** The wording in the rule and the appendix both utilize the word "recommend". At a school with a cyclone fence cage, I as an official, would advise the coach, athletic director, principal, and district administrator of the NFHS recommendations. They are in place to ensure the safety of all persons at or near the venue. In a court of law, remind them that they will be asked; "What did you notice?" and "What did you do?" The safety of officials, volunteers, competitors, and spectators is our 1st Priority.
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- Question:** Would a 113 ft runway be enough to host a WIAA Track & Field Regional or Sectional?
- Answer:** NFHS Rule 6.9.14 states that the runway should have a minimum of 130 feet (40m) and, where conditions permit, it should be 147'6" (45 meters).
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- Question:** We are planning a remodeling and resurfacing project for the Track & Field facility at our district high school. The district wants to ensure that we are in compliance with NFHS/WIAA Rules & Regulations so that we can potentially host Regional & Sectional competitions. Please advise as to what is required to reach that end for the take off boards in the Long Jump & Triple Jump.
- Answer:** NFHS Rule 6.9.17 outlines the recommended distances for the take off boards:
- | | |
|------------------------|-------------------------|
| Boys Long Jump 12 ft | Girls Long Jump 8 ft |
| Boys Triple Jump 32 ft | Girls Triple Jump 24 ft |
- Comment:** NFHS Rule 3.2.3k states that the Games Committee is permitted to determine takeoff board placement. Additionally, distances from the foul line or take off board may be adjusted to accommodate different levels of competition (middle school, freshmen, JV, etc). Therefore, consideration should be given to providing these additional take off boards:
- | | |
|------------------------|--------------------------------|
| Boys Triple Jump 36 ft | Girls Triple Jump 20 ft - 28ft |
|------------------------|--------------------------------|
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- Question:** NFHS Rule 6.9.17, requires a Horizontal Jump Pit to have a distance, to the end of the pit, of 32 feet (10 meters), measured from a 10ft take off board.

1. Does that mean that any pit at any facility that does NOT meet this standard is ILLEGAL and CANNOT be utilized?
2. Does it mean that NEW constructions must meet this standard?

Answer: The intent of the rule change was to make sure that we are moving towards the industry standards in regards to horizontal jumps pits and that the pit is no less than 23 feet in length. This new rule is generally for new or newly planned renovated horizontal jumps pits.

Question: Is it a requirement that the pole vault standards be anchored or secured to the ground?

Answer: NFHS Rule 6.9.24 to 6.9.35 discuss the Pole Vault Venue. There is no reference in the NFHS Rule Book or Officials Manual requiring the pole vault standards to be anchored or secured to the ground.

Question: At our school, the pole vault pit is set on grass. Does this constitute a hard surface? Do we need to add perimeter padding around the base of our pole vault pit?

Answer: NFHS Rule 6.9.28 requires all hard and unyielding items above the surface such as but not limited to concrete, metal, wood or asphalt, or designated landing pad platforms that extend out from beneath the sides and back of the pole vault landing pit. Our WIAA Season Regulations require two feet of two inch thick additional padding around a pole vault pit. Additional matting is required regardless of the surface beneath the landing pit.

Question: On our track, the pole vault pit sits very close to Lane #1. When we place the two feet of padding around the pit, the matting is six inches from Lane #1. Is it possible for us to cut the matting so that we have one foot of clearance by Lane #1?

Answer: The rules (NFHS and WIAA) make no provision for modifying or altering equipment, especially when you get into not meeting minimum requirements. Modifying or altering could place one in violation of stated padding rules & regulations opening up the potential for litigation. Additionally, NFHS Rule 3.1.2 states that no one can set aside any rule.

Question: Many high schools compete at high school hosted and sponsored track meets at college facilities. Is the use of the Pole Vault pins on the college standards legal and permissible?

Answer: Legal. The NFHS Rule 6.9.29 allows pegs, not to exceed 76mm in length,. The NCAA pins are not more than 55mm in length. Therefore the college pins fall within the NFHS allowable parameters.

Rule 6.10 Implement Specifications

Question: What is the correct weight for the girls' shot put; 8 lbs. or 8.8 lbs.?

Answer: NFHS Rule 6.10.2 The Girls shot will have a minimum weight of 4.0 kg or 8.818 lb.

Question: Our high school would like to use a laser to mark and/or identify our Discus. This would be done by our Tech Department utilizing a Laser Engraver. We would be etching on the plastic portion of the Discus. The etching is barely noticeable to the touch and does not seem to disturb the surface more than normal wear and tear. Would this still be a legal Discus after etching/engraving?

Answer: Legal. Per the NFHS, it was determined that there was no problem provided the etching is shallow, does not disturb the surface more than wear and tear, nor alters the implement's required specs.

Rule 7 Outdoor Track and Field Special Events

Rule 7.2 Special Events

Question: 1. Should a mixed-gender relay be scored? If so, does it replace an existing scored event?
2. Is there any recommendation from the WIAA on where any kind of non-standard (e.g. distance medley relay) are placed in the order of events?

Answer: Mixed relays are approved as "special events." NFHS Rule 7.2.1f states they are to be conducted under USATF youth event rules unless state association policy determines otherwise.

Comment: We are not running them in the WIAA tournament series. It therefore is up to event management as to how and when to run these events when applicable. From conversations at the national level, some are planning to experiment with mixed relays at invitationals; some are not scoring them at all, some are splitting the scores between their boys and girls teams, and some give all earned points to both their boys and girls teams.

Rule 9 Indoor Track and Field

Rule 9.6 Indoor Relays

Question: We will be competing in a Track & Field Meet contested on a 200m track. In the 4x200m Relay, only the 1st runner will run the entire leg in lanes. Since the 1st runner is running in lanes, is the 2nd runner allowed to utilize the 30m accelerated zone?

Answer: NFHS Rule 9.6.1 and WIAA Season Regulations, - "Sprint relays conducted at indoor meets will use the 20m exchange zone if all legs are conducted in assigned lanes. NFHS Rule 5.10.6 Note states that in the 4x100 and 4x200 outdoor relays, 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 20 meters. There is no longer an acceleration zone in relays.

Rule 8 Cross Country

Rule 8.1

Question: At our Cross Country Meet we are setting up the Starting Line Area. Is there a recommended distance back that coaches and non-competitors must go to at the two minute countdown mark?

Answer: NFHS Rule 8.1.4 makes no reference to the dimensions of the Starting Line Area, references the size of the boxes, at the Start Line. In practice, it is a proactive approach to utilize cones and set up an area 5 - 10 meters behind the Start Line. In this way you have defined the area that the coaches and non-competing athletes must go to. The distance is determined by facility and nature constraints. If possible, utilize 10 meters to clearly differentiate between competitors, non-competitors, and coaches.

Appendix G - Lightning

Question: Is there a difference between overhead, close, or in the sky (not real close) lightning?.

Answer: I would refer you to the NFHS Rule Book, Appendix G for the NFHS policy (which the WIAA follows in all sports) on lightning:

3. "When thunder is heard, or a cloud-to-ground lightning bolt is seen, the thunderstorm is close enough to strike your location with lightning. Suspend play for at least 30 minutes after the last thunder is heard or lightning is seen and take shelter immediately." Any subsequent thunder or lightning after the beginning of the 30-minute count will reset the clock. Any phone apps could be used to assist in making a decision if the lightning is within 10 miles of the event location. However, you should never depend on the reliability of these devices. At night, and under certain atmospheric conditions, lightning flashes may be seen from distant storms. In some cases, it may be safe to continue. If no thunder can be heard and the flashes are low on the horizon, the storm may not pose a threat. Delaying competition should always be a "team"(meet referee, meet director, medical staff, etc.) call.

WI ADAPTATIONS

Question: An individual reports to the start line wearing a ski mask, covering the face except for the eyes and mouth cut out. Is this legal?

Answer: In the Wisconsin Adaptations to the NFHS Rules, Section B - Uniforms and Equipment, 3) "Headwear - Only headbands, knit caps, and durags without flaps which are unadorned except for school name, school nickname, and school mascots are legal.

Comment: If the faces are covered, it is difficult for the official to ensure the identity of the competitor and their correct placement in the race.

Question: Where can I find the rules for the order of field events? Boys or girls going first in each field event. At a meet tonight they were completely changed from last year. They are listed in the rule book but not in any order.

Answer: During the regular season host schools are at liberty to select which gender competes first in each field event. The WIAA tournament series (regionals & sectionals) does stipulate a specific order and many conference meets follow that order as well. As a reminder, Wisconsin does not use the same Order of Events as the NFHS.

Season Regulations

Question: The question is regarding the four events an athlete competes in and their make up. Do they need to be 3 and 1, or 2 and 2 or can they be all 4 running or field events? Can you reference where I can find this to point it out to the coaches as well?

Answer: Please refer to the Track Season Regulations, Individual Participation Limitations: "A student is limited during the regular season competition as follows: he/she may compete in a maximum of four events, but in no more than three running or three field events."

Question: I would like some of my top athletes to compete in two meets in one day. Is this allowed per WIAA rules?

Answer: Yes, it is possible but there are several items that need to be addressed per Season Regulations 6 & 7.

1. Both meets must count against the maximum number of team meets allowed (20).
2. Both meets must count for the individual's maximum number of meets (20).
3. Each athlete has a maximum of 4 events that they can compete in during this one day. They could compete in 3 events in the first meet and 1 in the second or some combination of this.
4. They may not compete in a single event more than once. Competing in the long jump in both meets would be prohibited.

Question: I currently have a handful of athletes that are state caliber individuals interested in competing in the "Indoor State Meet" at UW-Whitwater. Could the athletes register unattached for the event (if the event allows), travel to the event with parents, and compete without jeopardizing their eligibility for the rest of the season?

Answer: No. This will need to be a meet on your schedule in order for the athletes to legally participate.

Tournament Procedures

Question: A question has come up about the Regional Regulations. "Being listed as a relay team member counts as one of the four allowed events whether or not the student participates" seems to be contradictory NFHS Rule 4.1 and 4.2 of states a difference between a competitor and an entry. Can this be clarified?

Answer: The WIAA tournament regulations for entry take precedence over the NFHS rules. States may have different regulations from the NFHS rules for their tournament series.

Question: Why is there not a qualifying distance to advance to the WIAA State Meet, in the field events? My discus thrower is one of the top throwers in the state, but in our Sectional they are seeded fourth and would therefore not potentially qualify for the WIAA State Track Meet.

Answer: The "Extra Qualifying Standards" can be found in Tournament Procedures 2c (3)(d) and states "any individual or relay team whose performance in Sectionals ranks among the ten best of all sectional performances, including the first three sectional finishers (Division

1) and the first four sectional finishers (Divisions 2 & 3)" are eligible to participate in the State Meet.

Question 1: Regarding concussions, WIAA policy states return to competition if approved by "an appropriate health care provider." Is a certified athletic trainer considered "an appropriate health care provider"?

Answer: Yes, a licensed athletic trainer or physician.

Other Questions and Answers

Question: I am looking for an "event rules" sheet that I can print out and put on the clipboard for our track workers running the various events. Does this exist on the WIAA website? Where can I find it?

Answer: Make sure you are logged in to the WIAA website.
Sports > Track > Rules & Regulations > Rules Related Materials > Clerk and Field Event Judges sheets.

Question: In our area there is a bladed competitor on a high school team. Does this competitor need any type of special permission or be given any special consideration when competing? Are they allowed to compete with able bodied competitors?

Answer: The NFHS has no specific written policy on a bladed competitor. Consider a bladed athlete as an able bodied athlete and therefore, they would be permitted to compete as such.

Question: We are in a Minnesota/Wisconsin conference. During our conference meet one of our athletes was not feeling well and did not report for an event. Another coach reported that to the officials stating that our athlete could not compete in any further events. He cited a national federation rule that says to the effect, "If an athlete scratches in an individual event they are disqualified from further events for the rest of the meet". We cannot find the rule that substantiates the decision. Can you help me out?

Answer: It's not an NFHS or WIAA rule. It is believed to be a college rule. However, you need to be prepared to run by Minnesota state track and field rules.

Question: Is it against WIAA rules to participate in non-school competition during the season?

Answer: In the Senior High Handbook, Section III, D1 " WIAA rules indicate athletes may not participate in more than two nonschool competitions during the school season, in the same respective sport with prior school approval. "
"It is the philosophy of this Association that a student owes loyalty and allegiance to the school and team of which he/she is a member during the season of a given sport. There is the potential for injury, conflicts with team training and scheduled meets."