

## **National Federation of High School Rule Changes for 1007** from NFHS website.

Contact: Becky Oakes

1. Effective with the 2006-07 high school track and field season, the throwing sector of 34.92 degrees is now required for the shot put and discus events.  
This year's committee developed optional guidelines for the discus cage which can be found in the rulebook appendix.
2. In another change, Rule 7-5-12 states that the runway adjacent to the pole vault box may be marked with a permanent 1-centimeter or one half-inch line drawn through the top of the vault box (zero point) and extended 10 feet on each side.
3. Rule 9-6-5 was amended to stipulate that a competitor shall wear the assigned unaltered number when numbers are provided and computer chip(s) when those devices are used in competition.
4. The "set" starting command was eliminated for races or opening legs of relays of 600 meters or more indoors. Runners now will be expected to be set when instructed "On your marks."
5. The standard scoring system for the decathlon, pentathlon and heptathlon shall be the point scale established by the IAAF, unless the state association determines otherwise.
6. Several rules changes will impact athletes' apparel and were adopted for clarify. Rule 3-2-4(o) states that games committees may restrict the wearing of items worn in excess of the school uniform, such as headwear. Rule 4-3-1b(5) and 9-6-1b(6) state that an American flag patch, not to exceed 2 by 3 inches, and either a commemorative or memorial patch, not to exceed 4 square inches, may be worn on the uniform top or bottom. Rule 4-3-1c now states that only a single manufacturer's logo/trademark/ reference, no more than 2¼ square inches with no dimension more than 2¼ inches, is permitted on the uniform bottom when a two-piece uniform is worn.

# 2007 NCAA Track and Field Rulebook Changes

from Bob Podkaminer (Rulebook should be available after 10/1/06)

The page references are from the 2006 Track and Field, Cross Country Rules Book. Text within double parenthesis (( )) is to be deleted. Underlined text is to be added.

**Pole Vault Runway. (Rule 1-5-2, page 27)** — The center of the runway, if not marked before January 1, 2006, shall be marked with ~~((a maximum of))~~ seven permanent ...

**Runways. (Rules 1-5-4, 1-6-1, and 1-12-1, pages 27 and 35)**—The full length of the runway may be permanently marked with lines on or touching the edge that are no more than 2cm wide by 5cm long to indicate the distance from the back of the vaulting box. 'Vaulting Box' will be replaced as appropriate.

**Hammer and Discus Area Enclosure. (Rule 1-10, page 33)**—Re-draw all figures for consistency to the following language:

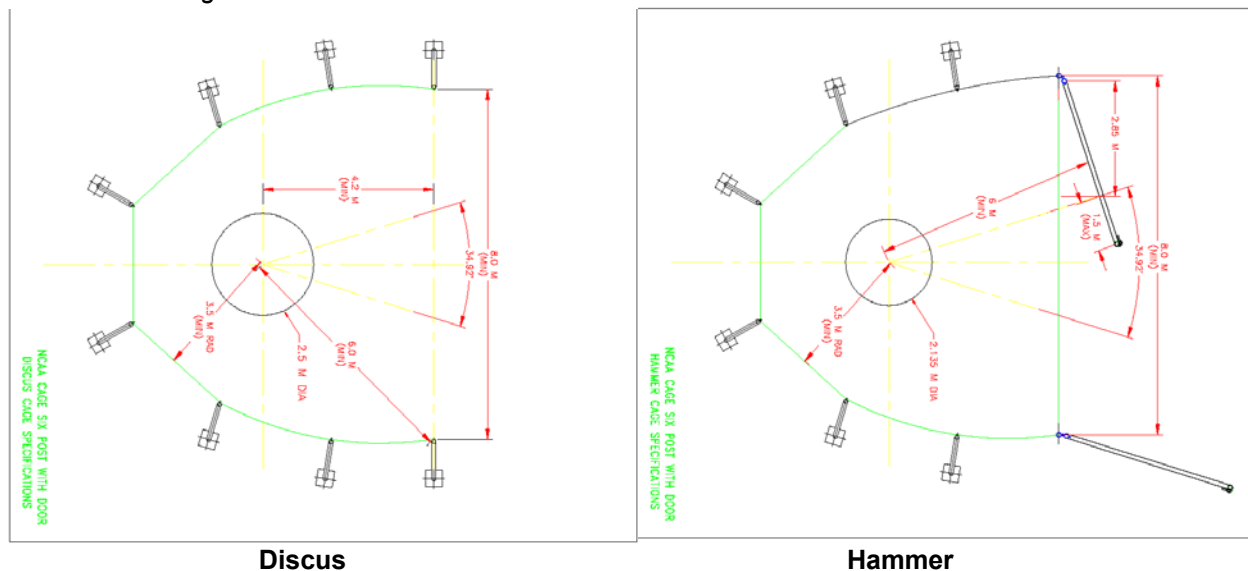
ARTICLE 1. All hammer or discus throws shall be made from an enclosure or cage that shall be centered on the circle and with the sector centered on the non-movable cage opening designed in such a way to provide adequate control of the implement landing and a fair venue for the throwers. Cage design is acknowledged to provide limited protection for spectators, officials and competitors. It does not ensure their safety. Exact measurements and pole placements may vary based on local conditions and cage design but must provide for the minimum distances specified. The following specifications are for the hammer or discus when thrown outside the stadium while spectators are present, or inside the stadium while other events are in progress, and should be considered a minimum configuration. All possible efforts shall be made to achieve the minimum configuration in construction after January 1, 2007.

- a. The throwing circle shall be surrounded by a cage made with suitable material, hung from and between rigid posts, sufficient to withstand and absorb an impact from the implement so that the implement will not escape over or through, and to reduce the possibility of the implement ricocheting or rebounding back towards the competitor. The purpose of the cage is to contain but not interfere with the flight path of the implement.
- b. Rigid posts, approximately six in number, positioned in line with and to the rear of the front edge of the throwing circle, shall be approximately 4 meters from the center of the circle and allow for panels of suitable material between 2.74 and 2.90 meters in width which are at least 3.50 meters from the center of the circle. The height of these panels for the discus shall be at least 4 meters. The height of these panels for hammer shall be at least 5 meters.
- c. Panels of suitable material between 2.74 and 2.90 meters in width and at least 6.15 meters in height shall be hung between each of the two rigid posts in line with the front edge of the throwing circle and each of two additional rigid posts toward the throwing sector which are no less than 2.85 meters away from the sector line. The location of these posts will be approximately 6 meters from the center of the throwing circle and provide a total fixed cage opening of between 8 and 9 meters.
- d. When used for throwing the hammer, movable panels of suitable material not less than 4.35 meters in length and not less than 6.15 in height shall be affixed to the rigid posts furthest from the circle toward the landing area. For a right-handed thrower (counter-clockwise rotation), the right movable panel is to be open so that it is parallel to the sector line on the right side and maintains the minimum 2.85 meters distance from the sector line. For a right-handed thrower, the left movable panel is placed in a position so that its non-pivot end is not greater than 1.5 meters into the sector and not less than 6 meters away from the center of the circle. For a left-handed thrower (clockwise rotation), the movable panel configuration is reversed.
- e. Any area of flagging shall identify an implement landing danger zone of at least 55 degrees from the center of the throwing circle.
- f. Cage configurations that are more restrictive than the minimums set forth in this rule may only be used with the consent of each participating institution.

Note 1: Whenever possible, the height of the panels of suitable material described in paragraphs c and d shall be increased. The recommended minimum height is 8 meters. Cages may have additional panels or designs to increase control of the implement landing area. Cages may be designed with an entry point at the rear of the cage.

Note 2: The movable panel that is normally parallel to the sector line should be positioned closer to the sector line in cases where the facility has the throwing area in close proximity to other event venues so that greater control of the implement landing is achieved.

Note 3: Cage design to allow for throwing both hammer and discus from the same cage is permitted. Ring placement, suitable material height and movable panel size and location must achieve the overall goals indicated above, but these panels or designs may not create a restricted area for the thrower that is less than specified. Two new drawings will be available in the book.



**Pole Vault Helmets. (Rule 2-6.6, page 41)**—Pole vault helmets are permissible. If worn, a helmet certified by the ASTM standard is recommended.

**Hammer Handle. (Rule 2-10-3, page 44) — ((Grip)) Handle**

The ((grip)) handle may be either of single- or double-loop construction, ... It must be attached to the wire in such a manner that it cannot be turned within the loop of the wire to increase the overall length of the hammer. The handle may have a curved or straight grip with a maximum width inside of 130mm and a maximum length inside of 110mm. The sides of the handle may be straight or slightly curved where the sides meet the grip.

**Electronic Measuring Devices. (Rule 2-12, page 46)**—Verification of the accuracy of devices used to measure distance can be accomplished by comparison to an available surveyed distance.

**Referee Authority. (Rule 3-4-2a, page 50)**—After consulting with the appropriate officials, to take such actions and make such decisions, including those for which the rules make no specific provision, that provide each contestant a fair and equal opportunity consistent with existing rules (e.g., recontesting a heat, section or attempt) See Rule 10-4-7-Note 2.

**Enforcement of Uniform Rule. (Rule 3-4-2j)**—To ((oversee the enforcement)) determine just and proper remedy for continued violation of all uniform, ((relay uniform,)) number, shoe and logo rules.

Amend Rule 3-6d as follows:  
 Enforcing ((competitors') uniform, ((relay team uniform, competitors')) number, shoe((s)) and logo rules at the time of initial check-in through inspection, overseeing corrective action, and the issuing of a warning that repeated violation may result in disciplinary action. A report of uncorrected violations shall be made to the referee and the offending competitor's coach; and

Amend Rule 3-11-2g as follows:

Enforce uniform, number, shoe and logo rules at the time of initial check-in, when not done by the clerk of the course, through inspection, overseeing corrective action, and the issuing of a warning that repeated violation may result in disciplinary action. A report of uncorrected violations shall be made to the referee and the offending competitor's coach; and

Amend Rule 8-6-5c as follows:

Enforce ((competitors')) uniform, number, shoe and logo rules at the time of initial check-in through inspection, overseeing corrective action, and the issuing of a warning that repeated violation may result in disciplinary action. A report of uncorrected violations shall be made to the referee and the offending competitor's coach; and

**Duties of Head Umpire. (Rule 3-5-1f, page 51)**—To instruct, supervise and receive reports from those appointed to serve as lap counters.

**Lap Counters. (Rule 3-18, page 59)**— A lap counter(s) shall be appointed to notify each competitor of the number of laps that still need to be completed. Adequate lap counters must be provided to accurately count laps for all runners in distance races, by recording the times over each lap of the athletes for whom they are responsible, and relay legs. The lap counter(s) shall confirm to the head umpire, through an appropriate reporting method, that all competitors have completed the prescribed number of laps. The start of the final lap of the event leader shall be signaled by the firing of a ((gun)) pistol or the ringing of a bell. All subsequent competitors shall be notified of their final lap or leg.

Amend Rule 3-6c as follows:

Placing all relay team members, especially sprint relays, in their proper positions on the track itself. In distance races, this is done with the assistance of lap counters.

**Failure to Participate. (Rule 4-2-2, page 60)**—ARTICLE 2. a. Athletes or relay teams must participate in the trials and/or finals of all events in which they are legally declared. Such participation is also required in subsequent rounds as a result of qualifying, or when participation is a criterion for entry in a subsequent meet.

b. Participation is the expectation that a competitor start the athletic challenge requirements of the event, according to the rules of the event. Qualification to the next round of an event is, in itself, satisfaction of participation.

c. A failure to participate is considered an assumption that the competitor in violation has abandoned the competition and, therefore, shall be barred from all remaining events in the current meet.

d. The referee, upon proper protest, based upon all authorized evidence and with consideration given to circumstances beyond the control of the competitor, including medical, shall determine whether circumstances clearly demonstrate that a violation of this rule has occurred.

e. This rule shall not preclude the creation of additional restrictions published in handbooks and manuals by conferences or championships games committees.

**Uniform. (Consolidate all Uniform and Logo Rules in Rule 4-3, Delete Rule 6-1-11, Amend Rule 8-8)**

**Protests. (Delete Rule 4-3-7, page 63; Amend Rule 4-3-6, page 63)**—

a. Protests relating to matters that develop during the conduct of the meet should be made at once and not later than 30 minutes after the results have been announced or posted officially. All implicated coaches must be notified of the protest.

b. Any such protest may be immediate and oral by an effected competitor or competitor's coach in order to protect and preserve evidence, but must be submitted in writing by a coach to the protest table within the allotted time.

c. The protest shall be ((submitted to)) reviewed by the referee, who shall render a decision after determining and considering evidence. Evidence specifically excluded is all visual material except that produced by official photo-timing and official video designated by the games committee before the meet.

d. The referee shall ((or)) forward any protest relating to an intentional false start to the starter for a decision.

e. Results revised because of a protest shall be posted and announced. Coaches' of competitors affected by the referee's decision shall be notified.

f. Protests relating to Articles 1, 2 and 3 shall not interrupt an event once it begins.

Amend Rule 4-3-8 as follows:

The decision of a referee may be appealed through the games committee or an appointed jury of appeal, in writing, no later than 30 minutes after the decision of the referee has been announced officially. Any available evidence, except video, at the discretion of this panel, may be considered. If such evidence is not conclusive, the decision of the referee shall be upheld. No further appeal is available. The result of an appeal shall be posted and the effected coaches notified.

**Start Commands. (Rules 5-1-4 and 5-1-5, page 66) —**

Change the title of Rule 5-1-4 to **Starting Races – Shorter than 500 Meters.**

Change the title of Rule 5-1-5 to **Starting Races – 500 Meters and Longer.**

**Finals Qualification. (Rule 5-11-9a, page 77)**—~~((A maximum of nine))~~ The number of runners or teams shall ((run)) not exceed the number of lanes available for the race in any heat or final of the 100, 200, 400, 800 meters, 100/110 hurdles, 400 hurdles, 400 and 1,600 relays, except that the Games Committee may authorize the use of alleys with a maximum of 12 competitors in the 800 meters with consistency in all heats and rounds

**Fully Automatic Timing (FAT). (Rule 5-12-5, page 80)**—~~In the event ((of a malfunction of))~~ fully automatic timing is not available in one or more of several heats or sections, the following procedure shall apply: Hand times must be used for all heats or sections to determine advancement or final placings, or heats or sections are to be rerun.

**Jumping Aids/Runway Markers. (Rule 6-1-9, page 83)**—a. Weights or artificial aids shall not be allowed in the jumping events except for a wind sock to help the competitor determine wind direction and velocity; ((, and))

b. A foot pattern may be used by officials to indicate ~~((placement of))~~ the takeoff mark in the jumping events;

c. A maximum of two markers may be placed adjacent to the runway or landing area in long jump, triple jump or javelin, but not on the runway or in the landing area. A maximum of two markers may be placed adjacent to the runway in the pole vault, not on the runway. A maximum of two markers may be placed in the high jump approach area. These markers must be made with a material that is approved by meet management and cover an area not greater than 7 centimeters by 15 centimeters. Shoes are not acceptable markers. The use of unacceptable material, after being warned, shall lead to the disqualification of the competitor. This restriction applies to practice, warm-up and competition.

d. For additional runway or approach restrictions, see Rule 6-5-5 and Rule 6-6-4 ~~((and Rule 6-7-3))~~.

Amend Rule 6-5-5 as follows:

~~((Two marks may be used each with))~~ Each approach mark shall be a single piece of tape ((not longer than 15 centimeters)). The mark(s) cannot be located within two meters of either standard ((and must be made with tape as approved by meet management. The use of unacceptable material shall lead to the disqualification of the competitor.)) After warm-up and before competition, the high jump official shall ask all competitors to identify their designated mark(s). All other marks shall be removed.

Amend Rule 6-6-4 as follows:

~~((A maximum of two markers may be placed adjacent to the runway, but not on the runway. These markers must be made with a material that is approved by meet management. Shoes are not acceptable markers. The use of unacceptable material shall lead to the disqualification of the competitor. This restriction applies to practice, warm-up and competition.))~~ A competitor may not place foreign material in the vaulting box.

The vaulting pole shall have no ...

Amend Rule 6-7-3 as follows:

~~((The use of weights or grips of any kind is forbidden. Markers may not be placed in the landing area or on the runway, but a maximum of two markers may be placed adjacent to the landing area or runway. These markers must be made with a material that is approved by meet management. Shoes are not acceptable markers. The use of unacceptable~~

~~material shall lead to the disqualification of the competitor. This restriction applies to practice, warm-up and competition.))~~

Amend Rule 6-10-2 as follows:

Taping of any part of the hand, thumb or fingers shall not be acceptable in the javelin, except to cover or protect an open wound. Such taping must be shown to the head event judge before the event starts.

In order to obtain a better grip, competitors may use any suitable substance only on their hands. Only chalk may be applied directly to the implement. A support belt may be worn. ~~((Marks or markers may be placed adjacent to the runway or landing surface, but may not be placed on the runway or the landing surface. These marks must be made with a material that is approved by meet management. Shoes are not acceptable markers. The use of unacceptable material shall lead to the disqualification of the competitor. This restriction applies to practice, warm-up and competition.))~~

**Warm-Ups on Runway. (Rule 6-1-12, page 83)**—~~((Once competition begins, it shall be a foul or missed trial))~~ Once a competition has begun, competitors are not allowed to use for practice purposes the runway, ring or takeoff area except as scheduled.

**Field Event Preliminaries. (Rule 6-2-1, page 86)**—The games committee must determine the number of competitors who shall advance from preliminary rounds to the final round. ~~((To be in the finals, a competitor must make at least one legal mark in the preliminaries.))~~ In throws and horizontal jumps, when there are eight or fewer competitors (nine if nine lanes are used around the track), all may be allowed six trials, if one of the first three is attempted. even if none of the first three are fair. If there are more competitors than there are lanes on the track, each competitor must have a valid qualifying mark to advance to the finals. When a competitor who has advanced to a subsequent round is unable to compete, another competitor shall not advance.

**Qualifying Competition. (Rule 6-3-4, page 86)**—If the games committee deems it necessary, a separate qualifying competition may precede the trials and finals to determine which of the competitors entered in the event shall compete in the competition proper. The games committee shall determine group size, automatic qualification performance and the number who qualify. Performances made in the qualifying round shall not be considered part of the competition proper nor count in deciding the final placing in the event.

**General Warm-Ups. (Rule 6-4-1, page 87)**—It is recommended that competitors be arranged in flights not larger than 12 and not smaller than five.

Assignment to flights may be random or based on entry performances. The games committee shall determine the order in which flights are contested.

If weather or facility conditions render this method unfair to some competitors, the referee may require that all trials be taken one at a time in the order drawn.

A maximum of 15 minutes for warm-up attempts shall be permitted before each flight. Between preliminaries and finals, there can be a general warm-up ~~((by))~~ for all competitors ((, but the same warm-up period shall be)) in the finals for a time period not greater than the time allowed for warm-up for competitors of each flight.

**Leaving the Ground. (Delete Rule 6-6-2c, page 90)**—*Rationale: This was a rule within USATF and IAAF many years ago. This provision no longer exists in those rules books. Rule 93.22 in the 1983 USATF (TAC) Rule Book has a note: Effective January 1, 1983 it is no longer a foul if a competitor leaves the ground for the purpose of making a vault and fails to clear the bar.*

**Catching the Pole. (Rule 6-6-5, page 91)**—The pole may be caught by an assigned official or the competitor, when circumstances warrant, and never to prevent it from dislodging the bar.

**Long/Triple Jump Fouls. (Rule 6-7-4, page 92)** — Note: It is not a foul, however, if a competitor walks back through the landing area after the official has ruled the ~~((attempt))~~ trial fair ~~((and marked the jump))~~.

**Hammer Gloves. (Rule 6-11-1, page 97)**—When throwing the hammer, gloves for the protection of the hands are permitted. The gloves must be smooth on the back and the front and the fingertips must be exposed (i.e., the tips of the fingers on the gloves must not be closed). An additional layer of leather may be affixed to the palm of the glove to protect the hand further. A non-adhesive non-elastic single wrap may be applied to the fingers and woven at the base of the fingers in a manner which acts as an open fingered glove.

**Foul Throw. (Rule 6-11-3, page 97)**—It shall not be considered a foul throw if the head of the hammer touches the ground when the competitor makes the preliminary swings or turns. ~~((However, if the head of the hammer touches either the inside or the outside of the circle after the throw begins, the thrower must continue the throw or a foul throw shall be charged.))~~

**Alternative Scoring System. (Rule 7-1-1, page 99)**—With consent of competing coaches, the following alternative scoring system may be used in meets with four or fewer teams. The International scoring system is the default scoring system.

The number of entries per event shall be determined by meet management. All individual entries shall have the ability to score in the competition. Only one relay entry per institution shall score.

No. of teams in Meet	Individual Events	Relay Events
2	5 3 1	5 0
3	5 3 2 1	5 3 0
4	5 3 2 1	5 3 2 0

Amend Rule 6-2-2 as follows and renumber:  
 ...In scored and non-scored meets, the top eight or nine performances, as determined by the games committee, shall advance to the finals~~((In scored meets with four or fewer teams, a minimum representation of two competitors from each institution (if entered) shall additionally advance to the finals))~~ in conformance with Rule 6-2-1....

**Jump-Off Procedure. (Rule 7-1-5c(1), page 100)**—... the bar shall be raised if the tying competitors were successful, or lowered if not, ~~((3))~~ 2 centimeters in the high jump and ~~((8))~~ 5 centimeters in the pole vault. ...

**Cross Country Start. (Rule 8-3c, page 105)**—The starting line shall be wide enough to provide at least a 50-centimeter space for each of five front-line team starters and a 50-centimeter space for each individual starter.

**Use of Hand Times. (Rule 9-2-2e, page 121)**—If both FAT systems fail in any section of the 800 ((and)) or 1,500 meters, the use of all hand times or a conversion is not ((necessary)) required. The results for competitions timed electronically ~~((and))~~ or timed manually for these events are strictly comparable.

**Time Between Consecutive Jumps. (Rule 9-2-2g, page 121)**—In the high jump, each competitor shall be allowed two minutes between consecutive attempts even when he or she is the only remaining competitor;

Amend Rule 9-2-2h as follows:  
 In the pole vault, each competitor shall be allowed three minutes between consecutive attempts even when he or she is the only remaining competitor;

**Combined Event Measurement. (Rules 9-2-2j and 9-2-2k, page 121)** — Metric measure shall be used.

**Combined Events Administration. (Rule 9-2-3, 9-2-4 and 9-2-5) —**  
 ARTICLE 3. The administration of combined events always should provide ~~((fair))~~ competitive and equal competition for all events. ~~((The recommended number of competitors for championships meets is 12 to 18.))~~

ARTICLE 4. All competitors shall compete in one or more flights as determined by the games committee. For total fields greater than 14, two flights should be considered. ~~((All competitors shall compete in field events in one continuous flight drawn by lot (Example: If there are 16 entries, all 16 shall take one attempt, or pass, before the initial competitor takes a second attempt.) In the vertical jumps, the five-alive method of competition may be used (see Rule 6-4-3.))~~  
~~((The exception to this would be if the host institution has two facilities where all conditions are equal. In this event, the 16 competitors could be split by lot, with eight at each facility, except in the vertical jumps, where competitors may be split based on past performance.))~~

When more than one flight is used, the competitors may be split into sections as equal in number as possible by lot or based on past seasonal performance in that event when available. When using two facilities, the conditions must be equal.

ARTICLE 5. If sections (~~and lane assignments~~) are necessary in any running event, they (~~shall~~) may be determined by lot or by past seasonal performance in that event when available. Sections shall be as equal in number of competitors as possible.

- a. For all laned-running events, assignment of lanes shall be drawn by the games committee by lot (~~for the 100 meters, 200 meters, 400 meters and hurdle events~~).

**Lane Assignments. (Rule 10-4-2, page 128)**—The 800 meters, 1,000 meters and 3,200 meter relay shall start and continue in lanes or alleys until at least the end of the first turn (~~(, if the number of competitors or teams exceeds the number of lanes on the track)~~). On tracks of more than 200 meters, a one-turn stagger shall be used.

**Qualifying for Finals. (Rule 10-5-4a, page 129)**—If preliminaries are run in the 1,500 meters or mile, (~~10 competitors~~) at least nine and no more than 12 competitors, as determined by the games committee, shall qualify for the final(~~s~~). It is recommended that the top three ...

**Indoor Heat Regulations. (Rule 10-5-5b, page 130)** — If more than 16 competitors report for the 3,000 meters, it is recommended that the event be contested as a timed-section final.

**Combined Event Scoring Tables. (page 134)**—**The reprints** of the Combined Events Scoring Tables from Part II will be deleted from the publication, except the tables for the 55 meter and 55 meter hurdle events.

**Altitude Adjustments. (page 253)**—The altitude adjustment tables from Part III will be deleted from the printed publication and made available online.