

January 27, 2003

To: CIF Section Commissioners, Administrators, Track and Field Coaches, Officials

From: Hal Harkness, CIF Rules Interpreter for Track and Field/Cross Country

Subject: Summary of NFHS Rules Interpreters Meeting, January 23, 2003

## **RULE CHANGES**

**Rule 1-2-3:** Combining male and female competitors in events (while scoring them separately) may occur if the head coaches of the competing teams unanimously agree or the referee deems it necessary

**Rationale:** When darkness or threatening weather jeopardizes completion, particularly in distance events and vertical jumps, this may save time.

**Rule 2-1-5:** The score of a forfeited dual meet shall be 9-0

**Rationale:** Most, if not all sports record scores for forfeited contests including Cross Country (15-50). Track and Field should also.

**Rule 2-1-6:** In the absence of prior mutual agreement, if a track meet normally contested under the standard order of events (excluding "specialty meets", the host school does not contest on or more events, points for each uncontested event shall be totaled and divided equally among the visiting teams. The host team shall receive no points.

**Rationale:** This article addresses the situation if a school chooses not to contest an event. (example: the pole vault) Points are to be divided among visiting schools regardless of whether they had competitors entered in the event. Points are to be awarded to teams and athletes are not charged with an event.

**Rule 2-2-2:** A tie in a field event occurs when two or more competitors finish with the same distance or height.

**Rationale:** Tie breaking rules are now locating in each appropriate section of the NFHS Rule Book. Nothing has changed in procedure.

**Rule 3-2-4c:** Allow the marking of significant distances (example: meet, school and national records, qualifying marks) in the throws and horizontal jumps alongside the landing areas. (7-6-12b)

**Rationale:** The placement of record markers is common practice at all levels. Markers are fair to all competitors when meet management places them for all jumpers. This adds to the enjoyment of the event for fans and media as well. Individual athletes are prohibited from placing any markers beyond the take-off board. This process is available only to the Games Committee/Meet Management.

**Rule 3-2-4g:** The Games Committee may designate a specific area for pole vault coaches, so that coach-athlete communications are made easier.

**Rationale:** Increase to opportunity for clearer communication between coaches and athletes.

**Rule 3-4-4:** Upon determining that the event venue does not meet the criteria set forth in the rules, the referee can declare the event will not be contested.

**Rationale:** This change reinforces minimizing risk when venues do not meet NFHS standards.

**Rule 3-4-8:** Prior to the start of the meet, the referee shall, either by meeting or written communication, address the following with all head coaches and team captains:

**Rationale:** All team members are expected to exhibit good sportsmanship.

**Rule 3-4-8b:** The head coach shall verify verbally or in writing that all his/her competitors are properly equipped (uniform, equipment, and no jewelry) in compliance with these rules.

**Rationale:** To further clarify the pre-meet responsibilities of the head coaches.

**Rule 3-4-8c:** Any special circumstances, procedures and information pertaining to the meet.

**Rationale:** Combines two articles concerning the pre-contest meeting into one for the referee.

**Rule 4-3-1b(2):** Loose fitting boxer-type shorts are permitted for boys and girls and closed leg briefs/shorts are acceptable for girls.

**Rationale:** Tight fitting shorts for **girls** may now include short legs, not to exceed 4/5 inches inseam length. These shorts are permissible for girls only. Shorts longer than 5 inches must be covered with a pair of school issued boxer type shorts.

**Rule 5-8-1:** Allow the use of computerized chips to record the finish of a runner in cross country, provided the chips are attached to both shoes of the runner.

**Rationale:** The use of modern computer technology is advancing methods of timing and scoring cross country meets. This process reads and records the finish according to the placement of the foot, rather than the torso of the runners.

**Rule 6-2-9:** A competitor in a field event (excluding the pole vault) shall be charged with an unsuccessful attempt if he/she fails to initiate a trial or pass within the one (1) minute time limit. For the pole vault, the time limit is one and one half (1:30) minutes. Note: there is an error in the NFHS Rule Book on page 63, Rule 7-5-29e should read 1:30.

**Rationale:** Standardizes all field events (except the pole vault) at one (1) minute.

**Rule 7-4-5:** Delete the words "with tape" in the last sentence.

**Rationale:** Marking the position of the standards with tape holds no advantage over marking the position with chalk, paint or other substance.

**Rule 7-5-8:** Effective immediately, the overall size of the pole vault landing pad shall be a minimum of 19' 8" wide by 20' 2" deep. The landing surface measured beyond the back of the standard bases shall be a minimum of 19' 8" wide. The dimension of the landing surface in back of the vaulting box to the back of the landing pad shall be a minimum of 16' 5" deep.

The material in the pad shall be high enough and of a composition that will **decelerate the landing**. When the landing pad is made up of two or more sections, the landing surface shall include a common cover or pad extending over all sections.

**Rationale:** To increase the over size of the landing pad/area from 2002 standards. **Note:** **Landing pads that do not meet minimum 2003 standards for size may not be used at any time, including practice sessions.**

**Rule 7-5-9:** The front sections of the landing pad, known as front buns, shall be a minimum of 16' 5" wide so as to cover the entire area around the landing pad to the inside edges of the standard

The maximum cutout for the planting box shall be 36 inches in width measured across the bottom of the cutout.

The edges of the front of the landing pad immediately behind the planting box shall not be placed more than three (3) inches behind the top back edge of the planting box.

The front pad shall be attached to the main landing pad, or encased in a common top cover. All remaining hard and unyielding surfaces around the perimeter of the landing pad should be covered with padding.

**Rule 7-5-11:** The width between the pins that support the crossbar shall not be less than **13' 8" (4.16m) or more than 14' 8" (4.48m).**

**Rationale:** Reflects the increased width on the landing pad, necessitating placing the standards apart.

**Rule 7-5-12:** The non-metal crossbar shall be 14' 10" (4.52m) in length, of uniform thickness, and shall have a weight of not more than five (5) pounds.

**Rationale:** Standardizing the crossbar will reduce variance in venues, thus bringing greater consistency to the sport.

**Rule 7-5-13:** A planting box shall be located midway between the standards. This box shall be constructed of concrete, fiberglass, metal or other hard surface material into which the vaulting pole is placed so the top edges of the box are at or below ground level.

The front edge of the box shall not extend above the grade/ground level of the runway surface.

**Rationale:** Planting boxes can be placed on either side of the landing system. The front edge should not be constructed to interfere with the planting of the pole. It is recommended the planting box be of a color contrasting with the color of the runway.

**Rule 7-5-14:** A minimum of two (2) inches of dense foam padding shall be used to pad any hard and unyielding surface between **the planting box and all landing pads.** (Known as a "Box Collar")

**Rationale:** Consistent with rules that require hard and unyielding surfaces to be padded.

**Rule 7-5-20:** Meet management may provide check marks, not more than three (3) inches long, to be permanently marked on the runway as follows: Starting at the back of the plant box, mark at 6', 7', 8', 9', 10', 11', 12', 13', 20', 30', 40', 50', 60', 70', 80', 90', 100', 110', and 120'. Athletes may under no circumstances in the middle.

**Rationale:** Coaches and athletes can analyze the approach and plant if the check marks are used. If steps are off, a decision can be made to execute or abort the attempt.

**Rule 7-6-7 Note:** Distance from the foul line or take off board may be adjusted to accommodate different levels of competition in the long and triple jumps. Competitors may change which foul notification of the event judge. The active (current) take off board should be clearly marked with red cones or other highly visible material.

**Rationale:** An attempt taken from a take off board that was not originally indicated, must be changed prior to the attempt. This allows athletes to adjust to changing weather conditions, etc.

**Rule 7-6-12b:** Meet management may place markers to the side of the landing pits/throwing sectors for the purpose of marking meet, state and/or national records, as well as minimum qualifying standards, etc.

**Rationale:** The placement of record markers is a common practice at all levels. Individual athletes may not place any markers past the take off board.

**Rule 8-1-1:** The Boys Decathlon shall consist of 10 events which shall be held on two consecutive days in the following order, unless state association rules apply - **Day One:** 100M, Long Jump, Shot Put, High Jump, 400M. **Day Two:** 110 M HH, Discus, Pole Vault, Triple Jump or Javelin, 1600 M Run.

**Rationale:** The order of events for high school and international competition, should be consistent whenever possible to improve training techniques.

**Rule 9-2-2:** In cross country, up to seven (7) team members may retain their order of finish. Any team members beyond seven (7) shall be disregarded and shall not displace any opposing runners.

**Rationale:** Standardize NFHS rules with commonly accepted practice.

## **MAJOR EDITORIAL CHANGES**

Refer to Rules 2-2-2, 3-6-4, 4-3-1b, 4-3-7 Penalty, 4-6-1, 5-1-1, 6-6-1f, 6-6-2, 7-3-1, 7-5-4, 7-5-14, 7-5-15, 7-5-17, 7-6-9, 3-2-2.

## **POINTS OF EMPHASIS**

Preferred landing zone (optional by school)  
Testing equipment  
Policy for lightning  
Pads and Box Collars  
Unacceptable Venues  
Use on non-high school venues

## **CALIFORNIA CLARIFICATION – UNIFORMS/JEWELRY RULE**

All provisions of the jewelry rule (except for female hair control items) must be enforced from the beginning of the 2003 season. All visible items of jewelry, except for those items used by girls to control their hair, are not to be allowed to be worn in any CIF sanctioned competition.

Jerseys should either be tucked in or cover the waistband of the shorts when the competitor is standing fully erect. Girls should be instructed by the Clerk of the Course and/or or at the starting line that the waistband on their running shorts is not to be turned (rolled) down.