

2016 NFHS Track and Field and Cross Country Rule Changes

3-6-4 New, 3-19-3: Changes the responsibility of checking the starting blocks from the implement inspector to the head starter.

3-10-7 New: Head event judges may use white and red flags to signal fair or foul for a field event trial.

6-1-1 thru 5: Expands and clarifies definitions of trial/attempt, flight, round, pass, foul

ART. 1: A trial/attempt is all of the competitor's actions that occur from when the time limit begins until the official has determined, through the use of the flag or verbal instructions, a fair or foul trial. Each competitor is allowed a specific number of trials.

Note: Actions by a competitor cannot be a foul after the official has ruled the trial fair. This does not negate the immediate correction of a mistaken action by the official.

ART. 2: A flight is a round of trials for a group of competitors in a throwing event. A round is the completion of all trials of one rotation of the order of competitors for throwing events.

ART. 3: A pass is used to forgo a trial.

ART. 4: To qualify is to earn the right to participate in the finals.

ART. 5: A foul throw is one that is counted as a trial but that is not measured as a result of a violation of the rules.

6-2-9: Determines the initiation of purposeful action of completing the specific throwing event.

ART. 9: A competitor shall be charged with a foul if he/she does not initiate the purposeful action of completing the requirements of the athletic challenge (throw) of the event (trial) within one minute (or other prescribed time limit) ...

6-5-2 New: Establishes a maximum diameter for the boys (137.5 mm) and girls (130 mm) indoor shot puts to account for the synthetic cover.

7-1-1 thru 7, 7-2-1: Expands and clarifies definitions of trial/attempt, flight, round, pass, foul and what determines the initiation of purposeful action of completing the specific jumping event.

ART. 1: A trial/attempt is all of the competitor's actions that occur from when the time limit begins until the official has determined, through the use of the flag or verbal instructions, a fair or foul trial. Each competitor is allowed a specific number of trials.

Note: Actions by a competitor cannot be a foul after the official has ruled the trial fair. This does not negate the immediate correction of a mistaken action by the official.

ART. 2: A flight is a round of trials for a group of competitors in a jumping event. A round is the completion of all trials of one rotation of the order of competitors for jumping events.

ART. 3: Horizontal events include the long and triple jumps.

ART. 4: Vertical events include the high jump and pole vault.

ART. 5: A pass is used to forgo a trial.

ART. 6: To qualify is to earn the right to participate in the finals.

ART. 7: A foul throw is one that is counted as a trial but that is not measured as a result of a violation of the rules.

7-6-3: Updates size of takeoff board to accepted sport specifications by recommending it be 8 inches wide, but permits up to 24 inches.

7-2-2, 6-2-5: Clarifies language regarding when the order of competition may be changed for consistency in all field events and removes duplicate language.

Both: To accommodate those competitors who may be excused to participate in other events, the head judge may change the order of the competition in preliminary or final rounds of any throwing (jumping) event by any method. ...