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## 2016-17 NFHS TRACK AND FIELD RULES CHANGES

**3-2-4u NEW:** Places the responsibility of providing liquids during competition on the games committee, not the individual coaches.

**3-6-1, 3-4-7:** The signal at the beginning of the last lap in individual races now occurs in race distances of two laps or more.

**3-6-1:** Clarifies that a runner is disqualified by the starter when charged with a false start.

**3-10-7:** Clarifies the mechanics used to confirm the result of an attempt when flags are not utilized by calling "fair" or "foul".

**4-3-1b(5), 8-6-1b(4):** Allows the placement of one American flag on each item of uniform apparel and deletes NOTE restricting flag placement.

**4-6-5 NEW g, 8-7e:** A participant assisting an injured/ill competitor when an appropriate health-care professional is not available is no longer disqualified.

**4-6-5h NEW:** Adds receiving physical aid by any other person during a race to the list of unfair acts of assisting a competitor.

**5-1-3:** Establishes the location and spacing of cones, when used, in the absence of a curb.

**5-6-4:** Deletes the requirement of separating competitors from the same team if they were to be in the same heat in the first round of competition.

**5-7-3:** Competitors in distance races (800m and greater distances) use only a standing start, remaining motionless for the start without their hand(s) touching the ground.

**Rules 6 and 7:** Reorganizes Rules 6 and 7 into one rule "Field Events" to avoid duplicity in the rules, remove unnecessary language, be more concise in the presentation of the events rules and create a section on general rules for all field events.

**6-2-6:** Warm-ups in a field event shall not take place until the venue is declared open by the meet director and required supervision is in place. Once competition begins, except as scheduled, competitors shall not use venues or implements associated with the competition for warm-ups.

**6-2-10:** Includes how trials are recorded when a legal implement breaks during competition within the rule and deletes as a NOTE.

**6-7-9e:** Clarifies that it is a foul if a competitor touches the top or end of the stopboard before leaving the circle.

**7-2-1:** Special events which may be included in the order of competition shall be conducted under USATF Youth event rules unless state association policy determines otherwise.

**9-2-2, 3-17-2:** Clarifies where to place the wind gauge in the horizontal jumps when there are multiple takeoff boards used in the competition.

## **2017 Major Editorial Changes**

**3-4-4:** Clarifies the referee has the sole authority for ruling on irregularities not covered within the rules.

**6-4-8:** Clarifies the three consecutive passed heights must take place before the competitor attempts a jump.

**6-5-15:** Clarifies when the two minutes of warm-up jumps are permitted when a competitor has passed three consecutive heights with no attempted jump.

**8-7-a-f:** Reorganized actions resulting in disqualification for clarity

## **2017 Editorial Changes**

4-6-1 NOTE 1, 4-6-1 NOTE 2, 5-10-9, 5-10-10, 6-1-8, 6-5-11,7-5-15, 6-9-10f

## **2017 Points of Emphasis**

1. Sportsmanship
2. Heat Acclimatization and Preventing Heat Illness
3. Use of Rubber Discus in Practice and Competition
4. NFHS Track and Field Uniform Regulations