

2024 TRACK AND FIELD ANNOUNCEMENTS

NFHS RULES

3-8-1: Permits the Games Committee to set requirements for each meet on the number of timing officials.

Rationale: As technology continues to evolve in the sports of track and field and cross country, not all FAT systems require separate operators and evaluators. The Games Committee may set requirements for each meet on the number of timing officials.

4-2-1 NOTE (NEW): Permits state associations to set the participation limitations within their state, with six events being the maximum number.

Rationale: Adds flexibility for state associations to determine the number of events best suited for their state.

5-3-1, 9-4-1 (NEW): Removed and corrected information concerning track staggers

Rationale: Track staggers are dependent on the geometry of each individual track, and a competent surveyor should determine the lane staggers.

5-7-4c,d NOTE (NEW), 8-4-4 NOTE 2 (NEW): Extraneous motion before the device is fired does not necessarily require a false start to be charged unless the runner leaves their mark with hand or foot after the set command or leaves their mark with a forward motion without the starting device being fired.

Rationale: The change makes it clearer as to the definition of a false start and how it should be consistently officiated.

5-14-1, 2: Clarifies that displacement of any hurdle by hand is an infraction.

Rationale: Offers guidance to officials and umpires when determining hurdle infractions.

6-2-2d: Clarifies when a competitor enters a vertical jump for the first time, at any height, no matter the number of competitors left that this competitor is only permitted one minute for their attempt.

Rationale: This clarifies in the vertical jumps how the rule is to be interpreted and adds additional support to the official's decisions when a competitor enters after the event has been started.

6-3-2b: Added language in vertical jumps when breaking ties and competitors withdraw from the competition/jump-off.

Rationale: The addition offers guidance to officials when two or more tied competitors withdraw from the competition/jump-off at the same time.

6-3-2b NOTES (NEW): Any athlete withdrawing from a jump-off concedes the higher place but retains their performance in the event.

Rationale: The new note explains that an athlete withdrawing from a jump-off concedes the higher place but does not negate their performance in the event nor is it unsporting to simply withdraw in this scenario. The addition of the new note helps explain how to officiate these scenarios.

6-4-1, 6-5-1, 6-6-1: Permits athletes in the throws to apply tape to their fingers as long as the fingers are not taped together and all fingers can move independently.

Rationale: The rules change offers flexibility to athletes to apply tape to their fingers or wear a wrist wrap as long as there are no artificial aids within the wrap such as hard plastic pieces to keep the wrist stiff.

8-1 and 8-5: Re-organization of the cross country course layout.

Rationale: Offers guidance on the relay exchange zone for indoor track and field.

9-6-1 (NEW) Clarifies the indoor track and field exchange zone.

Rationale: Offers guidance on the relay exchange zone for indoor track and field.

2024 Editorial Changes

4-2-1, 4-6-5, 5-9-2

2024 Points of Emphasis

1. Fair Starts
2. Sportsmanship
3. Cross Country Safety

2024 POINTS OF EMPHASIS - FAIR STARTS

It is the starter's responsibility to ensure a fair and legal start and anticipate problems. The interval between the set command and the firing of the starting device should be approximately two seconds. After a starter gives the order "set," if any competitor is in motion, the starter shall not fire the starting device. Firing the starting device too soon doesn't allow athletes to get ready, and firing the starting device too slow also creates a situation of unfairness.

Starters may for any reason cancel a start by directing all competitors to "Stand Up." The following are some of the reasons that a starter may cancel a start in races with legs of less than 800 meters:

- Noise at the start line,
- Starting block problem,
- Obstruction on the track,
- Slow athlete getting set,
- Misfire of starting pistol,
- Hands on the line,
- Extraneous movement after the set command. In distance races the following are some of the reasons that a starter could halt or recall the start.
- Runners not steady,
- Toes on the line,
- Failure to come to the line in a timely manner,
- Impeding a position of another athlete,
- Fall during first 100 meters due to contact.

Starters play a huge role in fair, consistent and legal starts for student-athletes across all events.

SPORTSMANSHIP (NFHS RULE 3-4-8)

All team members are expected to exhibit good sporting conduct! The head coach shall be responsible for verifying to the referee/starter that all their competitors are properly equipped (uniform and equipment) and will compete in a sportsman like manner in compliance with these rules.

COACHES' & OFFICIALS' REQUIREMENTS

Coaches and officials must insist on all National Federation track and field rules being enforced throughout the season at all meets. This prepares the athletes for the regional and state track and field meets.

KSHSAA RULE 10

Only certified coaches (certified in compliance with standards established by the State Board of Education) or coaches aides (through application and approval from the KSHSAA) are allowed to work with teams. **No volunteers are permitted to work with teams.**

STARTER LIST

A list of registered starters who have attended a KSHSAA-sponsored rules meeting and have successfully fulfilled requirements will be published on the KSHSAA website under the Activities link. Regional managers must select their starters from this list.

KSHSAA RULE 30 - SEASONS OF ACTIVITIES

1. **Provides ... in Track and Field (pole vault and adaptive activities only), schools who employ the same coach, or share facilities and equipment, may practice together and not be in violation of the prohibition on interschool scrimmage.**
2. A student who is enrolled at the start of a season of sport, must be a member of the squad for the majority of the scheduled varsity contests, in order to be eligible for postseason competition, (**Section 2, Art. 2**).

POLE VAULT SAFETY

Rule 6-8-15 ... The competitor's weight shall be at or below the manufacturer's pole rating. The manufacturer's pole rating must include on each pole: the pole rating that shall be a minimum of 3/4 inch in a contrasting color located within or above the top hand-hold position; a 1-inch circular band indicating the maximum top-hand-hold position with the position being determined by the manufacturer.

Rule 6-8-15 ... It is the responsibility of the coach to verify the competitor will use a legal pole rated at or above their weight.

NOTE: Each state association shall determine its own procedure regarding coach verification.

NOTE: Coaches may not re-mark poles.

Rule 6-8-16 ... A competitor shall not use a variable weight pole, a pole which is improperly marked or a pole rated below his/her weight during warm-up or competition.

PENALTY = Disqualification from the event.

Rule 6-8-3 ... A bungee cord manufactured for use in the high jump and pole vault may be used during warm-ups, as approved by the games committee. *Coaches – check with the event manager prior to allowing students to warm up with a bungee cord at any interscholastic track and field meet.*

Rule 6-8-17 ... Prior to the warm-up, the field referee, head field judge shall inspect each pole.

Weight Verification Form: Schools shall process the weight verification form for all pole vaulters via an online submission process. The school administration will have to process like they do wrestling certification. Coaches are to provide a copy of this form to each meet manager prior to the start of warm-ups.

THROWS SAFETY

In the interest of safety, the discus and javelin should be thrown in non-congested areas, well away from the track. These areas should be roped off and properly marshalled. A discus cage as described on page 54-55 of the 2024 NFHS Track & Field Rules Book must be used.

Please Note: The shot and discus throwing sector is 34.92 degrees. (Refer to page 52 of NFHS Track and Field Rules Book.)

LEGAL UNIFORM

Rule 4-3-1 describes the legal track and field uniform. **Rule 4-3-1** states that the competitor's uniform shall be school-issued or school-approved, worn as intended by the manufacture and meet the requirements and restrictions specified in this booklet. (See detailed legal uniform information in this booklet.)

