



## 2013 TRACK AND FIELD MAJOR RULES CHANGES

**3-19-2,  
6-2-16**

Only legal implements, as inspected by the implement inspector, shall be allowed in warm-ups and competition.

**Rationale:** For purposes of risk minimization and reducing the likelihood of illegal implements being used in competition, only legal implements are allowed in warm-ups.

**4-3-1, 2  
9-6-1  
Penalty 2**

**For the wearing of an illegal uniform, when a violation is observed and noted by a meet official, the competitor shall be required to make the uniform legal before becoming eligible for further competition and shall be issued a warning that a subsequent violation shall result in a disqualification from the event. The referee shall be notified of the violation by the observing meet official and the referee shall notify, or cause to be notified, the head coach of the offending school of the competitor's violation and warning.**

**Rationale:** The adjustment of this penalty, to an individual warning and disqualification for a subsequent violation of the same rule, is more appropriate for the severity of the actual violation. The responsibility remains with the coach to have athletes in legal uniforms for competition. Preventative officiating will be significant to reduce potential violations and keep the meet progressing smoothly.

**5-1-5 New**

When feasible, it is recommended that there be an obstacle-free zone on the inside and outside of the track at least one meter in width.

**Rationale:** An obstacle-free zone should surround the track, when it is feasible, for purposes of risk minimization.

**5-10-7, Note**

The baton shall be handed from the incoming runner to the outgoing runner within the exchange zone. Both runners shall not touch the baton outside of the 20-meter exchange zone.

**Rationale:** Consistency in enforcement and minimizes a judgment call. Fits the current technique of exchange method in the sport.

**6-2-2**

The three preliminary trials shall be taken in flights of no less than five in the order in which the competitors are listed.

**Rationale:** Provides consistency in the administration of throwing events with this same change made in field events last year.

**6-2-4**

One or more competitors than there are scoring places shall qualify for the finals.

**Rationale:** Clarifies that, with no action from the games committee, one more than places scored will advance to the finals.

**6-4-2** The discus shall meet the following specifications, thus allowing a ¼ inch range in the rim thickness :

	<b>Boys</b>	<b>Girls</b>
Rim thickness ¼" from the edge:		
Minimum:	12mm (.472")	12mm (.472")
Maximum:	13mm (.512")	13mm (.512").

**Rationale:** Implement manufacturers strive to attain the dimensions required, but very often are unable to attain an absolute standard. The "¼" range now allowed in no way would provide an unfair advantage.

**6-5-9j New** Specifies that the use of the "cartwheel technique is a foul.

**Rationale:** Prohibits a potentially dangerous technique.

**6-6-9** If the javelin breaks during the throw or in the air, it shall not count as a trial and a replacement throw shall be awarded.

**Rationale:** Consistent with high school philosophy that competitors should not be penalized for equipment failure.

**7-2-5 New** Adds time limits for consecutive attempts in field events and includes chart for all prescribed event time limits.

**Rationale:** Adds time limits for consecutive attempts in field events which had not previously been addressed.

**7-4-2** The approach shall consist of an unvarying surface.

**Rationale:** Addresses concerns when constructing /resurfacing a facility.

**7-4-6,  
7-5-11** In addition to the commonly used four-sided flat crossbar ends, the use of a crossbar fitted with alternative ends (semicircular) is permitted.

**Rationale:** Allows for use of a current design of crossbar that meets all rule specifications.

**7-5-19** Changes the range for the position of the standards to **18 inches (45.7cm)** measured beyond the vertical plane of the top of the stopboard, zero (0) point, up to a maximum distance of 31.5 inches (80cm) in the direction of the landing surface.

**Rationale:** Provides better range of placement of standards in the pole vault for risk minimization.

**7-5-21** Forearm covers may be worn to prevent injuries and competitors may also use chalk or an adhesive, or similar substance such as rosin, directly on the pole during competition.

**Rationale:** Allows for use of a device which may reduce risk of injuries. Also, addresses interpretation previously only included in the NFHS Case Book.

**7-6-9** One or more competitors than there are scoring places shall qualify for the finals.

**Rationale:** Clarifies that, with no action from the games committee, one more than places scored will advance to the finals.

### 2013 Track and Field Major Editorial Changes

**4-6-7** Removes reference to any other person as assistance (includes non-persons as well).

**6-2-1 thru 18** Rule 6-2 has been rewritten and edited for clarity and a more logical sequence of the articles.

**6-4-5, 6-5-5** Replaces the current diagrams with more useful diagram to assist with visual of a proper sector.

**6-6-2** The javelin shall meet all IAAF specifications. Reflects change in maximum length of metal head that is already commonly in use.

	<b>Boys Competition</b>	<b>Girls Competition</b>
Length of metal head (minimum)	9-13/16 in. (25 cm)	9-13/16 in. (25 cm)
(maximum)	13 in. (33 cm)	13 in. (33 cm)

**6-6-3** Specifies a line 2 3/4 inches in width and 2 feet, 5 1/2 inches in length rather than allowing the line to be longer and is now consistent for marking.

**6-6-4** Replaces the current diagram with a more useful diagram.

**7-2-1 thru 17** Rule 7-2 has been rewritten and edited for clarity and a more logical sequence of the articles.

### 2013 Track and Field Editorial Changes

3-1-1c, 3-2-3(I), 3-10-3 thru 7, 3-19-2, 4-4-3 Penalty, 5-1-2, 6-3-2, 7-4-10, 7-4-10 Example, 7-4-16, 7-4-29, 7-5-1, 7-5-5, 7-5-12, 7-6-1, 7-6-9, 9-6-3 Penalty

### 2013 Track and Field Points of Emphasis

**(For a complete discussion of these points of emphasis, see page 80.)**

1. Officiating when the acceleration zone is not used
2. Mechanics for head event judge when excused competitor has not returned
3. Head event judge responsibilities to enhance event safety
4. Use of flags by field event judges
5. Continuous flights, "5 Alive" and "5 Active"