



20

Track and Field Pre-Meet Notes

17



Rules 6 & 7 Combined to New Rule 6 — “Field Events”



Rules Change Highlights

- Competitors assisting injured/ill competitors
- Standing start for distance races
- Supervision during warm-ups in all field events
- Heats determined by competitor’s place and/or qualifying times
- Starter duties—disqualify for false start and signal the last lap in races of two laps or more
- Games committee responsibility to provide liquids during competition
- Judge’s mechanics for “fair” or “foul” used when flags are not available

National Federation of State High School Associations

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Review of 2017-18 Rule Changes

The games committee has responsibility for providing liquids during the race and not leave up to each coach. (3-2-4u New)

Signifying with a bell with one lap remaining in the 800 alerts timers, place judges and FAT operators on notice, builds excitement for spectators and is a positive signal for the competitors. Updates to current trends in the sport. (3-6-1, 3-4-7)

The authority to disqualify a runner for a false start is extended by rule to the starter as well as the referee. (3-6-1)

Clarifies field event judge's protocol for signifying the performance result when flags are not being utilized. (3-10-7)

Removes the NOTE limiting the placement of the American flag to one piece of uniform apparel as this is contradictory to the rule. (4-3-1b(5), 9-6-1b(4))

The rule includes coverage of the actions of competitors and nonparticipating team members as well as assistance/aid from other parties. (4-6-5g New)

Although uncommon that appropriate health-care professionals are not available to assist an injured/ill competitor, there may be occasions when a competitor is needing assistance to confirm his/her health status or to arrive to a location for health care. Should another competitor assist, such competitor shall not be disqualified, only the assisted competitor shall be disqualified for not completing the race unassisted. Reorganizes rule to indicate why competitor is disqualified. (4-6-5 New d, e, 9-7)

In the absence of a curb, the placement of cones ensures the competitors run the prescribed race distance. (5-1-3)

The results of running events are based on head-to-head competition and all contestants should have the opportunity to compete in the heat earned by the athlete's place and/or qualifying times. Consistent with current trends in the sport. (5-6-4)

Consistent with current trends in the sport. Reinforces the concept that distance races

(800, 1600 or 3200) only use a standing start. (5-7-3)

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. (Rules 6 and 7)

For purposes of risk management, warm-ups in a field event shall not take place until the venue is declared open and required supervision is in place. For further risk minimization for athletes, spectators, and officials involved in the event, athletes should be prohibited from picking up an implement and doing turns while other competitors are completing their throws or using the runway during the competition unless they have been called for their attempt. (6-2-14, 7-2-5)

Clarifies how trials are recorded when a legal implement breaks during competition. More appropriate to list within rule rather than a NOTE. (6-2-17)

The top or sides of the stopboard are outside of the ring and touching outside of the ring is not compliant with leaving from the back half of the circle and is a foul. (6-5-9e)

The NFHS rules allow several special events to be added to the order of events but no specific event rules are written. By utilizing USATF Youth event rules there are standard rules which are age appropriate. However, state associations may already have appropriate rules in place and this should be an option stated in the rules. (8-2-1)

Clarifies that either directional flags and/or sign posts shall be used in cross country. (9-1-3b)

Officials need guidance as to where to place the wind gauge when there are multiple takeoff boards. As the rule was written, it implied either having to move the wind gauge between jumps or having a second gauge. As the better jumpers will most likely use the farther board, it is logical to have the wind gauge at the location farthest from the pit. (10-2-2, 3-17-2)

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Points of Emphasis

1. Heat Acclimatization and the Prevention of Heat Illness—Exertional Heatstroke (EHS) is the leading cause of preventable death in high school athletics. Students participating in high-intensity, long-duration or repeated same-day session sports during the summer months or other hot-weather days are at the greatest risk. EHS also results in thousands of emergency room visits and hospitalizations throughout the nation each year.

The NFHS Sports Medicine Advisory Committee (SMAC) has published a position statement and the NFHS has created a free online course “Heat Illness Prevention” at www.nfhslearn.com, regarding this life-threatening topic. The position statement is intended to provide an outline of “Fundamental Musts” and to be used as a guiding document for each state association. Further and more detailed information will be found within the NFHS online course, as well as the fourth edition of the NFHS Sports Medicine Handbook, and the NFHS SMAC position statement “Recommendations for Hydration to Minimize the Risk for Dehydration and Heat Illness” and other resources.

The position statement and online course are intended to reduce the risk and incidence of EHS and the resulting deaths and injuries. The NFHS recognizes that various states and regions of the country have unique climates and an assortment of resources, and that there is no “one-size-fits-all” optimal acclimatization plan. However, the NFHS and the NFHS SMAC strongly encourage member state associations to incorporate all of the “Fundamental Musts” into any heat acclimatization plan to improve athlete safety. In addition, the online “Heat Illness Prevention” course should be required viewing for all coaches.

2. Heat Acclimatization and Heat Illness Prevention Keys for Coaches

- Recognize that Exertional Heatstroke (EHS) is the leading preventable cause of death among high school athletes.
- Know the importance of a formal pre-season heat acclimatization plan.
- Know the importance of having and implementing a specific hydration plan, keeping your athletes well-hydrated, and providing ample opportunities for, and encouraging, regular fluid replacement.
- Know the importance of appropriately modifying activities in relation to the environmental heat stress and contributing

individual risk factors (e.g., illness, obesity) to keep your athletes safe and performing well.

- Know the importance for all staff to closely monitor all athletes during practice and training in the heat, and recognize the signs and symptoms of developing heat illnesses.
- Know the importance of, and resources for, establishing an emergency action plan and promptly implementing it in case of suspected EHS or other medical emergency.

3. Fundamental Musts of a Heat Acclimatization Plan

1. Physical exertion and training activities should begin slowly and continue progressively. An athlete cannot be “conditioned” in a period of only two to three weeks.
2. Keep each athlete’s individual level of conditioning and medical status in mind and adjust activity accordingly. These factors directly affect heat illness risk.
3. Adjust intensity (lower) and rest breaks (increase frequency/duration), and consider reducing uniform and protective equipment, while being sure to monitor all players more closely as conditions are increasingly warm/humid, especially if there is a change in weather from the previous few days.
4. Athletes must begin practices and training activities adequately hydrated.
5. Recognize early signs of distress and developing exertional heat illness, and promptly adjust activity and treat accordingly. First aid should not be delayed!
6. Recognize more serious signs of exertional heat-related distress (clumsiness, stumbling, collapse, obvious behavioral changes and/or other central nervous system problems), immediately stop activity and promptly seek medical attention by activating the Emergency Medical System. On-site rapid cooling should begin immediately.
7. An Emergency Action Plan with clearly defined written and practiced protocols should be developed and in place ahead of time.

4. Use of Rubber Discus in Practice and Competition—NFHS Track and Field rules allow the use of a discus made of rubber,

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plastic, wood, fiberglass, carbon fiber or metal alloy. Regardless of the material composition of the implement, the nature of the event itself will eventually lead to a discus that does not comply with established weight and measurement standards and therefore should not be allowed for use during competition.

In general, a rubber discus is more susceptible to physical and environmental factors that affect its size, shape and weight. Because of cost, most track and field programs implement inventory will include more rubber discuses when compared to discuses made of other types of materials. As such, rubber discuses are widely used at all levels during practice and competition.

Irregularities in a rubber discus occur more frequently because of contact with the ground, cage, and other hard surfaces and therefore it should be evaluated periodically during the season by coaches and participants to ensure that the discus meets weights and measurements standards. Practicing with an implement that will not pass these standards is not restricted but can adversely affect athlete performance if the implement is disallowed for competition.

Meet officials are reminded that an implement can pass inspection prior to the event but any implement can become illegal during competition and should be disallowed if this occurs. A rubber discus in particular is susceptible to nicks, notches, cuts, and indentations after contact with hard surfaces and therefore needs special attention during the event. Athletes should always check-in two implements in the case that one does not pass weights and measurements or becomes illegal during competition.

5. NFHS Track and Field Uniform Regulations—Rule 4-3 and 9-6 outline NFHS Track and Field and Cross Country uniform regulations. In most cases the clerk of the course has the responsibility to check and enforce uniform, visible apparel and shoe regulations. The ultimate responsibility regarding uniform compliance rests with the school coach. If the school does not issue some component of the required

uniform, it is the coach's responsibility to educate parents and student-athletes regarding garments that will comply with NFHS rules prior to purchase.

Garments worn under the track bottom that do not extend below the knees are considered "foundation" garments and therefore are not subject to color or logo restrictions. A sports bra and/or boxer style undergarment, if worn as intended, are considered foundation garments therefore could contain more than one color in the fabric and/or have multiple logos.

If two or more athletes participating as a member of a cross country team or as relay team members are wearing visible undergarments extending below the knees, the rules require the color of the undergarments be the same regardless of length of the undergarment worn by the remaining members. The purpose of this requirement is to ensure that members of any cross country or relay team are easily identifiable to meet officials and competitors.

6. Sportsmanship—Sportsmanship rules exist to help officials, parents, coaches, and student-athletes develop and reinforce values that are applicable to the development of the whole person. Respect for others, honesty, fair play, and learning and understanding the rules are critical actions/skills that when practiced will enhance

any individual's character. The absence of good sportsmanship jeopardizes one of the fundamental principles of participation in education-based athletics and complicates the team building process.


A sportsmanship priority is keeping winning and losing in perspective. Understanding that losing with dignity is winning is an important lesson everyone must learn and practice. Accepting responsibility for a losing performance rather than blaming the outcome on officials or fellow competitors is a skill that will manifest itself in all areas of life.

It is important to understand that winning means you were the best that day, and you can always continue to improve and no one wins every time. Individuals who promote sportsmanship are the first to congratulate their opponents and to thank those individuals who have helped them to be successful. Winning is the easy part. The hardest part is understanding how to be a good winner. This is the action most people will use to judge your character.

Student-athletes should always show respect to coaches, teammates, opponents, and meet officials. Learning what showing respect means is as simple as treating each individual as you would like to be treated.

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Warm-Ups for Vertical Jumps When Competitor has Passed

3-Consecutive Heights with No Attempted Initial Jump in Competition

Over the years the conditions surrounding the when, how and the correct warm-up procedures after passing consecutive heights has been very confusing to athletes, coaches and officials. The rules surrounding when an athlete is eligible to enter the competition and for what period of time this warm-up is allowed, are different for HJ and PV, so don't confuse one with the other.

When the head high jump and pole vault judge speaks to the competitors before competition begins, he/she should ask the competitors for their opening height. Included in the instructions should be the opening height procedure when passing at least 3 consecutive heights.

Basically, competitors who have passed at least three consecutive heights and have yet to enter the competition by way of an attempted jump, will have an opportunity for warm-up (s). These warm-ups must be taken at a

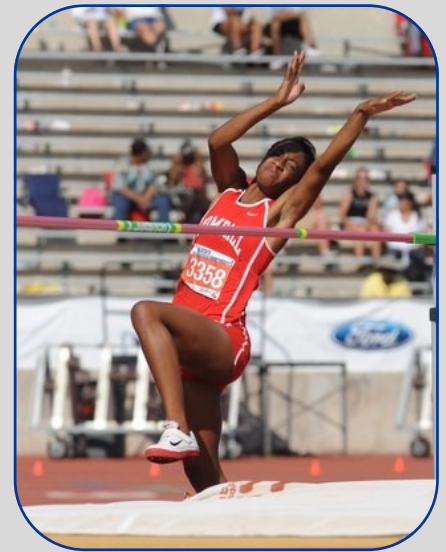
height change and the competitors shall attempt a jump at this height. These warm-ups will take place without a crossbar or a bungee. Please keep in mind that warm-up attempt(s) are allowed for the competitors and are not required of the competitors

High Jump: Rule 6-4-8 *"The competitor(s) should be permitted one warm-up jump."*

Pole Vault: Rule 6-5-15 *"The competitor(s) should be permitted two minutes of warm-up per the number of competitors."* If there are two competitors entering at this height, they will have a total of four minutes for their warm-ups. If there are four competitors entering at this height, they will have a total of eight minutes for their warm-ups

The best advice that can be given is for all athletes, coaches, and officials to become intimately familiar with the

rules. Talk to other coaches and officials and get on the same wavelength, so that the practices that you all employ match the intentions of the rules book. As an official or coach, KNOW the RULES and always have the NFHS 2017 Rulebook with you for reference purposes.



Umpiring the Hurdles

All rules that apply to other lane races (starting and finishing in your lane, not running on inside lane line on a curve) apply to the hurdles. A few other specific rules also apply to hurdle events. Basically, the hurdler must attempt to clear each hurdle (Rule 5-14-2a). If a portion of the leg goes around the hurdle without attaining the height of the hurdle, it is a violation (Rule 5-14-2c). Another violation would be to knock down a hurdle by hand (Rule 5-14-2b). If the hurdler knocks down a hurdle by hand, it is an obvious violation since he or she did not make any attempt to clear the hurdle.

Knocking down the hurdle with the foot or leg occurs frequently. Usually this is a simple technical change in the

hurdlng technique and not a violation of the rule requiring the hurdler to attempt to clear each hurdle. This rule will have the most effect in the short hurdle races. In the 300-meter hurdles, seldom does a competitor fail to attempt to clear a hurdle. The hurdler



may run around a hurdle or push it over by hand, but these actions are covered in other parts of the rule (5-14-2).

Assume a hurdler in the 110-meter hurdles has knocked down two hurdles during the race. Is that going to be a violation? Not at all. This is fairly normal. What if that hurdler knocked over every hurdle? Now the umpire (or referee) has to observe if the hurdler made an attempt to clear each hurdle? This is critical to determining if there was a violation of Rule 5-14-2a. If the hurdler knocked over most of the hurdles with the thigh, then there is probably reason to believe the competitor attempted to clear the hurdle. If every hurdle was knocked over with the foot and contact was made with the ball of

the foot, the umpire could decide the hurdler did not make an attempt to clear the hurdle and report his/her observations to the referee. If the referee determines the competitor violated Rule 5-14-2a, the penalty is disqualification from the event.

However, keep in mind that if a hurdler's steps get off, he or she could contact a hurdle with the ball of the foot in a legitimate attempt to clear the hurdle. In order to rule that the hurdler did not attempt to clear the hurdle, that hurdler must have knocked down many of the hurdles in the same manner. An umpire assigned to watch the entire race from off the track where all ten hurdles and not just one or two can be observed, is in the best position to judge an attempt or lack thereof to clear the hurdles. It is important to have an adequate number of umpires and properly positioned in order to fairly and consistently conduct all hurdle races.



Cross Country Finish Using Transponders

As participation in cross country has expanded over the years, so has the need for technology to assist in determining timing results and the order of finish for each of the competitors. At some meets in the past, competitors would wear index cards affixed to their uniform tops with paper clips. As the

competitors crossed the finish line, officials would ensure the correct order of finish, place the competitors in a line, and direct them through the finish chute. Upon entering the chute, those cards would then be collected and the order of finish was based on the order of the cards.

Fast forward to today and gone are the index cards and paper clips. Most meets today are timed using transponders or chips. As stated in Rule 8-3-3, *“Computerized transponders/chips may be used to record the finish of a runner in cross country. A bib transponder or two transponders/chips per runner, one attached to each shoe, must be used. When transponders/chips are used, the official order of finish for the runners is that recorded by the transponder/chips.”* Additionally, *“It is recommended a video or photograph, officially designated by the meet director, be used to verify the order of finish in all cases in which the timing system indicates a one-tenth second or less differential.”* Rule 8-3-3b states *“If the finish order determined by the transponder/chip is reversed through the use of the video system, the times shall also change.”*

Some states have adopted through their state wide association, a video review of the finish to determine place. In this instance, cameras are placed on each end of the finish line and sometimes, additional cameras are placed behind the finish line to capture different angles of the competitors crossing the finish line. The torso is used to determine place, and the transponder is used for timing purposes.

As a result of this change to transponders/chips, several steps should be followed to facilitate the finish process. Directly behind the finish lines will be the mats or pads that will “read” the transponder chips/bibs. Cones should be placed to the side of the mats to ensure that the competi-

tors must run over them. Behind the finish line, a finish corral should be created. As a general guideline, this space could be 30 feet wide and 100 feet deep. A diagram can be found on page 68 of the NFHS 2017 Rule Book. Be sure that this space is roped off with a single exit at the back or end of this area. This will minimize spectators or other parties from interfering with the finish process. Within this space, water stations and medical personnel should be available to assist competitors if necessary. This area is not open to coaches or spectators.

Officials for the race should be stationed as follows. Two in front of the finish line on opposite sides, two after the last finish mat on opposite sides, two in the middle of the finish corral and two at the exit. The two officials in front of the finish line are responsible for watching for any infractions at the finish line (impeding or assisting another runner) and encouraging the competitors to keep moving forward. The two officials behind the last finish mat will continue to encourage competitors to keep moving forward and watch for any competitor who may be in distress and requires medical attention. The two officials in the middle of the corral will direct competitors to remove transponders (if necessary) and act as Marshals to keep the area safe and minimize impact from spectators. The final two officials at the end of the corral will encourage athletes to exit from the finish area once they have turned in transponders and also act as Marshals, ensuring that non-competitors do not enter the area.



Proper Techniques for Signaling One Lap Remaining

Signifying with a bell (or other device) with one lap remaining in a race alerts timers, place judges and FAT operators, builds excitement for spectators and is a positive signal for competitors. This practice is the assigned responsibility of the starter or another official designated by the starter, Rule 3-6-1. The signal shall be given as the lead runner (or runners) approaches the designated "finish line" with 1 lap remaining in the race. Common and acceptable forms of signaling are ringing a bell, blowing a whistle, the sounding of an air horn, or the firing of a single shot of a starting pistol.

New in the 2017 *NFHS Track and Field and Cross Country Rules Book* is when this signal is given to the competitors of a race. Rule 3-6-1 states the designated official "shall give a signal at the beginning of the last lap in each individual race of **two laps** or more."

It should be noted that the referee or designated lap counter is still required to call out, for the benefit of all athletes in a race or relay of greater than two laps, their remaining laps in that race or relay, Rule 3-4-7.

Indoors, many high school tracks are 10 laps to a mile. Therefore a 400m race would be 2.5 laps, requiring "a signal at the beginning of the last lap." Many high schools utilize a college facility to host meets. These college facilities have tracks that are 8 laps to a mile. In this instance a 400m race would be 2 laps requiring "a signal at the beginning of the last lap."

Outdoors this now requires a signal to be given to individual races 800m and longer. It should be noted that even though it is NOT required by Rule 3-6-1, it is a common practice to signal at the beginning of the last lap of relays, with individual legs of 2 laps or more.



National High School Sports-Related Injury Surveillance Study

As high school sports participation continues to increase in the United States, the number of sports injuries have the potential to increase. The NFHS Sports Medicine Advisory Committee and the NFHS Sport Rules Committees use information from the National High School Sports-Related Injury Surveillance Study (High School RIO™) to monitor rates and patterns of sports injuries among high school athletes. High School RIO™ is currently collecting its 8th year of track and field exposure and injury data.

High School RIO™ data shows that both boys' and girls' track and field have among the lowest injury rates of the 22 sports under surveillance. Boys' and girls' track and field injuries have remained relatively stable over time. During the 2014/15 academic year, hip/thigh/upper leg sprains/strains were by far the most common

injury in track and field representing 41.0% of all boys' and 28.2% of all girls' injuries. Injury patterns differ by event. For example, pole vaulting accounted for 8.3% of all track and field injuries.

However, 4 of the 11 (36.4%) concussions sustained in track and field occurred while pole vaulting. Understanding such patterns of injury is one important tool when considering a new rule change and addressing risk minimization as a priority in

the efforts to keep track and field athletes as safe as possible.

If you are interested in more information on the High School RIO™ Study or interested in becoming a reporter for boys' and/or girls' track and field, please visit <http://www.ucdenver.edu/academics/colleges/PublicHealth/research/ResearchProjects/piper/projects/RIO/Pages/Study-Reports.aspx> summary reports or send an email to highschool-rio@ucdenver.edu.



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Placement of Cones In Absence of a Curb

Why and where are cones to be placed on the curves during a track meet? It should be simple for the competitors, don't run on or inside the inner lane line. Cones are used as a visible reminder to stay off the line and stay on the track in the competitor's assigned lanes when applicable. The question then becomes, where are the cones placed? It may not be common knowledge that pole line doesn't mark the true course measurement. Since the inner lane line is off limits, one must run to the right of it and this causes the competitor to run a longer distance than would be measured by the inner lane line. For this reason tracks are surveyed differently if there is a curb versus no curb being present. If a curb is present, the true course measurement is set 30 cm (just under 12 inches) to the right of the curb edge. It is assumed that no one will run closer, since the risk of hitting the curb would disrupt the competitor's running. For a track designed without a curb, the true course measurement is set 20 cm (just under 8 inches) from the right of the inner lane line assuming competitors will run closer to the line since there is no curb, hence the use of cones becomes necessary.



This year there has been an addition to Rule 5-1-3. The addition states that *"in the absence of a curb, if cones are used, those cones should just touch the inside of the line and be spaced about 1.5 meters (5 feet) apart around the curve."* Note that the rule does not require the cones in the absence of a curb. Cones are strongly suggested though. Having cones in place is an aid to the competitor as it reminds them to stay off of the line, which is a violation of Rule 5-12-1.

Opening Competition Venue and Warm-Ups in Field Events

In the 2017 NFHS Track and Field and Cross Country Rules Book, Rule 6-2-6 has been altered to include language specifically addressing opening of the venue by the meet director as the signal for initiating warm-ups for the event. It states, "once a competition has begun, competitors are not allowed to use for practice purposes the runway, ring, take-off area or throwing implements associated with the competition" – this latter restriction bringing the NFHS rule book in line with common practices associated with other federations such as the NCAA. The purpose of this rule is to stress safety and to prevent any unfair advantage gained and ensure a fair competition.

Not wanting anyone to be injured, requiring the event to be declared open necessitates that adequate coverage of the venue by designated officials/volunteers is in place. Declaring the venue open promotes the safety of the athletes as well as the spectators. For the actual competition venue, the primary consideration for these changes is safety and avoiding any potentially disastrous event involving an implement released into the sector or a collision involving a long jumper who should not be accelerating down a runway that is clearly closed.

Prevention is the key and properly identifying what is a closed ring, runway and take-off area are critical toward any danger-

ous, unscheduled warm-ups at the competition site. That identification as a closed site either prior to, during and after competition may take several forms such as an orange cone (pylon) placed in the runway, or a sign stating the venue is currently closed or an official (i.e., flight coordinator) standing in the ring or on the runway or at the take-off board preventing that particular warm-up. As an official supervising the event the key point is to communicate to the athletes when the venue is open or closed.

Once the competition begins, the head event judge should stress that no venue or implement shall be used for warm-ups – once again, safety first. In addition, any athlete not competing in the event should be informed not to use the circle, take-off area, or runway for practice because it would not be safe, it could create an unfair advantage for the

athlete practicing, and it is a disadvantage for other athletes.

In the case where an official or coach is not present at a competition venue, the responsibility for opening the venue clearly lies with meet management. And as a logical extension, meet management should not open the venue unless warm-ups will be supervised by a designated official or contestant's coach. As a penalty, the current rules state "warming up without the contestant's coach or event official at the site and/or the venue not declared open shall result in a warning and, if repeated disqualification from that event. If the incident recurs, the athlete will be disqualified from further competition in the meet."

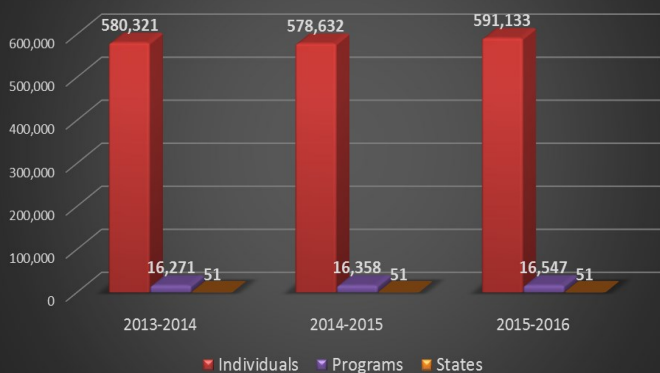
Furthermore, using an implement outside of the competition area without supervision is extremely dangerous. All eyes are focused on the athlete compet-

ing. An implement being thrown around outside the legal impact areas could easily injure someone. This limitation should be extended into the team areas. Any athlete using an implement outside of the venue is an accident waiting to happen.

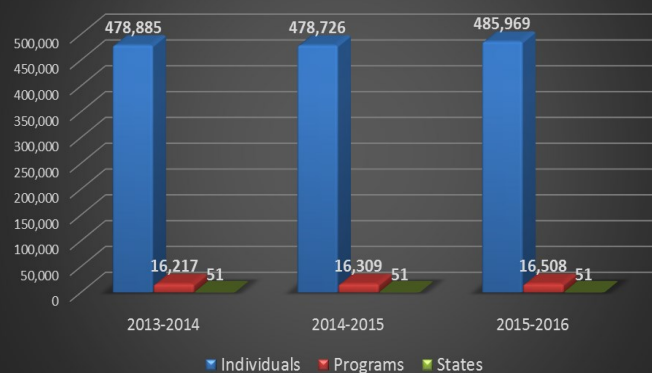
For meet management and officials, however, the challenge with warm-ups often involves venues adjacent to the actual competition venue. As a preventative and pro-active measure, these venues should also be clearly marked as closed by meet management to prevent any unfortunate accidents from happening while the competition is ongoing. The use of throwing implements designated for the competition venue should only be used for the competition venue and not an unassociated, adjacent venue. This prevents any warm-ups outside the competition area.

NFHS High School Participation Survey Results

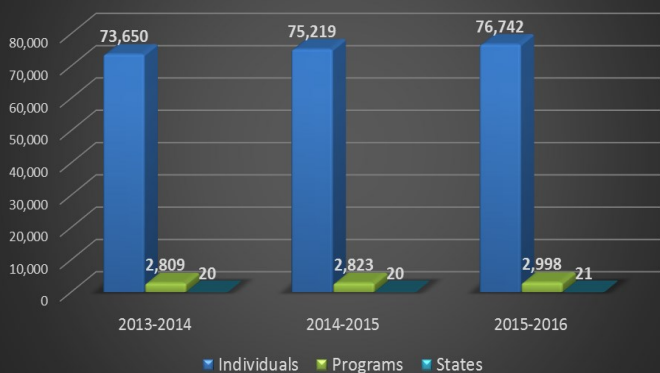
Boys Outdoor Track & Field Participation Data 2013-2016



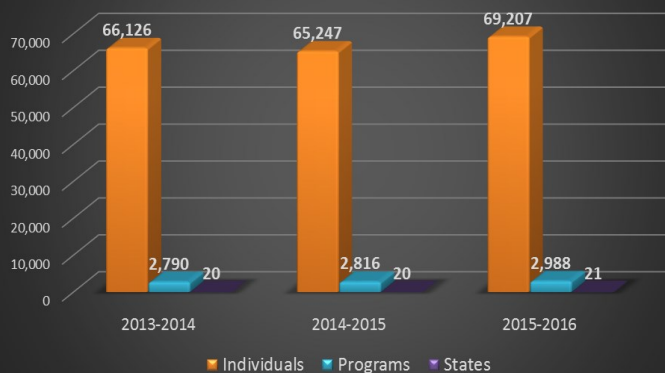
Girls Outdoor Track & Field Participation Data 2013-2016



Boys Indoor Track & Field Participation Data 2013-2016



Girls Indoor Track & Field Participation Data 2013-2016



What to Remember About Coaches Boxes

Purpose: Coaching boxes are established for the specific purpose to assist competitors by way of more effective communication with their coaches.

Who Determines Establishment and Use of Coaches Box? Rule 3-2-4g places the responsibility of whether or not to have a coaches box as a decision of the games committee. When used, the box should be clearly marked using a fence, rope, banners, pennants or painted lines. The games committee should develop and communicate the guidelines for the coaches box to coaches and meet officials.

Who May Occupy the Coaches Box? Usually one coach per school with competitors in the event. It is recommended the coach should be issued a non-transferable credential to display for access to the box. Competitors are not permitted in the coaches box. **When May the Coaches Box be Occupied?** Generally, the coaches box is opened at the start of the warm-up period for that field event and is closed after the conclusion of the event. When closed, the box should be vacated for reasons of

risk minimization. **What Equipment is allowed in the Coaches Box?** Meet management has the option to provide seating. Electronic devices are permitted by rule and should have a self-contained power source. **What Activity May Occur Within a Coaches Box?** The coach may observe, video of his/her athlete(s) and confer with the competitor(s) to provide immediate event performance evaluations by rule. **Location of Coaching Box:** The games committee should first consider risk minimization and place the box in an area not in a danger zone for that event or of another event. Other considerations include coaches' access to the box with minimal interruption of other events, including running, and a location that does not block the view of spectators if possible. Location will vary from site to site but here are some suggestions for common placements.

Horizontal Jumps: Infield side of the runway, starting from the takeoff board and away from the pit. This provides coaches the opportunity to confer with the competitor as he/she

walks back after the jump.

Vertical Jumps: As most high jump areas are on the curves of the track, the box is positioned in the end zone, perpendicular to the crossbar. This provides coaches optimal visual observation and the opportunity to confer with the competitor as he/she walks back after the jump. In the pole vault, venues parallel to the runway should follow the horizontal jumps suggestion and venues perpendicular to the runway should follow the vertical jump suggestions.

Throws: Position the box to one side of the throwing area, separate from the competing athletes. It should be behind the protective cage in the discus and behind the javelin and on the infield side of the shot put.

Coaches need to fully understand the restrictions of the coaches box. Having the privilege of occupying the box does not negate any rules that limit the assistance a coach may offer a competitor during competition and/or the rules of conduct and acceptable behavior.

- By 2020, every high school sporting event in America will be streamed live.
- The NFHS Network will be THE DESTINATION for fans to view these broadcasts.



www.NFHSnetwork.com

Coaches Education Opportunities



Course Objectives

- ◆ Types of races – sprint and endurance
- ◆ Running form – proper posture, arm movement, and leg movement
- ◆ Start and Drive phase – block and standing start
- ◆ Types of jumps – horizontal and vertical
- ◆ Jump elements – approach, take off, flight and landing
- ◆ Throwing – basic skills for each event type
- ◆ How to teach skills for correct form
- ◆ Teaching progressions to combine skills into full movement

Units

- ◆ Running
- ◆ Jumping
- ◆ Throwing

- Coaching Track and Field, developed by USA Track and Field and the NFHS is hosted by decorated Olympic athletes Dan O'Brien and Hyleas Fountain.
- The course presents the fundamentals of running, jumping and throwing, as well as the importance of sound mechanics and how to teach these basic skills.
- After taking this course, you will be able to identify key points or stages of a skill, and use visual demonstrations with verbal cues to help athletes execute a particular technique or skill.
- Members of USA Track and Field will receive a \$15 discount as an added benefit.
- Course participants have unlimited access to course & resources for one year from date of purchase.
- This course can be used as an elective to fulfill AIC or CIC certification requirements.
- Approved by NFHS for 5 course clock hours.

- This course, developed by USA Track and Field, the NCAA and NFHS has been designed to help both coaches and athletes.



Course Objectives

- ◆ Starting a beginner—teaching proper standing grip height, width of hands on pole and position on pole.
- ◆ How to instruct beginning level pole-vaulters through skill development drills and build confidence
- ◆ Maintaining a safe practice and competition environment — proper pad placement and securing vault mat pads

Units

- ◆ Stating a Beginner
- ◆ Basic Laws of Physics
- ◆ Drills and Teaching Techniques
- ◆ Problem Solving
- ◆ Equipment and Facility
- ◆ Interactive Exercise

- Coaches will learn to develop and teach the introductory skills of pole vaulting to his/her athletes.
- After completing this course, each participant will have a better understanding of the fundamentals of pole vaulting, as well as the best practices and techniques that will help educate and promote safety in the sport.
- Course participants have unlimited access to the course & resources for one year from date of course delivery.
- This course can be used as an elective to fulfill CIC certification requirements.
- The course is approved by NFHS for 3 course clock hours.

More Information at nfhslearn.com!

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We're on the web!

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National Federation of State High School Associations 2017

TRACK AND FIELD AND CROSS COUNTRY RULES BOOK

e-book available at www.nfhs.org/ebooks
TRR17

National Federation of State High School Associations 2017

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e-book available at www.nfhs.org/ebooks
TRC17

National Federation of State High School Associations 2017 and 2018

TRACK AND FIELD AND CROSS COUNTRY OFFICIALS MANUAL

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TRM18

The Rules Book, Case Book, Officials Manual and Scorebook can be ordered:

Online at

www.nfhs.org

By calling

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