

2011



New York State Track and Field Rules Interpretation NFHS - NYSPHSAA

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NFHS Track &Field

2011 Track and Field Rules Changes

Rule 3-3-1: Identifies the meet director as the official representative of host meet management.

Rationale: Identifies who is the official representative of the host school or meet management.

Rule 3-3-new 2: Responsibility for handling unsporting conduct by a spectator(s) or other issues outside of the competition rules falls on the meet director and/or his/her designee.

Rationale: Identifies who is responsible for handling conduct and other matters involving spectators or issues outside of the competition rules.

Interpreter's Comment: *This defines and clarifies duties and responsibilities of the Meet Director.*

Rule 4-3-3a: Changes the requirements while wearing a medical alert medal to accommodate several new styles of bracelets.

Rationale: There are several new styles of medical alert bracelets on the market, such as cloth, vinyl and rubber that would not pose a risk of injury to the participant or others and therefore no longer require taping to the body. Any bracelets or necklaces must always be taped to the body.

Interpreter's Comment: *As always, Medical Alerts must be visible. If made of metal, they should taped to the body. If a newer plastic, rubber, or cloth version is worn, it need not be taped.*

Rule 4-3-3 new d: Allows bobby pins, barrettes and hair clips no longer than 2 inches to be worn to control a competitor's hair.

Rationale: Allows certain types of devices, when securely affixed, to be worn to control the hair. They do not pose an injury risk and are not considered jewelry.

Interpreter's Comment: *In New York we have always permitted soft hair restraint devices ("scrunchies", ribbons, pre-tape, and when Games Committee allow – headbands). Now there are more options. However, **HARD BEADS are still prohibited!***

Rule 4-3-3 new PEN: Modifies the penalty for the wearing of jewelry. A first violation will no longer result in immediate disqualification, instead a team warning will be issued and any subsequent violation by any team member will result in disqualification from the event.

Rationale: Recognizes the minimal risk of injury when wearing jewelry, but acknowledges an increased risk in some events. Penalty severity is reduced in accordance with the rule violation. Removes immediate disqualification and affords the head coach the opportunity to reduce disqualifications.

Interpreter's Comment:

1. *NOTE – The Jewelry rule has not changed! The only thing that has changed is the penalty sequence for violation of the rule.*
2. *IF BEFORE AN EVENT COMMENCES a competitor is seen wearing jewelry, **the official should direct the athlete to remove it!** The official should record the athlete's school and advise them that their team will receive a warning for violation of the jewelry rule. The **REFEREE** should be notified as soon as possible so that the coach of that team can be informed of the warning. Should the athlete fail to remove the jewelry **when directed to by the official**, they will be in violation of Rule 4-6-2 ("Unacceptable Conduct") and are liable for disqualification from that event.*
3. *If DURING AN EVENT a competitor is observed wearing jewelry, the observing official shall notify the Referee, who will then notify the head coach of the offending team of the violation and official warning to that team.*
4. *In all situations, the athlete should be directed to remove the jewelry.*
5. *Girls' teams and Boys' teams of the same school are to be considered separate entities.*
6. *Any subsequent violations by any member of a team that has been warned will result in immediate disqualification of that individual from that event.*
7. *If two competitors in a race from the same school are wearing jewelry and no warning has been given, the team will be warned as if it were only one athlete (just as in Cross-Country).*
8. *After the Referee has been notified and is process of attempting to deliver a team warning, any athletes from that same team discovered in violation of the jewelry rule shall be disqualified.*

9. **The NFHS Rules Committee understands that logistics and communications involving this rule change will be challenging!** The challenges will differ from facility to facility. Officials' groups and games committees are encouraged to talk about and experiment with the logistics of making this rule change work effectively. The philosophy of this new rule was to bring the penalty closer to that of other NFHS rule codes. It was also felt that since coaches are ultimately responsible for their athletes' compliance with this rule and that Track teams are usually large in numbers, it gives a safety valve to allow the coach to insure compliance.

Rule 4-new 4-1: Clarifies the rules regarding braces, casts and padding.

Rationale: Clarification of rules regarding braces, casts, etc., from the NFHS Sports Medicine Advisory Committee.

Interpreter's Comment: Administrative in nature. You can read about it, but as a game official you will probably not have to be involved unless you are the Referee and your advice is sought.

Rule 4-new 4-2: Clarifies the rules regarding the use of prostheses.

Rationale: Clarification of rules regarding the wearing of prostheses and process to follow for approval during competition.

Interpreter's Comment: Administrative in nature. You can read about it, but as a game official you will probably not have to be involved unless you are the Referee and your advice is sought.

Rule 4-new 4-3: Clarifies the rules regarding concussion management.

Rationale: Clarification of rules regarding concussion management from the NFHS Sports Medicine Advisory Committee.

Interpreter's Comment: The NYSPHSAA has adopted their own concussion management policy. It is available at www.nysphsaa.org, and officials must familiarize themselves with these guidelines as well as with NYSPHSAA's lightning policy. If an athlete is suspected of having sustained a concussion, they must be cleared by approved medical personnel before they return to competition. REFEREES should familiarize themselves with this policy immediately.

I also recommend highly a free 25-minute online course titled "Concussion in Sports: What You Need to Know". It is at www.nfhslearn.com .

Rule 4-new 4-4: Places a long-standing informal procedure within the rules for the state association and school to follow when an accommodation/modification of the rules for participation is made due to medical or religious reasons.

Rationale: Includes a procedure to follow when an accommodation/modification of the rules for participation is approved by the state association due to medical or religious reasons.

Rules 6-2-6 and 7-2-6: The head event judge may change the order of competition and permit successive trials to accommodate those who may be excused to participate in other events.

Rationale: Addresses the needs of competitors and creates consistency between jumping and throwing event rules regarding excused competitors. In the vertical jumps, it may be necessary to allow a competitor to make consecutive attempts for the same reason as the horizontal jumps when being excused to participate in another event.

Rule 7-2-new 13: It is no longer a failed attempt if the crossbar is displaced and there is a malfunction of meet equipment in jumping events.

Rationale: Competitors shall not be penalized if their performances are affected by the malfunctioning of meet equipment.

Interpreter's Comment: *This just makes sense!*

Rules 7-4-11 and 7-5-18: In a vertical jump competition, when only **one** competitor remains and **has been declared the winner**, he/she may then determine successive heights of the crossbar.

Rationale: When a single competitor remains in a vertical jump competition and has been declared the winner, he/she should have the opportunity at this point to determine successive heights of the crossbar.

Interpreter's Comment: *Reminder – this can only happen when the one remaining competitor has been declared the winner of the event! If they have not yet won the event, they must follow the sequence established by the games committee.*

Rule 7-5-new 16: Changes the pole vault warm-up procedure for a competitor who has passed three consecutive heights and has ***not yet entered the competition.***

Rationale: Competitors passing on three or more consecutive heights often sit out a significant time and need the opportunity for proper warm-up rather than only one warm-up jump/run through.

Interpreter's Comment:

- 1. It must be remembered that the athlete must have passed three consecutive heights **AND** has not yet entered the competition. If the athlete makes an early "safe" jump and then passes 3 consecutive heights, they are not entitled to the warm-up time.*
- 2. Two minutes **per competitor** are allowed for warm-up time. If 3 athletes enter who are eligible, that would mean six minutes would be allocated for warm-up. IF ALL ATHLETES ARE READY TO COMPETE BEFORE THE ALLOCATED TIME EXPIRES, START THE COMPETITION immediately.*
- 3. During this early indoor season, feedback from experienced Pole Vault officials has shown that usually the athletes are ready to go before the total expected warm-up time. So concerns about this taking an extended period of time seem to be exaggerated. Most vaulters at this level are usually warming up well ahead of this point.*
- 4. This rule change is fair to the vaulters who have been patiently waiting for the competition to "thin out".*

Rule 7-5-29a new NOTE: Clarifies the procedure to be used following the improper placement of the crossbar or uprights on an unsuccessful attempt in the pole vault.

Rationale: Clarifies the procedure to follow should the crossbar have been improperly placed or uprights set incorrectly on an unsuccessful attempt in the pole vault.

Interpreter's Comment: Again, a common sense solution. Because of an officiating error, the athlete is not penalized and is awarded an additional trial at the height.

EDITORIAL CHANGES

3-2-4p, 3-2-7, 3-9-6

Deals with how video equipment is to be used if needed to assist in final decisions on the order of finish in a race.

3-8 & 3-9

Reorganization and clarification of the rules about the duties of the finish judges when using FAT and when using manual timing.

4-3-1b, New 8 NOTE, 4-3-1c(7)NOTE

This is added language to clarify requirements on colors for visible undergarments. (It clarifies that undergarments worn under the uniform top are separate entities than those worn under the uniform bottom.)

5-5-7

This is a rewording & clarification that all sections for an event will use the same starting procedure.

NEW 5-9 – “Infractions For All Races”

This is the ***definition of Interference***, which had been previously listed under Rule 4-6 regarding Disqualification. It was felt that was better placed this way.

6-2-7, 7-6-13

This standardizes the language used in the two rules regarding throwing and jumping events.

NEW 7-6-11

7-6-10 from the 2010 Rules Book was split and a new article 11 was created for the rule.

Points of Emphasis

1. Excused time from Field Events
2. Discus Cage Guidelines
3. Preventive Officiating
4. Concussion Management, Casts, Braces, Prostheses, and Blood on the Uniform

Interpreter's Comment:

You can read about these as well as comments on the 2011 Rules Revisions on pages 77 through 79 in the 2011 Rules Book.

You really ought to read these pages as well as the NFHS Pre-Meet Notes that was distributed to your associations earlier this year (available at www.socat-trackofficials.org – look under DOCUMENTS (upper left box) in preparation for the outdoor season.

From the sound of things, those facilities who have neglecting the upgrading of their discus cages really ought to be saving their pennies for an upgrade to the NFHS recommendations. When this becomes a “Point of Emphasis” you can pretty much anticipate that the specifications will soon be mandated. It’s not like they have not given over five years of warning on this.

Again, I strongly recommend you view the FREE course on “Concussion In Sports: What You Need to Know” available on www.nfhslearn.com , as well as reviewing the NYPHSAA’s new concussion guidelines.

Have a great 2011 Track Season!

-- Tom