

PENALTY: (Articles 1, 2) Disqualification from the event.

ART. 3 . . . A competitor may leave the track to retrieve a dropped relay baton provided no interference occurs and no advantage is gained.

ART. 4 . . . In a race involving a curve where lanes are not specified, a competitor may move toward the inside or outside of the track provided the competitor is one full running stride, approximately 7 feet, in advance of the competitor whose path is crossed. It is not a foul if a competitor crosses to the inside or outside if this action does not interfere in any way with another competitor.

SECTION 14 HURDLING INFRACTIONS

ART. 1 . . . Hurdling is a technique in which the competitor attempts to clear each hurdle by jumping or striding over the hurdle.

ART. 2 . . . It is an infraction if a competitor:

- a. Does not attempt to clear each hurdle.
- b. Knocks down any hurdle by hand.
- c. Advances or trails a leg or foot along the side of and below the height of the hurdle gate.
- d. Runs over a hurdle not in the assigned lane.
- e. Runs around a hurdle.
- f. Interferes with another hurdler.

PENALTY: Disqualification from the event.

Rule 6

Field Events

The NFHS does not perform scientific tests on any specific items of equipment to determine if the equipment poses undue risks to student-athletes, coaches, officials or spectators. Such determinations are the responsibility of equipment manufacturers.

SECTION 1 DEFINITIONS

ART. 1 . . . A trial/attempt is all of the competitor's actions that occur from when the time limit begins until the official has determined, through the use of the flag or verbal indication, a fair or foul trial. Each competitor is allowed a specific number of trials.

NOTE: Actions by a competitor cannot be a foul after the official has ruled the trial fair. This does not negate the immediate correction of a mistaken action by the official.

ART. 2 . . . A flight is a round of trials for a group of competitors in a horizontal jumping or throwing event. A round is the completion of all trials of one rotation of the order of competitors for horizontal jumping or throwing events.

ART. 3 . . . Horizontal events include the long and triple jumps.

ART. 4 . . . Vertical events include the high jump and pole vault.

ART. 5 . . . Throwing events include the shot put, discus and javelin.

ART. 6 . . . A pass is used to forgo a trial.

ART. 7 . . . To qualify is to earn the right to participate in the finals.

ART. 8 . . . A foul jump or throw is one that is counted as a trial but that is not measured and declared unsuccessful as a result of a violation of the rules.

SECTION 2 GENERAL RULES FOR FIELD EVENTS

ART. 1 . . . Contestants shall report promptly to the head event judge at the designated location when the event is announced.

ART. 2 . . . A competitor shall be charged with a foul if he/she does not initiate the purposeful action of completing the requirements of the athletic challenge (jump or throw) of the event (trial) within one minute (or other prescribed time limit) after the competitor's name has been called for trial.

- A pass shall be communicated to the event judge before the start of the trial clock.
- Competitors may be excused by the head event judge to participate in other events. (6-2-3)
- When three or fewer competitors remain in the high jump or pole vault at the beginning of a bar height, the time for a trial listed in Table 1 shall be increased to three minutes.
- When a single competitor who has won the competition remains in the high jump or pole vault, the allowed time for a trial shall be five minutes.

Number of athletes competing at the start of the round	Individual Events			Combined Events		
	HJ	PV	Other FE	HJ	PV	Other PE
More than 3	1	1	1	1	1	1
2 or 3 remaining	3	3	1	3	3	1
1 remaining	5	5	1	5	5	1
Consecutive Trials	2	3	2	2	3	2

ART. 3 . . . To accommodate those competitors who may be excused to participate in other events, the head event judge may change the order of competition in the preliminary or final rounds of any jumping or throwing event by any method where the competitor being excused jumps/throws earlier than the spot at which he/she qualified. Successive trials is but one such method. Excused competitors shall inform the head event judge upon their return. The competitor with the best mark in the preliminaries has earned the right to make the last attempt of the competition and may choose to wait until after any excused competitors have taken all their trials.

- a. Competitors excused to participate in another event shall not be called for a trial during the excused time.
- b. In the vertical jumps, before the crossbar is raised, the judge will pass an excused competitor who has not returned within the designated time limit.

ART. 4 . . . Time limits for competitors excused to compete in another event shall be determined by the games committee.

ART. 5 . . . If weather or other conditions might result in unfairness to any competitor, the referee may alter any established order of trials and shall alter a plan for successive trials by prescribing single trials in the preliminaries and in the finals.

ART. 6 . . . Warm-ups shall not be allowed unless supervised by an event official or the contestant's coach and the venue has been declared open by the meet director.

ART. 7 . . . Warm-up approaches, in horizontal jumps, pole vault or javelin shall only be run in the direction the event will be conducted.

NOTE: During competition and while a competitor is on the clock (6-2-2), it is permissible for an athlete, after an aborted attempt, to run, jog or walk in the opposite direction the event is being conducted.

ART. 8 . . . Once a competition has begun, except as scheduled, competitors are not allowed to use for practice purposes the runway, ring, takeoff area or throwing implements associated with the competition.

ART. 9 . . . At the conclusion of any field event, there shall be no further practice, and implements, including vaulting poles, shall be removed from the area.

PENALTY: (Articles 6-9) First offense 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.

ART. 10 . . . In meets with limited entries, the games committee may allow all competitors just four total trials, replacing the preliminaries and finals format. (3-2-4e)

ART. 11 . . . In two-session meets, it is recommended all competitions in the jumping and throwing events be conducted in one session.

ART. 12 . . . For any conference or championship meet, the games committee may provide implements for the throwing events and require all competitors to use them.

ART. 13 . . . A competitor shall not use an illegal implement during warm-up or competition.

- a. If a legal implement breaks during a trial in accordance with the rules, no penalty shall be counted against the competitor and a replacement trial shall be awarded.
- b. If a legal implement breaks upon completion of the trial, a replacement trial shall not be awarded and the results of the trial shall be recorded, provided it was made in accordance with the rules.

ART. 14 . . . To obtain a better grip, competitors can use chalk or an adhesive or similar substance such as rosin on their hands during competition.

NOTE: The games committee has the authority to restrict the use of adherents or other foreign materials on hands if the host school is supplying all the throwing implements.

ART. 15 . . . A competitor shall not place personal reference marks in the landing sector of any throwing event.

ART. 16 . . . Competitors shall not use any weights or artificial aids. They shall not wear a shoe or shoes which incorporate or contain any device that gives the competitor an unfair advantage. In the pole vault, pushing the vaulter on his/her back at take-off during warm-up or competition is an aid and therefore not allowed.

PENALTY: (Articles 13, 15 and 16) Disqualification from the event.

ART. 17 . . . In the throws and horizontal jumps, each competitor shall be allowed three preliminary trials. In the finals, each qualifier is allowed three additional trials. Competitors shall be credited with their best performance regardless of whether it occurs in the preliminaries or finals. To place in a jumping or throwing event, a competitor shall have had at least one legal jump or throw.

ART. 18 . . . The three preliminary trials shall be taken in flights of no less than five in the order in which the competitors are listed for competition. This order shall be determined by lot or by the games committee.

ART. 19 . . . One or more competitors than there are scoring places shall qualify for the finals. All competitors tying for the last position shall be finalists. To be eligible to participate in the finals, a competitor shall have had at least one legal jump or throw in the preliminaries. If a qualifying competitor withdraws from competition in the finals, no substitute may replace the withdrawn competitor.

ART. 20 . . . The order of competition in the finals shall be the reverse of the best performance in the preliminaries, i.e., the competitor having the best preliminary performance will be the last in order.

ART. 21 . . . The time at which the preliminaries in each jumping or throwing event must be concluded or completed should be set by the games committee. Any competitor who does not complete all preliminary attempts within the time specified shall forfeit any remaining preliminary trials.

SECTION 3 BREAKING TIES

ART. 1 . . . A tie in a field event occurs when two or more competitors finish with the same best distance or height.

ART. 2 . . . When there is a tie at any distance or height of a field event, places and points scored shall be awarded as follows:

a. For places determined by distance:

1. If the distance resulting from the best performance of competitors is identical, the higher place is awarded to the tying competitor whose second best performance is better from either the preliminary trials or the finals.
2. If after (1.) the tie remains, the higher place is awarded to the tied competitor whose third-best performance is better than the third-best performance of any tied competitor, etc.

- b. For places determined by height:
1. The competitor with the fewest number of trials for the height at which the tie occurs, i.e., the last height successfully cleared, shall be awarded the higher place.
 2. If the tie still remains, the competitor with the fewest total number of unsuccessful trials throughout the competition, up to and including the height last cleared, shall be awarded the higher place.
 3. Passed trials shall not count as misses.
 4. If the tie remains after applying (1) and (2) and:
 - (a) It concerns first place, the competitors tying shall make one more attempt at the height at which they failed. If no decision is reached, the bar shall be lowered in increments of 1 inch (2 cm) in the high jump and 3 inches (7 cm) in the pole vault. If two or more of the tying contestants cleared the height, the bar shall be raised by intervals of 1 inch (2 cm) in the high jump and 3 inches (7 cm) in the pole vault. Each competitor shall attempt one trial at each height until a winner is determined.
 - (b) The tie concerns any place other than first, the competitors shall be awarded the same place.

NOTES:

1. If the height which the tied competitors last attempted is not the same, because of a passed height by one or more of the remaining competitors, the bar shall be lowered to the lowest height last attempted by any of the remaining competitors to begin the jump-off.
2. No passed heights shall be permitted in the jump-offs.

ART. 3 . . . In the vertical jumping events, a competitor shall be credited with his/her best achievement including performances made in the jump-off of a first-place tie.

ART. 4 . . . If there is a tie by any number of competitors for any scoring places, the points for tied places shall be added together and divided by the number of competitors who are involved in the tie.

SECTION 4 SHOT PUT

ART. 1 . . . Taping of any part of the throwing hand or fingers shall not be permitted unless there is an open wound that must be protected by tape. Taping of the wrist is permissible. Gloves are not permitted; however, a support belt may be worn.

ART. 2 . . . A legal put shall be made from the shoulder, with one hand only, so that during the attempt, the shot does not drop behind or below the shoulder. A competitor must start from a stationary position inside the circle. No harness or mechanical device attached to the hand or arm shall be used. The put shall be made from inside the circle.

ART. 3 . . . It is a foul if the competitor:

- a. Fails to initiate a purposeful action of completing the requirements of the athletic challenge of the event (trial) within the prescribed time limit after the competitor's name is called.

SECTION 7 HORIZONTAL JUMPS

- ART. 1 . . .** A marker shall not be placed on the runway or in the landing pit.
- A competitor may place one or two markers (supplied or approved by the games committee) alongside the runway to assist in the run-up and take-off.
 - Meet management may place markers to the side of the landing pits for the purpose of marking meet, state and/or national records, as well as minimum qualifying standards, etc. (3-2-4c)

NOTE: It is not a foul if the competitor runs outside of the white lines marking the runway at any point.

ART. 2 . . . The foul line is the hairline which is used to mark the limit of a competitor's run during a trial.

ART. 3 . . . It is a foul if the competitor:

- Allows his/her shoe to extend over the foul line or make a mark in front of it on the takeoff.
- Runs across the foul line, or foul line extended.
- In the long jump, does not keep his/her head in the superior position while in the air after takeoff, i.e., no somersault in the air.
- In the triple jump, in hopping does not land on the same foot used in take-off, or in stepping does not land on the other foot from which the jump is performed.
- In the process of landing or leaving the pit, touches the ground outside the landing area nearer the foul line than the nearest mark made in the landing pit.
- Fails to initiate the purposeful action of completing the requirements of the athletic challenge (jump/trial) of the event within the prescribed time limit after the competitor's name is called. (6-2-2 Table)

PENALTY: An unsuccessful trial is charged but not measured.

ART. 4 . . . Each legal jump shall be measured perpendicularly to the foul line or its extension and from that point in the pit touched by the person or anything that was attached to the body at the time it made the mark which is nearest the foul line or its extension.

ART. 5 . . . The judges shall hold the tape in such a way that the readings will be at the takeoff board.

ART. 6 . . . Measurements shall be recorded to the nearest lesser $\frac{1}{4}$ inch or centimeter. Measurements may be made with non-stretchable tape such as fiberglass, nylon, steel or certified scientific measurement device (laser). Other scientific measuring devices may be used if approved by the games committee.

SECTION 8 VERTICAL JUMPS

ART. 1 . . . Each competitor is allowed a trial in order in which the names are drawn or assigned by the games committee, and is granted a maximum of three trials at any one height. The competitor may use all three trials or elect to pass any of them. Unless the competitor has had three unsuccessful trials at a given

height, the competitor may elect to pass a height and take the remaining trial or trials at a subsequent height, but the competitor is eliminated as soon as he/she has had three consecutive unsuccessful trials, regardless of the height or heights at which the unsuccessful trials were attempted. ("-" pass; "O" cleared; "X" failed)

EXAMPLE: If a competitor has one unsuccessful trial at 6 feet and elects to pass the next opportunity, the competitor may then choose to accept his/her third opportunity in the proper order. If this trial is failed, the competitor has one more opportunity at a subsequent height. The competitor may pass both the second and third opportunities at 6 feet and then have two opportunities at a subsequent height or heights. All previous failures are disregarded as soon as the competitor legally clears the bar.

ART. 2 . . . When the number of entries dictates, the games committee may assign competitors to flights of no less than five for preliminary competition or may conduct the event in continuing flights. In continuing flights, the five competitors, as determined by the games committee, constitute a flight. As a competitor clears a bar, passes a turn at a height or is eliminated, the next competitor in order will be moved up so that the number of competitors in the active flight remains constant. When the number of competitors remaining at a given height is fewer than nine, all competitors will be in a single continuing flight.

EXAMPLE: If competitors A, B, C, D, E, F, G, H, I, J, K, L, M and N were entered, the first five (A, B, C, D and E) would be grouped to begin competition. F would be moved into the continuing flight whenever one of the competitors clears the height, passed the remaining turns at that height or was eliminated. G would be the next competitor to move into the continuing flight under the same conditions and would be followed by H, I, J, K, L, M and N, in order. This procedure would be repeated for each height, with five the minimum number to begin an active flight. The competitors would be assigned in order as they appear on the event card/sheet.

ART. 3 . . . A bungee cord manufactured for use in the high jump and pole vault may be used in lieu of the crossbar during warm-ups, as approved by the games committee.

ART. 4 . . . If improperly fastened supports slip downward when a jumper contacts the crossbar, the head event judge shall rule no jump and allow the competitor another trial.

ART. 5 . . . A crossbar displaced by a force disassociated with the competitor after he/she is legally and clearly over the crossbar shall not be a fault and is considered a successful attempt.

HIGH JUMP

ART. 6 . . . The games committee shall specify the marking material, if any, as well as the number and location of the individual check marks.

ART. 7 . . . A competitor who has passed three consecutive heights and has not attempted a jump, should be permitted one warm-up jump without the cross-bar or bungee in place but shall attempt a jump at that height. Such a warm-up must be taken at a height change.

ART. 8 . . . The judges shall place the crossbar at the starting height as determined by the games committee. When only one competitor remains in the competition and has been determined to be the event winner, the competitor may determine successive heights of the crossbar.

ART. 9 . . . After competition has started, the bar shall not be lowered, except to determine a first-place winner when a tie for that place is involved.

ART. 10 . . . A competitor may attempt to clear the bar in any manner, provided the takeoff is from one foot and provided no weights or artificial aids are used. All of the competitor's body must go over the bar.

ART. 11 . . . It is a foul if the competitor:

- a. Displaces the crossbar in an attempt to clear it.
- b. Touches the ground or landing area beyond the plane of the crossbar, or the crossbar extended, without clearing the bar.
- c. After clearing the bar, contacts the upright and displaces the crossbar or steadies the bar.
- d. Fails to initiate a purposeful action of completing the athletic challenge of the event (trial) within the prescribed time limit after the competitor's name is called, and after the crossbar has been set.
- e. Fails (total body) to go over the bar.
- f. Takes off from two feet.

PENALTY: An unsuccessful trial is charged.

ART. 12 . . . An accurate measurement of the height of the crossbar shall be taken before each record attempt. Mark the crossbar and base of the standards to ensure consistent placement of the crossbar. Any displaced crossbar should be placed on the standards in exactly the same position as before its displacement. A displaced cross bar means any movement of the bar — not only a dislodged bar from the pins or standards.

ART. 13 . . . Measurements shall be recorded to the nearest lesser $\frac{1}{4}$ inch or centimeter. Measurements shall be made with non-stretchable tape such as fiberglass, nylon, steel or certified scientific measurement device (laser). Measurement of the official height shall be from a point on the same level as the takeoff to the lowest point on the upper side of the crossbar.

POLE VAULT

ART. 14 . . . The vaulting pole may be of any material and of any length and diameter. It may have a binding of layers of adhesive tape of uniform thickness on the grip end. The plant end of the pole may be protected by layers of tape, PVC, metal, sponge rubber or other suitable material to protect it when placed in the planting box.

ART. 15 . . . The competitor's weight shall be at or below the manufacturer's pole rating. The manufacturers must include on each pole: the pole rating that shall be a minimum of $\frac{3}{4}$ inch in a contrasting color located within or above the

ART. 12 . . . The throwing sector into which the javelin must fall is that area defined by extending radii through the two intersections of the arc with the runway lines and a point midway between the runway lines and 26 feet, 3 inches (8 meters) from the foul line. (Figure 10)

LONG JUMP/TRIPLE JUMP

ART. 13 . . . The declination in the approach shall be limited to 2:100 (2 percent) laterally and 1:1000 (0.1 percent) downward in the jumping direction.

NOTE: Calculate the slope by comparing the elevation at the start of the runway to the elevation at the take-off board; intermediate measurements are not considered.

ART. 14 . . . The runway should have a minimum length of 130 feet and, where conditions permit, it should be 147 feet, 6 inches (45 m) measured from the long jump foul line. The runway should be between at least 42 inches (1.07 m) and 48 inches (1.22 m) wide of usable runway.

ART. 15 . . . Equipment shall meet the following standards: The takeoff area shall be marked by a rectangular shaped takeoff board, manufactured from wood or synthetic material which provides a firm base, 8 inches (recommended) up to 24 inches wide and 42 inches to 48 inches long. The takeoff board shall be set firmly in the ground level with the runway and the surface of the landing pit. If the takeoff board is 8 inches wide, an additional 8 inches of firm, resilient material may be placed so that it abuts against the edge of the takeoff board farthest from the foul line.

On hard surfaced runways, a painted foul line of a contrasting color and with the same size specifications may be used in lieu of a takeoff board.

ART. 16 . . . The landing pit shall be filled with sand or other soft material to a depth at least 12 inches (30 centimeters). The surface shall have the same elevation as that of the takeoff board.

ART. 17 . . . The landing pit shall have a minimum width of 9 feet (2.75 meters) and should meet a minimum length of 23 feet (7 meters).

NOTE: Pits constructed after 2019 shall be at least 23 feet (7 meters) in length.

a. In the long jump and triple jump, the foul line shall be located by measuring from the nearer edge of the landing pit to the front of the foul line.

NOTE: Distance from the foul line or takeoff board may be adjusted to accommodate different levels of competition. Competitors may change which foul line or takeoff board they are using during competition, but only with the prior notification and confirmation of the event judge.

Suggested distances are:		
	Boys	Girls
Long Jump	12 feet (3.7 m)	8 feet (2.5 m)
Triple Jump	32 feet (9.8m)	24 feet (7.3 m)

HIGH JUMP

ART. 18 . . . The declination in the approach shall not exceed 1:100 (1 percent).

ART. 19 . . . The approach shall consist of a semicircle or rectangle of unvarying surface. The center of the semicircle or rectangle is to be the midpoint between the standards. The depth of the approach should be a minimum of 50 feet.

ART. 20 . . . The landing pad shall not be less than 16 feet (4.80 meters) wide by 8 feet (2.40 meters) deep. The material in the pad shall be high enough and of a composition that will decelerate the landing. The rules committee strongly recommends the use of 24 inches (60 centimeters) of foam rubber or shock-absorbing synthetic soft material or an encased commercially compressed foam rubber mattress at least 18 inches (45 centimeters) thick.

When the landing pad is made up of two or more sections, they shall be attached and include a common cover or pad extending over all sections.

ART. 21 . . . Hard and unyielding surfaces, such as but not limited to concrete, wood or asphalt, that extend out from beneath the sides and back of the high jump landing pad shall be padded with a minimum of 2-inch dense foam or other suitable material.

NOTE: It is recommended that any excess material such as asphalt or concrete that extends out from beneath the side or back of the landing pad be removed.

ART. 22 . . . The upright standards which support the crossbar shall be at least 12 feet apart. The platforms which support the crossbar shall be rectangular planes $1\frac{1}{2}$ inches by $2\frac{3}{8}$ inches. The long dimensions shall point toward the opposite upright so that it will be parallel to the crossbar. There may be an extension of the standard above the crossbar. The base of the standards shall not be moved during the competition, and its position should be marked prior to the start of competition.

ART. 23 . . . The nonmetal crossbar shall not be less than 12 feet (3.66 meters) or more than 14 feet, 10 inches (4.52 meters) in length, of uniform thickness and shall have a weight of not more than 5 pounds. It shall be circular with a diameter of not more than $1\frac{3}{16}$ inches and with the ends flattened to a surface $1\frac{3}{16}$ inches by $6\text{--}7\frac{3}{4}$ inches (150-200 millimeters). In addition to the commonly used four-sided flat crossbar ends, the use of a crossbar fitted with alternative ends (semicircular) is permitted.

POLE VAULT

ART. 24 . . . The declination in the approach shall be limited to 2:100 (2 percent) laterally and 1:1000 (0.1 percent) downward in the running direction and in the jumping direction.

NOTE: Calculate the slope by comparing the elevation at the start of the runway to the elevation at the zero line; intermediate measurements are not considered.

ART. 25 . . . The recommended length of the runway is a minimum of 130 feet (40 meters). Where conditions permit, it should be 147 feet, 6 inches (45 meters). The runway should be at least up to 42 (1.07 meters) to 48 (1.22 meters) inches of usable runway wide whenever possible.