

## 2018 T&F PowerPoint Slide Notes

Slide #1 - Title page

Slide #2 - Printing corrections in the rule book.

Slide #3 - Title page - Rule Changes

Slide #4 - Clarifies that the school may issue or approve an individually purchased item as part of the official school uniform. Due to the personal nature of the uniform bottom, schools may elect to have the athletes purchase this item and it will not be re-used by other athletes. An individual athlete may also have a preference in style of the uniform based on the event. Examples: Sprinters may prefer compression, distance runners may prefer a running short, throwers may prefer a looser short with a longer inseam. Regardless of who purchases the uniform, the item shall be in compliance with all uniform requirements and restrictions. The school's head coach is responsible for reviewing and approving all uniforms to be certain they are rules compliant.

Slide #5 - In both 4-3-1b and c language was added for clarity, "school issued or school approved".

Slide #6 - These two rules are identical except for the rule on the soles of the shoes allowing for one-inch spikes in cross country. The duplicate language pertaining to the official uniform for both relay teams and cross country teams is eliminated from Rule 8 and only appears in Rule 4-3. This language was unnecessary as it was the same except for the rule on the soles of the shoes allowing for one-inch spikes in cross country, this exception on spikes now appears in Rule 4-3-1a(3).

Slide #7 - This rule was absent the necessary penalty for article 14. Article 14 lists several restrictions, but has not included an associated penalty, disqualification from the event. The inclusion of this penalty is necessary and applies to violations of Articles 10, 13 & 14.

Slide #8 - This change creates consistency in establishing a range for the length of the crossbar in pole vault as was already provided for the high jump crossbar.

Slide #9 - Title Page - Editorial Changes

Slide #10 - The editorial change provides language consistent within all NFHS rules books and clearly states expectations and restrictions regarding conduct.

Slide #11 - Provides greater flexibility by expanding the professional positions which are qualified to survey and measure a track.

**Slide #12** - Corrects clerical error in the maximum diameter for the boys indoor shot put from 137.5mm to 132.5mm

**Slide #13** - Removes duplicate language from rule 6-8-9 which is covered in Rule 6-2-10 regarding broken javelin.

**Slide #14** - Removes duplicate language from rule 6-9-8 which is covered in Rule 6-2-3 regarding excused competitors.

**Slide #15** - Title Page - Points of Emphasis

**Slide #16** - These factors have played a role in making it increasingly more difficult for the school to purchase and issue or approve uniforms that are fully compliant by the strict interpretation of the rules.

**Slide #17** - Defines the differences between uniform style and uniform design.

**Slide #18** - A relay uniform example where the styles are very different but the design of the tops and bottoms are the same, therefore this relay team is outfitted in legal uniforms.

**Slide #19** - It is expected that all relay team members or cross country team members can be clearly identified as representing the same school. Singlets should match and the bottoms may have some slight variation as set forth by state association.

**Slide #20** - The degree of variation, if any, allowed in the examples above is dependent upon the respective state high school association and collective consensus of those meet officials responsible for uniform compliance. As emphasized on numerous occasions, multiple, visible manufacturer's logos on the uniform item make the item non-compliant with the rules. When competitors wear a uniform item that displays the multiple logos, such as on the leg and around a visible waistband, during competition the uniform is non-compliant.

**Slide #21** - A description of how officials will deal with an illegal uniform in our state. It is difficult, even at our state meet with a large number of certified officials, to catch uniform issues before an athlete becomes a competitor. Officials should allow the athlete to compete then provide a warning to the athlete and coach to remedy the situation before further competition is allowed.

**Slide #22** - Waistband are, by far, our biggest issue for non-compliant uniforms. There are several ways to make this situation a compliant uniform short. Coaches are responsible for communication with athletes and coaches prior to purchasing uniform items and then making sure they are compliant with the rule.

**Slide #23** - Reporting after officiating a meet allows the state to gather data and notify repeat offenders to remedy any uniform issues as quickly as possible. An official may use the form provided or send an email.

**Slide #24** - The next seven slides provide pictures for discussion of legal and illegal uniform items. In this slide the item is illegal to wear as a uniform bottom because of the size of the logo on the waist, but could be made legal in a number of ways. It would be legal as an undergarment since the waistband would more than likely be covered. The contrasting stitching, if used to hold the material together, does not constitute more than one color.

**Slide #25** - Illegal because of two logos, one being the swoosh and the other the other on the waistband. Difficult to tell if the logo on the waistband meets the size requirement.

**Slide #26** - Any garment worn underneath the uniform bottom and that terminates above the knees is considered a foundation garment and not subject to being a single, solid color, and not subject to the manufacturers logo restrictions. Therefore, even if the SKINS logo is oversize or there is a second logo on the other side of the garment, this is legal.

**Slide #27** - While both of these uniform tops would be legal for athletes in individual events they would be non-compliant for a relay. The design standard cannot be met due to the difference in printing and the logo.

**Slide #28** - There will be a difference of opinion on this slide.

**Slide #29** - Same uniforms only shot from the back, does it change the ruling.

**Slide #30** - Legal as a uniform bottom, if an athlete using this item as an undergarment it would be illegal since they are not a single solid color and are below the knee.

**Slide #31** - How the rules address hydrating athletes during a cross country race.

**Slide #32** - Continuation of cross country hydration.

**Slide #33** - Entry limitations and when an athlete becomes a participant and exceeds the limitation.

**Slide #34** - This chart previously appeared in the NFHS Case Book and is now included in the Rules Book. The Rules Committee believes this visual will provide clarity to the application of the rule. State Associations may have more restrictive requirements on entry limitations.

**Slide #35** - Monitoring warm-up throws, and keeping competitors from entering the impact area/safety zone is a very important aspect of maintaining a safe warm-up and competition period. Only those marking the attempts and retrieving the implements should be inside the safety zone. Implements should always be carried back to the competition area, and never thrown back. Some schools only allow adults in the impact area as they tend to pay more attention to the thrower. Throwing sectors and competitive area should be clearly marked and cordoned off so only appropriate personnel are in the active event during scheduled warm-ups and competition.

**Slide #36** - Don't allow the next competitor to initiate an attempt until all eyes are paying attention to the competitor, and the attempt can be executed safely. Many times, an orange cone is placed in the circle or approach to signify the venue is closed until all are ready for the next competitor's performance. All eyes must be on the competitor during competition as well as during warm-ups. This applies to officials and coaches as well as spectators that may wander into a restricted area. By using common sense, being vigilant and attentive to the conditions during the warmup and competition, and controlling the flow and pace of competition, any throwing event can be conducted safely.

**Slide #37** - Title Page - 2018 Regional Cross Country Meets

**Slide #38** - These next 5 slides are used to generate a discussion about officiating duties during a cross country. CHSAA now requires 4 certified officials at every regional meet although there is not requirement during the regular season. Have the group share their ideas and experiences from this past season if they were involved in officiating a regional meet.

**Slide #39** - Cross Country discussion continued.....

**Slide #40** - Cross Country discussion continued.....

**Slide #41** - Cross Country discussion continued.....

**Slide #42** - Cross Country discussion continued.....

**Slide #43** - Encourage participants to read the T&F Pre-Meet Notes, a publication about the new NFHS rules written by the NFHS and USATF. This is an excellent summary of the 2017 rule changes.

**Slide #44** - Rule book and case book available in E-books

**Slide #45** - New NFHS Rules App

**Slide #46** - Thank you and exit page.