The NFHS has posted a great deal of information on their website(s) for the 2021 T&F Season for officials. Below are some of the sites that provides officials with this information for officials.

Here are a few of those sites for you to research to start to refresh your continued understanding of the rules for 2021. Remember, the NFHS is NOT publishing new Rule Books and Case Books for the 2021 T&F / Cross Country season. All returning and new officials across the country will be using the 2020 Rule and Case books during the 2021 seasons.

**Important sites to visit:**
- Go to NFHS.org
- Click on “Activities & Sports” at the top of the screen
- Click on Track & Field / Cross Country
- Scroll down the page to “Rule Changes” and click on T&F / Cross Country Rule Changes
- Once finished with that section, go back to the original screen under “General” and you can click on (1) 30-meter exchange zones, (2) Clerking Essentials for all of those clerks out there.
- Under “Rules” you can click on (1) T&F Comments on the Rules, (2) T&F Points of Emphasis, (3) T&F Rules Interpretations. Also, be sure to access the all-important 2021 Track & Field “Pre-Meet Notes” on the NFHS site as well. These are just a few examples of the vast amount of information that is contained in this publication for your review prior to the start of the season.

**NOTE:** As you continue to navigate through these sections and others, you will run across a great deal of information throughout the NFHS website(s) that will be of benefit to you.

(GWS March 10, 2021)