



JULY 12, 2018

Dear CTFOA Officials,

Below is an important message from the National Federation. The CTFOA Executive Board will be discussing this latest information soon and, as a result, we will be coming back to you with additional information. After reading this article you are being asked (within the article) to go to the NFHS Website at [www.nfhs.org](http://www.nfhs.org) and Click on “Activities & Sports” at the top of the home page and select “Track and Field/Cross Country” for a complete listing of the track and field/cross country rules changes” which will be available soon. Because these Rule changes are for the 2019 seasons, we are not sure at this point if this will impact the 2018 Cross-Country season. If Colorado elects to implement these uniform changes for the Fall 2018 season, we will be getting back to all officials soon via a group email. If not, these uniform changes will go into effect for the Spring 2019 T&F Season and the Fall 2019 Cross-Country Season.

If you have questions, please feel free to direct them to me and I will get your question(s) out to the CTFOA Executive Board and I or we will be getting back to you either individually or as a group as we move forward on this. Thanks.....Gary Strubel

**NATIONAL FEDERATION OF STATE HIGH SCHOOL ASSOCIATIONS**

**NEWS RELEASE**

**Simplification of Uniform Rule Continues in High School Track and Field/Cross Country**

**FOR IMMEDIATE RELEASE**

Contact: Julie Cochran

INDIANAPOLIS, IN (July 10, 2018) — Further simplification of the uniform rule in track and field, and clarification on the method of determining the order of finish in cross country highlight 2019 rules changes in those two high school sports.

Seven changes were recommended by the National Federation of State High School Associations (NFHS) Track and Field and Cross-Country Rules Committee at its June 11-13 meeting in Indianapolis, and all changes were subsequently approved by the NFHS Board of Directors.

In Rule 4-3-1, the interpretation of a foundation garment was expanded to include any item worn under the uniform top and/or bottom. The rule now states that “any visible garment worn underneath the uniform top and/or bottom is considered a foundation garment. A foundation garment is not subject to logo/trademark/reference or color restrictions.”

In addition, Rule 4-3-2 was rewritten to allow schools more options in meeting the uniform rule. The rule now states that “all relay and cross-country team members must wear uniforms clearly indicating, through predominant color, school logo and color combination of all outer garments worn as a uniform, that members are from the same team.”

“It has become increasingly more difficult to officiate the uniform rule given the increase in the number of programs nationwide that are allowing individual team members the option of independently purchasing either all or part of their team uniform,” said Julie Cochran, NFHS director of sports and liaison to the Track and Field/Cross Country Rules Committee. “Slight differences in design of uniform do not negatively impact the identification of a relay or cross-country team. The expectation of this rule is that all relay and cross-country team members can be clearly identified as representing the same school.”

The revised 4-3-2 NOTE states that “the official shall have no uncertainty in determining that all members are from the same team.”

In cross country, regardless of the system used to determine the places of runners, the order of finish should be based on when the torso of the runner crosses the finish line. Changes in **Rule 8-3** state that whether hand timing, transponder/chip or image-based timing systems are used, the **torso** is the determining factor in order of finish.

The committee also revised **Rule 8-1-1** regarding the cross-country course which better describes a legal course layout.

The remaining changes concern field events in **Rule 6**. In the discus and javelin, measurement shall be recorded to the nearest lesser inch or centimeter. The addition of centimeter allows states using the metric system to give a fairer depiction of the actual performance.

In **Rule 6-9** regarding the long jump and triple jump, the committee established ranges of distances in the events. **Rule 6-9-5 NOTE** states that the “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.”

According to the 2016-17 NFHS High School Athletics Participation Survey, track and field is the most popular sport for girls with 494,477 participants and is No. 2 for boys with 600,136. Cross country ranks sixth for girls with 226,039 and sixth for boys with 266,271 participants.

A complete listing of the track and field/cross country rules changes will soon be available on the NFHS website at [www.nfhs.org](http://www.nfhs.org). Click on “Activities & Sports” at the top of the home page and select “Track and Field/Cross Country.”

### **Are You Interested in Officiating Cross Country Meets in the Fall of 2018 and/or Regionals at The End of The Season?**

If you would like for your name to appear on the Certified Officials list that has recently been updated and published on the CHSAA website to work regular season XC and Regional meets this Fall, please let me know as soon as possible ([gharleyclassic@gmail.com](mailto:gharleyclassic@gmail.com)). This list is being published on line in order to streamline the process for athletic directors and meet directors to hire certified officials for their regular season meets in addition to those individuals who are looking to hire certified officials that are now **mandatory** for the second year in a row for ALL REGIONAL MEETS at the end of the regular season to be held in October.

### **Spring 2019 T&F & Fall XC Dues Notices Have Been Mailed Out**

Monica Tillman from CHSAA mailed out dues notices approximately 6 weeks ago. Your yearly dues have not changed in a few years. If you paid your dues **before** June 30, 2018, the cost was \$50.00. If you paid or will be paying your dues after June 30, 2018 they are now **\$60.00**. For all new officials or returning officials who have been out for a year or more, your dues are \$60.00 as well as it is after the June 30, 2018 deadline. IF YOU KNOW OF SOMEONE WHO WOULD LIKE TO BECOME AN OFFICIAL, PLEASE HAVE THEM CONTACT MONICA TILLMAN AT CHSAA OR MYSELF.

## **I M P O R T A N T   D A T E S**

### **June 30, 2018**

CTFOA Dues postmarked/paid after this date \$60.00

### **August 6, 2018**

Cross Country Practice Begins for B & G

### **August 11, 2018**

First XC Scrimmage

### **August 16, 2018**

First Contest

### **October 20, 2018**

Regionals must be completed by this date

### **October 27, 2018**

State XC Meet at Norris Penrose Event Center

### **2018 FALL CROSS COUNTRY & 2019 SPRING TRACK & FIELD SEASON "Required" OFFICIALS UNIFORM**

*Christine has Optic Yellow Polos in stock this season and they can be shipped immediately*

*Optic yellow and/or fluorescent orange CTFOA embroidered shirt(s). Black, Khaki, Tan, Stone colored shorts and/or long pants ONLY when working as a CTFOA Official **in any capacity**.*

**Christine DeRock**

**Rock Soft Chenille ([rocksoftchenille@hotmail.com](mailto:rocksoftchenille@hotmail.com))**

**970-412-0994**

**117 Birdie Dr.**

**Milliken, Co. 80543**

*Christine accepts credit/debit cards and she will mail your shirts/jackets to your home or business. Embroidery and shipping is included in the price of the shirts and jackets. All shirts come in women's and men's sizes. S, M, L, XL = \$25.00 2XL, 3XL, 4XL are \$27.00 and CTFOA jackets including embroidery are available in Optic Yellow and/or Fluorescent Orange for \$50. Price includes shipping to your business or home.*

**NOTE: IF YOU WORK IN ANY CAPACITY AS A CERTIFIED OFFICIAL AT ANY XC OR T&F MEET, YOU MUST DRESS IN A CERTIFIED UNIFORM. Christine now has most shirts in stock.**

Please contact us if you have comments, questions, suggestions, concerns or a need for rule interpretation(s).

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