

## 2019 Coaches T&F Rules PowerPoint Slide Notes

Slide #1 - Title Page

Slide #2 - This change eliminates the redundant language in Article 1. Current logo/trademark/reference restrictions remain in place for all uniform top and/or bottoms. It expands the current interpretation of foundation garment to include any item worn under the uniform top and/or bottom. The games committee does have the authority to restrict the wearing of any item outside of the required school uniform and therefore could create more restrictive rules regarding items worn under the uniform if deemed appropriate. This change would minimize issues related to logo/trademark/reference, color and length of undergarments.

Slide #3 - The multi colored undergarment is now considered a foundation garment and has no color or logo restrictions.

Slide #4 - Is this a legal uniform under the new rule? No, the manufacturer logo does not meet the size restriction of the rule, multi logos are also non-compliant. Shorts could be worn over these tights and the uniform would be made legal.

Slide #5 - 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. 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 #6 - This slide is a guide for relay uniform compliance that will be used by officials and can assist coaches when they are equipping their relay teams with uniforms.

Slide #7 - Added to the rule book for consistency through all NFHS Track and Field books: rule, case, and official's manual. This should be the official recording notation for the vertical jumps at all meets. It also provides consistency with other rule codes, NCAA and USATF.

Slide #8 - Puts rule in line with other rule codes and enables states using the metric system to give a fairer depiction of the actual performance.

Slide #9 - One of the 2017-18 NFHS Board Goals was to address specific areas of risk in all NFHS Sports. We want our student-athletes to benefit from the protection enjoyed by athletes participating under other rules codes, this change was brought to the committee by the NCAA and USATF. These changes bring the NFHS rules in line with "the industry standard." The note in Rule 6-9-5 allows for meet management to adjust the takeoff boards in the horizontal jumps to accommodate different levels so that all athletes have a safe landing

zone in the pit. Also, schools can follow these industry standards when building facilities or updating their current ones.

**Slide #10** - Clarification of course markings better describes legal course layout. Directional flags are not required as long as the course is clearly marked by other means so athletes can easily follow the course.

**Slide #11** - An editorial change of picture-based timing to image-based timing in rule 8-3-2. With the deletion of Rule 8-6 pertaining to competitor's uniform, 8-3-3 was added to address wearing the assigned technology and bib number. 8-3-4 clarifies the use of image-based timing systems.

**Slide 12** - Clarifies the definition of transponders/chips and also shares 3 scenarios using the three methods for determining order of finish in cross country: the traditional hand timing with tear tags, shoe or bib chips, and image-based timing systems.

**Slide #13** - Title Page - Editorial Changes

**Slide #14** - Consistent NFHS rule book language across all sports.

**Slide #15** - Changed the word atomizer to inhaler.

**Slide #16** - Clarifies the placement of cones if being used in lieu of a raised curb.

**Slide #17** - All lanes should be the same width to insure fair competition. This change would bring NFHS rules in line with other rule codes and industry construction standards. In the case of a raised curb, the curbs relationship to the measure line is already adjusted to compensate for the effect the curb may have on an athlete. As for construction, a track built with a wider lane 1 will have to be built 10cm wider than a track that is built with equal width lanes.

**Slide #18** - Brings language in line with other rule codes. Unless you are building a new facility the rest of this should be ignored. There can (should) be a gradual rise and fall in runways within d-zones, as long as it is within tolerance. Tolerance - elevation at the start of the runway and the end (zero point of the pole vault and takeoff boards/landing pits of the horizontal jumps), should not exceed 1' in 1000' (.1%) downward. Planarity/evenness tolerances must still be met as well. Localized dips or high spots exceeding  $\frac{1}{4}$ " in 10' should be corrected. Checking that the surface's evenness or planarity is within tolerance is separate from the grade elevation measurements addressed by this verbiage change.

**Slide #19** - With the deletion of competitor's uniform from Rule 8 these items were placed in Rule 8-3-3.

**Slide #20** - Title Page - Points of Emphasis

**Slide #21** - Uniforms, Wearable Technologies, Safety in the Vertical and Horizontal Jumps

**Slide #22** - The games committee will continue to have the authority to restrict or permit the wearing of any item outside of the required school uniform.

**Slide #23** - Restricting the wearing of a watch because it contains GPS capability is futile when the same technology is available in the shoe, the sports bra they have on, or the ring they are wearing. Nearly all these wearable technologies can both transmit and receive collected data from other mechanisms. This data can be used to evaluate how the body is performing, and the user can adjust as needed based on that data.

**Slide #24** - It is still illegal to transmit information to a competitor during a race or trial.

**Slide #25** - Slide 25, 26, and 27 provide a good checklist for officials serving as a Field Referee and to convey to their head event official prior to competition.

**Slide #26**

**Slide #27**

**Slide #28** - 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 2019 rule changes.

**Slide #29** - Thank you and exit page.