Slide #1 - Title Page

Slide #2 - Title Page - Rule Changes

Slide #3 - Added wording in Rule 4-6-5g and 8-6-1e, health care professional is not readily available. Clarifies in the note that when no advantage is gained by a competitor helping a distressed or injured competitor, the competitor assisting should not be penalized for exhibiting good sportsmanship providing neither they nor their team gains an advantage as a result of providing assistance.

Slide #4 - Reorganized the rules for exchange zones in Rule 5. Deleted all references to acceleration zones since they no longer exit. Aligns NFHS track and field rules with other track and field rules codes, NCAA, USTAF, and International. Tracks do not need to be repainted or resurfaced to comply with this rule change as the acceleration zone will now be incorporated into the exchange zone. In the 4x100m and 4x200m, and other relays with legs of 200m or less, each exchange zone will be 30m long. All exchange zones for races over 200m will remain at 20m.

Slide #5 - All three exchange zones for the Girl's 800m medley run in Colorado will use a 30m exchange zone. For the final exchange, mark the beginning of the exchange zone with a taped line or use cones on the lane lines for this designation. Use the small triangle in lane 1 for a reference in marking this zone. The 400m runner may take a position anywhere within the 30m exchange zone, receive the baton within the zone, then make their way to the inside of the track after the exchange.

Slide #6 - All parties affected by this change, which includes officials, coaches, and athletes should be aware that each track may implement a different option for marking the new 30m exchange zone. From meet to meet, relay teams should take the time to understand what markings define their zones.

Slide #7 - This slide explains various options for facilities on marking the new 30m exchange zones. CHSAA supports any of these options and it will be time that dictates when all facilities will be marked the same as the need to re-stripe and re-paint tracks is variable.

Slide #8 - A diagram that displays the new 30m exchange zones. This will not be of much use in a large group but may be helpful when viewed by individuals. Links to the this diagram can also be found on the NFHS and CHSAA websites.
**Slide #9** - This change in Rule 6-2-6, general rules in field events does not allowing athletes to run backwards or in the opposite direction on horizontal jumps, pole vault and javelin runways. It reduces the risk of dangerous situations and minimizes risk of injury. This change also promotes more efficient warm-up periods. Note the penalty as this will take some time for athletes to adjust to this new rule. The field referee will need to educate individuals that are in charge of these events of this rule change. Note that this change does not impact the high jump.

**Slide #10** - The change in Rule 6-3-2 enables states using the metric system to provide appropriate metric increments for vertical jumps tie-breaking jump-offs.

**Slide #11** - These changes bring the NFHS rules in line with the industry standards. Also, schools should follow these industry standards when building facilities or updating their current ones in 2020 or beyond. Clarifies the language of the 2019 rule change for long jump and triple jump pits and the intent of the change. 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. The chart was language added back into book for suggested distances for take-off board/foul line. The field referee is responsible to determine that all event venues meet the criteria set forth in the rules. If not, the event should not be contested.

**Slide #12** - The changes in Rule 8-1-1 defines that a course should be clearly marked with any or all of the methods listed in the rule. Clarification of course markings better describes legal course layout.

**Slide #13** - The additional language in Rule 8-3-1 for a *suggested* straight away at the start provides a *recommendation* for a minimum distance at all meets.

**Slide #14** - Title Page - Editorial Changes

**Slide #15** - In Rule 5-1-5 removed the wording when feasible.

**Slide #16** - In Rule 5-11-1 and 5-10-6 clarifies that a team finishes the race with the same baton that it used at the start of the race.

**Slide #17** - In Rule 6-8-10d changes language for an athlete stepping on or over the foul arc or either runway lines from after the throw has been marked to after the throw has landed.

**Slide #18** - Title Page - Points of Emphasis for Colorado in 2020

**Slide #19** - Three key points to the uniform rule changes from 2019.

**Slide #20** - Accepted guidelines used in Colorado, established last year, to assist officials and coaches in determining if relay uniforms will be considered compliant.
Slide #21 - A quick review of CHSAA approved markings for the new 30m exchange zone rule.

Slide #22 - Another reminder of how the final exchange for Colorado's Girl's 800m Medley Relay will be run using the new 30m exchange zone.

Slide #23 - Last fall the track and field committee considered two proposals that would change the way the 800m and the 4x800m relay would be run at the state meet. The committee voted to recommend a proposal where the start of these races would be run on a two turn stagger instead of the one turn stagger that is currently used. The thought was if athletes were to merge after 300m instead of the current 100m there would be less chance of contact as the athletes would be spread out before the merge and potential falls or interference could be reduced or avoided.

The games committee for the state meet made the decision to permit meet directors to use this method in meets during the 2019 track season to gather information and feedback on this potential starting procedure. The committee's number one concern was that the start for each alley would be marked correctly so all athletes were running the same distance. We met with the coaches/meet directors wanting to use this method to insure that experienced track markers be consulted on the correct process in establishing accurate start lines. This method of starting these races will not be used at the state meet until the games committee has adequate feedback to make this decision, therefore, we permitted meet directors to use temporary marking material such as chalk or tape to mark their tracks.

As coaches you may or may not encounter the use of this procedure during the 2020 season, but the committee's number one concern is that all athletes are running the correct distance and that these starting lines are not arbitrarily marked on the track.

Slide #24 - An opportunity for participants to ask questions that have not been addressed earlier in the presentation.

Slide #25 - 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 2020 rule changes.

Slide #26 - Thank you and exit page.