

2016 NFHS Track & Field Rules Examination

Comments and Explanations from Bill Quinlisk, GRTFOA Rules Interpreter

The hardest part of the 2016 NFHS Track & Field Rules Exam was deciding whether or not the exam was based on the NFHS Rules Book or also included the NY State exceptions. We all know that NY State still has a jewelry rule whereas the NFHS eliminated the jewelry rule in 2015.

Once I decided that the exam was based on the 2016 NFHS Rules Book it was smooth online sailing. Although I didn't like that the online exam screen only showed 2 questions at a time. Below are my personal comments regarding several of the trickiest exam questions.

#1 – I once again wonder - does anyone really believe that "Hunger" could be a symptom of a concussion? Really?

#2 – We are catching up to the tech age by allowing athletes and coaches to view performance analysis media while in the coaching box.

#3 – Meet officials (and this includes Athletic Directors, Referees, Jury of Appeals and the Games Committee) may not set aside any rule.

#13 – Almost caught me with the time between jumps in the TJ until I saw that the question referred to "consecutive jumps".

#14 - While Rule 3-2-4-f gives the Games Committee authority to "Specify the number of jumps and distances to be measured in the horizontal events"; Rule 7-2-1 makes it clear that the options are limited. Option one allows 3 preliminary and 3 final jumps. Option 2 allows all competitors 4 attempts.

#25 – Competitors shall be credited with their best performance if it occurs in a jump-off. However, there are no jump-offs for 2nd place.

#30 – Rule 5-10-8 indicates that the first options after passing the baton should be to either stand still or jog straight ahead. The relieved competitor should only step off the track to their left when it is clear to do so.

#37 – The ultimate responsibility for proper uniforms belongs to the coach. See Rule 4.3.note.

#41 – Rules 6-3 and 7-3 indicate that "When there is a tie at any distance...places and points scored shall be awarded as follows". Does this really imply that ties shall be broken only for scoring places? I put "true" on my answer sheet. But, shouldn't a tie for 7th place (where only 6 places score) be broken also

since it involves “any distance” and a “place” – 7th and “points scored” – zero. I admit that the “points scored” is a stretch but what is so difficult about breaking ties for all places? Most timing software breaks ties in field series automatically for all places.

#53 – The competitor may exit the rear of the circle after the implement has landed.

#59 – Reiterates question #2.

#62 – This question should be answered using the NFHS Rule Book but we must understand that NY State has banned jewelry. There is a document at: <http://gvtrack.com/NYSTrackJewelryPolicy.pdf> that explains the NY State jewelry ban.

#65 – At least 2 “appointed officials” must operate the FAT timing system and evaluate finish line pictures. Does this mean that they must be “certified officials”?

#71 – Similar to question #62 because NY State does have a jewelry rule.

#72 – “B” is the best answer but requires clarification. The acceleration zone may be used if the incoming runner is running 200m or less “in the assigned lane”. If a 4 x 200m relay runs from a waterfall start (don’t laugh, I’ve seen it done) then the acceleration zone should not be allowed for any of the exchanges.

#79 and #80 – I found the answers on the inside cover of the Rule Book under the 2016 Changes.

#82 – Thanks for the clarification of something we always knew to be true. A runner’s torso determines their finish place, even in cross country when using chips.

#85 – Tricky. True in the PV but False in the HJ.

#89 – Correct answer “C” is explained very well in the Case Book. See 7.5.29.D.

#91 – Let’s not forget the second part of Rule 6.2.5 that the best qualifier has earned the right to take the last attempt of the finals even it requires waiting on excused competitors.

#100 – I thought that this question assumed facts not stated. It assumes that the vaulter who requested a pole catcher did not ask or receive permission from the event official. The question needed better phrasing. Could not the event official assign a pole catcher from the vaulter’s school as requested? The word “may” throws off the meaning of the question without further info.

My own point of emphasis – Even if the act was inadvertent, a hurdler who knocks down a legal hurdle into another lane that interferes with another runner causing a stumble or fall, should be DQ’ed. The key for me would be to make sure that the hurdle was legal. i.e., correct pullover force setting. This is not true in the NCAA rules.