



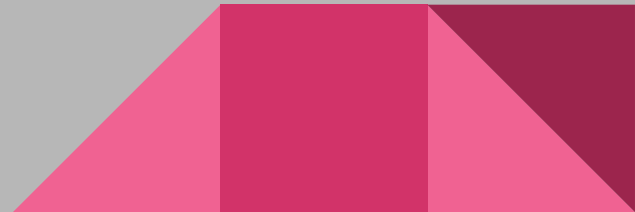
NYSPHSAA & CDTO

2016-2017 Rules Updates

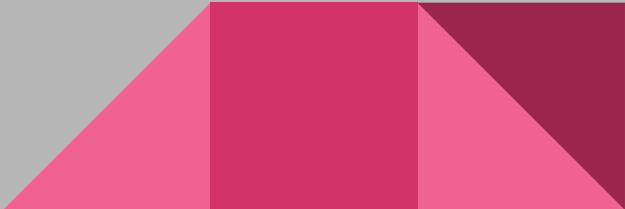
Why Now?

2017 Rules Go in Effect for the Indoor Season!

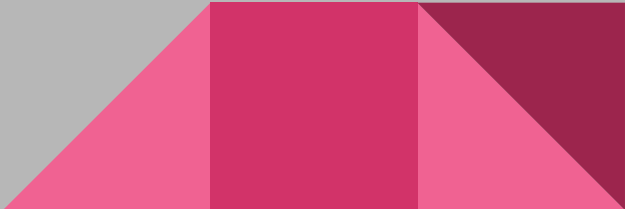
Clarifying an early misinterpretation is easier than waiting until March!



2017 NFHS Rules Changes

- Not Many Rules Changes
 - Many Revisions when you read them
 - Significant: Reorganization of Rule Book...Rules 6 & 7 now just Rule 6 titled “Field Events”- XC is now Rule 8...
 - Rule 6 now is thoroughly indexed in the margins to help you find general & event specific rules
 - Changes/Revisions involve either Clarifications of existing rules or risk minimization
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3-2-4U NEW

- **Games committee "also may" RESPONSIBILITY:**
 - **"PROVIDING LIQUIDS DURING COMPETITION"**
 - **Rationale: It was felt that this should be the responsibility of meet organization and NOT that of individual Coaches**
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CHANGE! 3-6-1 & 3-4-7

- THE SIGNAL AT THE BEGINNING OF THE LAST LAP IN INDIVIDUAL RACES NOW OCCURS IN RACE DISTANCES OF TWO (2) LAPS OR MORE.
 - FOR INDOOR, IT IS THREE (3) LAPS OR MORE!!!!
 - Rationale: Signifying with a bell with one lap remaining alerts timers, place judges and FAT operators on notice, builds excitement for spectators and positive signal for competitors. Updates to current trends in the sport (read: NCAA)
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RULE 3-6-1 CLARIFICATION

- CLARIFIES THAT a runner IS DISQUALIFIED BY THE STARTER WHEN CHARGED WITH a FALSE START.
- NOTE: WHILE THIS HAS ALWAYS BEEN an ASSUMED POWER OF THE STARTER, IT HAS NOT ACTUALLY BEEN CLEARLY WRITTEN IN THE RULE BOOK SINCE 1974. NOW IT IS CLEARLY IN THE RULES.



RULE 3-10-7 CLARIFICATION

- **CLARIFIES THE MECHANICS USED TO CONFIRM THE RESULT OF AN ATTEMPT WHEN FLAGS ARE NOT UTILIZED BY CALLING "FAIR OR FOUL"**
- **EMPHASIZED LAST YEAR...FLAGS ARE THE FUTURE TREND IN THE RULES. START USING THEM MORE AND MORE**



RULE 4-3-1B(5) & 8-6-1B(4) REVISION

- **ALLOWS THE PLACEMENT OF ONE AMERICAN FLAG ON EACH ITEM OF UNIFORM APPAREL & DELETES NOTE RESTRICTING FLAG PLACEMENT**
 - **The old NOTE that was in there was a contradiction of the written rule.**
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NEW! 4-6-5G

- **ADDS RECEIVING PHYSICAL AID BY any OTHER PERSON DURING a RACE TO THE LIST OF UNFAIR ACTS OF ASSISTING a COMPETITOR**
- **Rationale: The rule should include coverage of the actions of competitors and nonparticipating team members as well as assistance/aid from other parties.**

NEW! 4-6-5D & 8-7e

- **A PARTICIPANT ASSISTING AN INJURED/ILL COMPETITOR WHEN AN APPROPRIATE HEALTH-CARE PROFESSIONAL IS NOT AVAILABLE IS NO LONGER DISQUALIFIED**
- **Rationale: Although uncommon that appropriate health-care professionals are not available to assist an injured/ill competitor, there may be occasions when a competitor is needing assistance. Should another competitor assist, such competitor shall not be disqualified, only the assisted competitor shall be disqualified. Reorganize rule to indicate why competitor is disqualified**

REVISION RULE 5-1-3

- ESTABLISHES THE LOCATION & SPACING OF CONES, WHEN USED, IN THE ABSENCE OF A CURB
- DELINEATES HOW AND WHERE TO PLACE CONES IN THE ABSENCE OF CURBING IF DESIRED.
- Rationale: In the absence of a curb, the placement of cones ensures the competitors run the prescribed race distance.

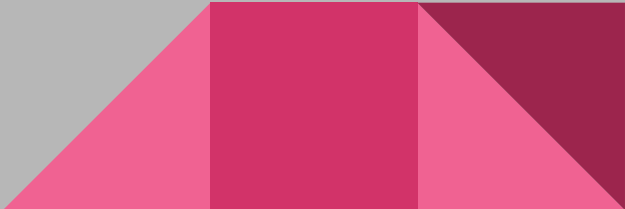
RULE 5-6-4 REVISION

- **DELETES THE requirement OF SEPARATING COMPETITORS FROM THE same TEAM IF THEY WERE TO BE IN THE same HEAT IN THE FIRST ROUND OF COMPETITION**
 - **Rationale: The results of running events are based on head-to-head competition & all contestants should have the opportunity to compete in the heat earned by the athlete's place &/or qualifying times. Consistent with current trends in the sport.**
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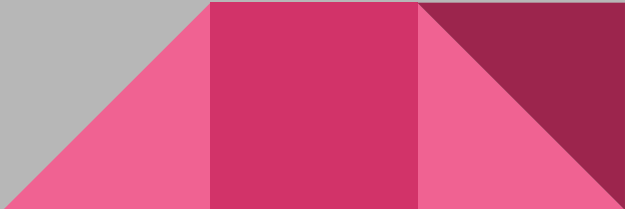
RULE 5-7-3 REVISION

- **COMPETITORS IN DISTANCE RACES (800m & GREATER DISTANCES) USE ONLY A STANDING STAR, REMAINING MOTIONLESS FOR THE START WITHOUT THEIR HAND(S) TOUCHING THE GROUND.**
 - **Rationale: Consistent with current trends in the sport (USATF/IAAF rules). Reinforces the concept that distance races (800, 1500/1600 or 3000/3200) only use a standing start.**
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RULE 6 & 7 - NOW RULE 6!

- **Reorganizes rules 6 & 7 into one rule “Field Events’ to avoid duplicity, remove unnecessary language, be more concise in the presentation of the events rules & create a section on general rules for all field events.**
 - **Rationale: To combine all of the field event rules into one rule thereby eliminating the possibility of making a change in the throws and missing it in the jumps. Also eliminates duplication in the rules & unnecessary language.**
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REVISION 6-2-14 & OLD 7-2-5

- WARM-UPS IN A FIELD EVENT SHALL NOT TAKE PLACE UNTIL THE VENUE IS DECLARED OPEN BY THE MEET DIRECTOR AND REQUIRED SUPERVISION IS IN PLACE.
 - *Once competition begins, except as scheduled, competitors shall not use venues or implements associated with the competition for warm-ups.*
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RationalE: 6-2-14

- For purposes of risk management, warm-ups in a field event may not take place until the venue is declared open & required supervision is in place.
- For further risk minimization for athletes, spectators, & officials involved in the event, athletes should be prohibited from picking up an implement & doing turns while other competitors are completing their throws or using the runway during the competition unless they have been called for their attempt



REVISION 6-2-10

- **INCLUDES HOW TRIALS ARE RECORDED WHEN A LEGAL IMPLEMENT BREAKS DURING COMPETITION WITHIN THE RULE & DELETES AS A NOTE**
- **Rationale: Clarifies how trials are recorded when a legal implement breaks during competition. More appropriate to list within rule rather than as a NOTE to the rule.**



REVISION 6-5-9e

- **CLARIFIES THAT IT IS A FOUL IF A COMPETITOR TOUCHES THE TOP OR END OF THE STOPBOARD BEFORE LEAVING THE CIRCLE.**
- **Rationale: The top or sides of the stopboard are outside of the ring and touching outside of the ring is not compliant with leaving from the back half of the circle and is a foul.**

WHY THIS "CLARIFICATION"

- WHEN COMPETITORS STEP ON THE TOP OF THE STOPBOARD OR KICK THE SIDE OF IT, IT USUALLY WAS TO SIGNAL A DELIBERATE FOUL SO THAT THE ATTEMPT WOULD NOT BE MEASURED.
- THERE WERE OFFICIALS WHO REFUSED TO ACKNOWLEDGE THESE "DELIBERATE" FOULS IF THERE WAS A LEGAL THROW UP TO WHEN THE IMPLEMENT HIT THE GROUND. THEY MEASURED THE ATTEMPTS ANYWAY. IT IS NOW A FOUL THROW BY CLARIFICATION OF THE RULE

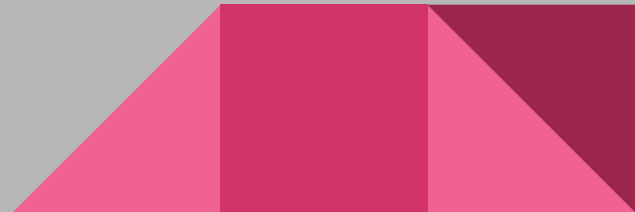
REVISION OLD 8-2-1 NOW 7-2-1

- **SPECIAL events WHICH may BE INCLUDED IN THE ORDER OF COMPETITION SHALL BE CONDUCTED UNDER USATF YOUTH event rules UNLESS STATE ASSOCIATION POLICY DETERMINES OTHERWISE**
- **Rationale: The NFHS rules allow several special events to be added to the order of events but no specific event rules are written**

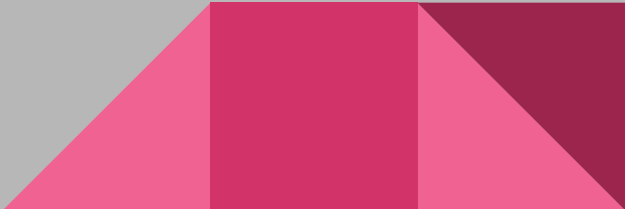


THE EFFECT IN NYS?...

- **2000/3000 steeplechase, Pentathlon, Race Walking are *already* following these rules because of lack of NFHS written rules**
- **No USATF Youth rules for in the indoor Weight Throw, the NYSPHSAA opted to use the NCAA rules for that event**



REVISION OLD 9-1-3B NOW 8-1-3B

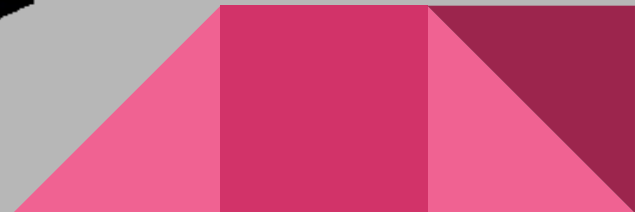
- **Clarifies that directional sign posts can be used with or in place of directional flags in cross country**
 - **Rationale: Clarifies that either directional flags &/or sign posts shall be used in XC**
 - **It is permission to do what has been done already (common sense)**
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REVISION NEW 9-2-2 & 3-17-2

- **Clarifies where to place the wind gauge in the horizontal jumps when there are multiple takeoff boards used in teh competition.**
- **Rationale: Officials need guidance as to where to place the wind gauge when there are multiple takeoff boards. As the rule is currently written, it implies either having to move the wind gauge between jumps or having a second gauge between jumps or having a second gauge. As the better jumpers will most likely use the farther board, it is logical to have the wind gauge at the location furthest from the pit.**

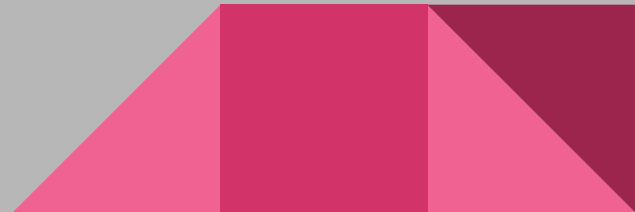
MAJOR EDITORIAL CHANGES

(This is not me!)



MAJOR EDITORIAL CHANGES

- **3-4-4 Clarifies the referee has the sole authority for ruling on irregularities not covered within the rules.**
- **This was clearly in the rules back in the 1970's, disappeared somehow in editorial shufflings, & has now returned!**

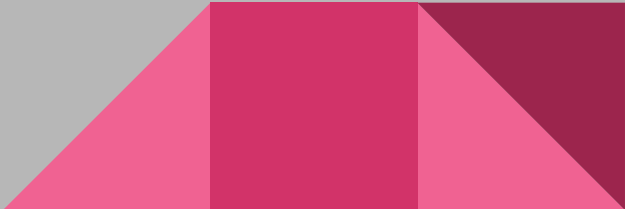


Vertical Jumps

6-4-8: Clarifies the three consecutive passed heights must take place before the competitor attempts a warm-up jump.

6-5-15: Clarifies when the two minutes of warm-up jumps are permitted when a competitor has passed three consecutive heights with no attempted jump.

In BOTH of these it clearly states that the competitor SHALL attempt a jump at the height existing when they took their warm-up jump/approaches.



GOOD LUCK THIS season!

Any Questions??????

