



2023 NFHS TRACK AND FIELD RULES INTERPRETATIONS

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SITUATION 1: A1 finishes the 800-meter run and utters a profane comment. The head finish judge reports the infraction to the referee. The referee disqualifies A1 from the event for unacceptable conduct. The coach of Team B protests that A1 should be disqualified for the entire meet for unsporting conduct. **RULING:** Protest denied. Profanity not directed toward another person is not deemed to be unsporting conduct. However, if in the judgment of the referee, the comment was directed toward someone, such action would be ruled unsporting conduct. (4-6-2)

SITUATION 2: School A is reconstructing its track. The school is ripping out the existing track oval footprint and completely replacing the track. The school confirms with the builder that the track shall be at least 400 meters and

not more than 400.8 meters. **RULING:** Correct. **COMMENT:** Construction is defined as complete removal and replacement of an existing track oval or event area, or a new track oval built on a new location. This does not apply to renovated tracks that keep their existing footprint and are being repaved, resurfaced or relined. (5-1-1)

SITUATION 3: At the indoor meet during the 4x200-meter relay, the first exchange zone utilized by Team A is 30 meters as the runners are all in lanes. The second exchange is not conducted in lanes so the exchange zone is 20 meters for all runners. The Team B coach protests that all exchanges should be 30 meters. The race results stand. **RULING:** Correct procedure. **COMMENT:** In relay races in which the incoming competitor is running 200 meters or less

in lanes, the exchange zones shall be 30 meters. However, races not run in lanes will be 20 meters. (5-3-3)

SITUATION 4: The javelin lands (a) with the furthestmost point touching just prior to the javelin sliding along the ground on the shaft; (b) almost flat, but with the rear portion of the shaft touching slightly before the javelin slides along the ground; or (c) perfectly flat. **RULING:** In (a), measure from the spot where the furthestmost tip of the javelin first touched the ground. In (b), measure from the rearmost point of the javelin shaft and in (c), it must be assumed the first point of contact was the cord grip and the measurement would be from the end of the cord grip nearest to the scratch line. (6-6-7)