

NFHS Track &Field

2011 Track and Field Points of Emphasis

Thursday, January 27, 2011

1. **Excused Time from Field Events**-The games committee has the responsibility to determine the time limit and procedure to follow when competitors are excused to compete in another event. This time limit should be established and communicated to the officials and the coaches of participating teams. It is the responsibility of the coach to communicate the process and time limit to his/her athletes. It is important the respective event judges are knowledgeable of their responsibilities and authority to adjust competition in preliminaries and finals for competitors who may be excused to participate in other events. The competitors should be well advised of the time limit and process to follow before the field event commences. Likewise, it is equally important that competitors have been instructed by their coaches as to what options for change in order of competition or trials in succession are available to them. Competitors should be aware of the time limit and honor to avoid unnecessary problems.

2. **Discus Cage Guidelines**-Although listed as guidelines within the Rules Book, it is very important that schools have upgraded their discus facilities to meet or exceed the minimum requirements within the rule and meet or exceed the guidelines in Appendix A. The athleticism of today's discus throwers necessitate a discus cage that is designed to provide protection for competitors, officials and spectators in the immediate throwing area. The material should be of heavy nylon material or other shock absorbing material to prevent a bounce back.

3. **Preventive Officiating**-Prior to the beginning of competition it is important for the meet officials to review their responsibilities, how they will communicate and what checks will be in place for preventive officiating. The ultimate responsibility for know and following the rules rests with the coach and his/her athletes. However, in high school track and field there are times when the athlete is not in compliance for example with jewelry or visible undergarments and with preventive officiating the athlete can correct the problem without delaying the meet and avoid an unnecessary disqualification. The officials should have a routine to follow to be certain that they remind and check athletes for jewelry or uniform issues upon reporting to the event so they fulfill their role in preventive officiating. The goal of all involved is to have each athlete participate and do so within the rules.

4. **Concussion Management, Casts, Braces, Prostheses and Blood on Uniform**-The NFHS Sports Medicine Advisory Committee and the Board of Directors adopted the "SUGGESTED GUIDELINES FOR MANAGEMENT OF CONCUSSION IN SPORT" that outlines symptoms, sideline decision making and appropriate health-care professional's clearance to return to participation. The

introduction to this document states, “concussions...have the potential for serious complications if not managed correctly.” Rule 4-4-3 outlines the actions to be taken by the meet official to provide an opportunity for the competitor to receive medical attention. The rules outline requirements for the wearing of casts, braces and prostheses by competitors in order to be legal. A process exists for a request for an accommodation of a competitor’s equipment or uniform due to medical or religious reasons pending approval of the state association. This request should be made by the school to the state association well in advance of competition to allow appropriate time for consideration and processing.

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