

2021-22 INDOOR TRACK & FIELD NFHS RULES CHANGES

COMPETITOR'S UNIFORMS

4-3-1b5: Manufacturer's logo

The competitor's uniform shall be school-issued or school-approved, worn as intended by the manufacturer, and meet the following requirements and restrictions:

5. A single manufacturer's logo/trademark/reference, no more than 2 ¼ square inches with no dimension more than 2 ¼ inches, is permitted on the top or one-piece uniform. Bottoms may permit manufacturer's logo/trademark/references larger than 2 ¼ square inches around the waistband.

Clarifies that garments with logos completely around the waistband on uniform bottoms are legal.

4-3-1b8 (NEW): Religious Headwear

Head coverings worn for religious reasons are not considered hair devices; must not be made of abrasive, hard or unyielding materials; and must be secured to the body and/or uniform.

Clarifies that religious headwear is not considered a hair device.

RUNNING EVENTS/TRACK MARKINGS

5-3-3 & 5-10-6 NOTE

In relay races in which the incoming competitor is running 200 meters or less **in lanes**, the exchange zone shall be extended 10 meters in the direction of the incoming competitor.

Note: In the 4x100-relay and 4x200- relay, and other relays with legs of 200 meters or less, each exchange zone in which the incoming competitor is running 200 meters or less **in lanes** will be 30 meters long. All exchange zones for races **with incoming legs of more than 200 meters or when the incoming competitors are not in assigned lanes** will remain at 20 meters.

Clarifies when each zone is to be used.

FIELD EVENTS

6-2-7 (NEW): GENERAL RULES

Warm-up approaches, in horizontal jumps, pole vault or javelin shall only be run in the direction the event will be conducted.

Note: During competition and while a competitor is on the clock (6-2-2), it is permissible for an athlete, after an aborted attempt, to run, jog, or walk backward in the opposite direction the event is being conducted.

Rationale: Clarifies that running in the direction other than how the event is conducted is prohibited during warm-ups in horizontal jumps, pole vault, and javelin, and more clearly organizes warm-ups, competition, and conclusion of all field events.

6-9-9: LONG & TRIPLE JUMP

Clarifies that an athlete is not penalized for a hat or sunglasses falling in the pit after they have made their mark.

Rationale: The change no longer penalizes the athlete for a hat or sunglasses falling in the pit after they have made their mark.

9-3-2b, c (NEW): RECORDS – VERTICAL JUMPING EVENTS

b. An accurate measurement of the height of the crossbar shall be taken before each record attempt. Mark the crossbar and base of the standards to ensure consistent placement of the crossbar. Any displaced crossbar should be placed on the standards in exactly the same position as before its displacement. A displaced cross bar means any movement of the bar not only a dislodged bar from the pins or standards.

c. The crossbar height shall also be measured if the bar has been touched by a competitor before another competitor also jumping at the record height proceeds.

Clarifies when measurements for record attempts for vertical jumps needs to be taken. Putting all record information in one location and clarifying when measurements for record attempts at vertical jumps need to be taken.