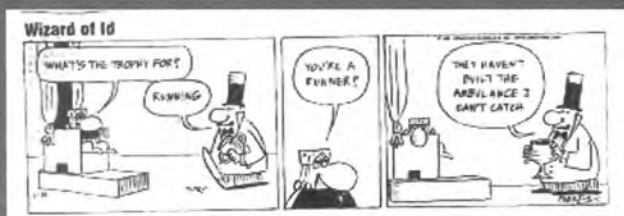


NEW RULES/CONFUSING RULES



With a few old myths

Look for the label on Pole Vault Box Collar



Collar must meet ASTM Standard F2949 (if concerned, check label on collar.)

www.nfhs.org/content.aspx?id=9300

www.nfhs.org/WorkArea/DownloadAsset.aspx?id9468

Thanks to NYS Athletics

Pole Vault Box Collar



NCAA required now.
NFHS required 2014-2015 season.
Info: High School Info/Press
Release
2014 NFHS Rule Book, P.61

Think about buying early for HS
Competition

Reasoning Behind New PV Box Collar Regulation

The installation of pole vault planting box padding permitted under Rule 7-5-24 will be a requirement in high school track and field beginning with the 2014-15 season.

This was one of 13 rules changes approved by the National Federation of State High School Associations (NFHS) Track and Field Rules Committee at its June 10-12 meeting in Indianapolis. All rules changes were subsequently approved by the NFHS Board of Directors.

"Several of these major rules changes are areas the committee has discussed and monitored for the past two or three years," said Becky Oakes, NFHS director of sports and staff liaison for track and field.

Pole vault planting box padding that meets ASTM specification standards was allowed this past season and will be permitted in 2013-14 before being required in 2014-15. The padding can be incorporated into the design of the planting box or can be an addition to an existing planting box.

"The committee viewed this as one of the areas of pole vault where padding meeting the specific ASTM specification standard has the potential to prevent or minimize the severity of an injury that may occur to a vaulter landing in the plant box," Oakes said.

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Sites for info on collar



www.gillathletics.com/store/product/safetymax-vault-box-collar
www.vsathletics.com/store/safetyMax-Pole-Vault-Insert.html
<http://youtube/CLbukrA5rSU> (Video showing collar and some vaults)

www.nfhs.org/content.aspx?id=9300 (NFHS press release)
NFHS Rule 7.5.24 (P. 61, 2014 Rule Book)

Picture of Collar that meets the ASTM Standards



Throws Events Conundrum

- Rules 6.4.9g, rule 6.5.9h and rule 6.6.11f create a problem for athletes and officials.
- It is a foul for the athlete to exit the circle or runway before the implement has landed and the official calls "Mark." Throw, however, is complete/official only after athlete exits through back half of ring or side/back of jav runway and official then calls "Mark"? UMMMMM?
- Official asked to rule before the throw is complete. When is throw complete? Casebook incident points to this conundrum.
- Thanks to Ivars Ikstrums.

Relay zone questions

- HS, in relays with legs less than 400m, has no restrictions on number of check marks to cue outgoing runner waiting in exchange zone in lane marking progress of incoming runner.
- Runners in HS 4 x 400 relay must start inside exchange zone; stepping back beyond zone's starting indicator when beginning acceleration is a disqualification regardless of the completion of the hand-off within the zone. (Correct in both cases)

Compression-style Undergarments

- Rule 4-3-1c(7) has been modified.
- Undergarments worn under uniform bottom which do extend below the knee must be unadorned and of a single, solid color.
- Undergarments worn under uniform bottom which do not extend below the knee have no restrictions on color or style. They are considered foundation garments. (Must not extend beyond top of kneecap.)
- Rules regarding logos and insignias still apply to both.

Trials/Tie-breaking procedures in the Throws & Horizontals

- After finalists are announced in the shot put and the final qualifier (A1) has taken two throws, it is discovered that another competitor (B1) should have been the final qualifier. B1 is given three throws in the finals and A1's marks are recorded. Correct.
- Following prelims in the throws, there is a tie by mark (A1 & B1) for the last qualifying spot in the finals, A1 is given the final spot due to second best throw. Error. Both athletes should be advanced.
- Tie-breaking procedure does not apply in prelims for horizontals or throws. (See Rule 6)

Undergarments and relays, 2

- Each member of a relay team shall wear the same color and design of school uniform though length of bottom or one-piece may vary.
- Visible garments worn by two or more relay team members underneath the uniform top and/or bottom, extending below the knee shall be unadorned and of the same single, solid color but not necessarily of the same length
- Undergarments worn beneath the uniform bottom, but not extending below the knee, are exempt from color or design stipulations.

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