



2026 NFHS TRACK AND FIELD RULES INTERPRETATIONS

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CASE BOOK CORRECTION

(Underlining shows additions; ~~strike-through~~ shows deletions.)

PAGE 5 6.8.6 SITUATION: A1 and B1 have waited to enter the pole vault competition in a large invitation until the bar reached 14 feet. The time from the first competitor's attempt until the bar reached 14 feet was over an hour. The event judge removes the bar, ~~puts up the bungee cord~~ and gives A1 two minutes of warm-up and then gives B1 two minutes of warm-up before the bar is placed at 14 feet. **RULING:** Correct procedure. **COMMENT:** Competitors who have not entered the competition within 60 minutes from the first attempt of the competition shall each be allowed a 1½-minute warm-up in the high jump and a 2-minute warm-up in the pole vault.

2026 SITUATIONS

SITUATION 1: In the final stretch of a cross country meet, A1 appears to be shaky, displaying lack of balance, and extremely fatigued. A1 then falls to the ground and attempts to crawl to the finish line. A medical official, approved by the games committee, comes to evaluate the downed runner (A1) and (a) walks alongside the crawling athlete talking with A1 as A1 is crawling, (b) helps A1 to feet and determines A1 can complete the race on their own, (c) helps A1 to their feet and walks A1 toward the finish line. **RULING:** (a) and (b) are legal. (c) is illegal as A1 was walked down the prescribed course toward the finish line

and completion of race. **COMMENT:** The games committee will establish appropriate health-care professionals for a meet. These individuals may evaluate a downed competitor on the course during a race without resulting in disqualification provided no assistance is given in progressing along the course. (3-2-3, 4-6-5, 8-6-1)

SITUATION 2: B1 has passed the first four heights in a high jump competition that started 49 minutes ago. Prior to entering competition, the coach of B1 requests 90 seconds for B1 to warm up before the bar is raised. **RULING:** The warm-up period requested by B1's coach is denied. **COMMENT:** Competitors who have not entered the competition within 60 minutes from the first attempt of the competition shall be allowed a warm-up in the high jump and pole vault. (6-8-6)

SITUATION 3: Six competitors remain in the high jump (A1, B1, C1, D1, E1, F1). Three (A1, B1, C1) competitors are jumping and three (D1, E1, F1) have yet to enter the competition. A1, B1 fail all three attempts at a given height and C1 clears the bar. The bar is raised as D1, E1 and F1 still have not entered the competition. The event judge gives C1 one minute to complete an attempt. **RULING:** Incorrect procedure. C1 should receive two minutes for consecutive attempts. **COMMENT:** There are four competitors remaining in the competition, but C1 is the only one en-

tered at the bar height change, and the time limit for consecutive attempts applies when taking consecutive attempts within a height and at a height change. (6-2-2)

SITUATION 4: The meet referee arrives to inspect the venue at a track and field meet. While inspecting the discus venue, it is noted (a) there is a hole in the cage and meet management informs the referee that it can't be fixed by meet start time, (b) a clearly marked safety zone in the vector is not marked but meet management will get this marked before the meet begins, (c) that athletes are warming up in the venue already without supervision. **RULING:** In (a), once the referee determines that the event venue does not meet the criteria in the rules, the referee declares that the event will not be contested and the points for the event will be divided among the visiting teams with the host school receiving no points. (3-4-5). In (b), if the meet management can correctly setup the safety zone around the vector for the throws, the event may be conducted. Finally, in (c), warm-ups are not permitted unless supervised by an event official or coach and the venue has been declared open by the meet director. In this case the meet referee should warn the athletes and their coaches and cease the practices that are taking place. If the incident reoccurs, the athletes will be disqualified from further competition. (6-2-6 PENALTY)