

**Summary of NFHS Track and Field/Cross Country
Rules Interpreter's Meeting
January 20, 2005**

New Rule: 7-5-3

"Prior to competition, the coach must verify that each of that school's pole vaulters meets the requirements." Note: Each state association shall determine its own procedure regarding coaches verification.

The State CIF Office has developed a verification form (courtesy of the Central Coast Section) that must be completed before the beginning of pole vault competition in every CIF sanctioned meet, regardless of the size of the meet. Each section office has received a copy of the form and it is also available for download in both MS Word and .pdf from www.cifstate.org. and in Word format from www.cifss.org. Each section is encouraged to distribute the form with a memo requiring compliance to all member schools.

Information to be included is the vaulter's name, school, weight at time of competition and the signature of coach for each athlete. In addition, there is a column for the head pole vault judge to initial that he/she has inspected all poles to be used in the competition and they meet all requirements. The completed forms should be kept in the possession of the host/managing school for at least six months. In a dual or triangular/quad meet, each school may list its vaulters on a separate form and present same to the head judge. In larger meets, all vaulters should be listed together on as many forms as necessary to accommodate the entries. There are ten lines on each form.

No one should be allowed to warm up or compete if his/her name does not appear on a properly completed verification form.

Point of Emphasis for the Pole Vault – Zero Line:

The crossbar may be placed a minimum of 40 cm and a maximum of 80 cm behind the back edge of the plant box (zero line). The zero line should be clearly marked on the ground/artificial surface extending outward beyond the outer edges of the landing pit so it can easily be seen by event officials in order to ensure the standards/rails have not moved during competition.

Rule Change for 2007: 6-4-5, 6-4-8, 6-5-1

Effective with the 2007 season, the throwing sectors for both the shot put and discus will be reduced from the present 40 degrees to 34.92 degrees, which is the IAAF, USAT&F and NCAA specifications. It is very simple to measure and does not require any thing more than a tape measure, markers and string/cord.

Meet Management may use the smaller sector this year, with prior notification of all participants.