

# Track & Field and Cross Country Rules Changes - 2019

By NFHS on July 10, 2018

## [track & field/cross country](#)

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**4-3-1:** Eliminates redundant language and expands definition of foundation garments.

**Rationale:** This change expands the current interpretation of foundation garment to include any item worn under the uniform top and/or bottom as well as eliminate duplicate language in same rule.

**4-3-2:** Clarifies uniform language for relay and cross country team members.

**Rationale:** Slight differences in design of uniform do not negatively impact the identification of a relay or cross country team. The expectation of this rule is that all relay and cross country team members can be clearly identified as representing the same school.

**6-6-11, 6-8-12:** Records measurement in discus and javelin to the nearest lesser inch or centimeter.

**Rationale:** Clarifies measurements when using metric system.

**6-9-4, 6-9-5:** Clarifies pit measurements for long jump and triple jump.

**Rationale:** Ensures pit measurements are within industry standards for safety.

**8-1-1 thru 3:** Clarifies legal course layout.

**Rationale:** Clarification of course markings.

**8-3-2 thru 5:** Clarifies order of finish based on torso.

**Rationale:** Clarifies that no matter the system used, the order of finish is based on when the torso crosses the finish line.