



# NEWS RELEASE

NATIONAL FEDERATION OF STATE HIGH SCHOOL ASSOCIATIONS

PO Box 690, Indianapolis, IN 46206

317-972-6900, FAX 317.822.5700/www.nfhs.org

## Shot Put and Discus Throwing Sector Goes Into Effect in 2006-07

**FOR IMMEDIATE RELEASE**

**Contact: Becky Oakes**

INDIANAPOLIS (June 23, 2006) — Effective with the 2006-07 high school track and field season, the throwing sector of 34.92 degrees is now required for the shot put and discus events. In addition to this change that was approved last year for implementation in 2006-07, seven rules revisions were approved by the National Federation of State High School Associations (NFHS) Track and Field Rules Committee at its June 11-12 meeting in Indianapolis. These rules changes subsequently were approved by the NFHS Board of Directors.

“The rules committee determined at its 2005 meeting that the throwing sector of 34.92 degrees would be required for the 2006-07 season,” said Mike Colbrese, executive director of the Washington Interscholastic Activities Association and chairperson of the NFHS Track and Field Rules Committee. “This year’s committee developed optional guidelines for the discus cage. Those guidelines are now found in the appendix reference.”

In another change, Rule 7-5-12 states that the runway adjacent to the pole vault box may be marked with a permanent 1-centimeter or one half-inch line drawn through the top of the vault box (zero point) and extended 10 feet on each side. This will allow the host school to have a visible aid for proper placement of the landing pad, which will speed up the process when a last-minute change has to be made due to inclement weather.

“When there are prevailing winds, the host school would like to have the option of turning the pit in the opposite direction, and allowing for the line to be marked would aid in that process,” Colbrese said.

Rule 9-6-5 was amended to stipulate that a competitor shall wear the assigned unaltered number when numbers are provided and computer chip(s) when those devices are used in competition.

“This addition makes it clear that when assigned for use, competitors shall wear the computer chips as assigned without altering or else be disqualified,” said Becky Oakes, NFHS assistant director and liaison to the NFHS Track and Field Rules Committee.

The “set” starting command was eliminated for races or opening legs of relays of 600 meters or more indoors. Runners now will be expected to be set when instructed “On your marks.”

The standard scoring system for the decathlon, pentathlon and heptathlon shall be the point scale established by the IAAF (International Association of Athletics Federations), unless the state association determines otherwise.

“The rule permits these special events to be conducted, but did not specify how to score,” Oakes said. “This note to Rule 8 clarifies use of a standard scoring system unless determined otherwise by the state association.”

Several rules changes will impact athletes’ apparel and were adopted for clarify. Rule 3-2-4(o) states that games committees may restrict the wearing of items worn in excess of the school uniform, such as headwear. Rule 4-3-1b(5) and 9-6-1b(6) state that an American flag patch, not to exceed 2 by 3 inches, and either a commemorative or memorial patch, not to exceed 4 square inches, may be worn on the uniform top or bottom. Rule 4-3-1c now states that only a single manufacturer’s logo/trademark/reference, no more than 2¼ square inches with no dimension more than 2¼ inches, is permitted on the uniform bottom when a two-piece uniform is worn.

Track and field is the third-most popular sport among boys and the second-most popular sport among girls at the high school level with 944,901 combined participants during the 2004-05 season, according to the High School Athletics Participation Survey conducted by the NFHS. It also ranks second in school sponsorship for both boys and girls.

###

**MEDIA CONTACT:** Bruce Howard or John Gillis, 317-972-6900