

Track and Field Rules Changes - 2025

By NFHS on November 07, 2024

Track & Field/Cross Country

5-7-6: Adjusts the recall distance to within the first 50 meters.

Rationale: Starters oversee recalling races in track and field events. 50 meters is sufficient in calling a fair start. Athletes are accelerating and are up to racing speed well before the 100-meter mark. In addition, the current recall distance is problematic depending on the number of officials on the track and location of field events that may obstruct the view of the 100-meter distance around the entire curve.

5-10 and 11: Reorganizes Sections 10 and 11 for ease of use.

Rationale: Reorganization of Sections 10 and 11 concerning relay races and infractions. The change moves all infractions into Section 11 (Relay Infractions) for ease of use by officials.

5-13-3: Clarifies how to determine if an infraction occurred when an athlete leaves the track on a straightaway.

Rationale: Provides guidance to the meet referee as to when an athlete leaves the track on a straightaway and whether or not a competitor should be disqualified.

6-2-2f (NEW): Offers officials guidance when warning competitors their time limit is about to expire.

Rationale: This change gives athletes notification that their time limit is about to expire. Additionally, the change brings officiating practices in line with other rules codes while still giving the games committee options for using flags, signal clock or verbal signals.

6-2-2 CHART: Defines field event time limits for all competitors.

Rationale: The change to the table and additions of the notes helps clarify the time limits of all competitors throughout the entire competition in field events.

6-3-2 NOTES 1: Clarifies the starting height in a jump-off with athletes at varying heights.

Rationale: Aligns language in rules book with current situations and interpretations. Gives directions to officials and event judges for the starting height in a jump-off when athletes exit the event at varying heights due to passes. The jump-off will begin at the next height in the progression after the tying height.

6-8-2: Further defines an active flight and continuing flight.

Rationale: The change clarifies the definition of an active flight (five-alive) and continuing flight (straight through) for vertical jump competitions.

6-9-22: Establishes a standard placement of the high jump crossbar and standards.

Rationale: The change creates a standard distance for the placement of the high jump crossbar and standards.

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11/12/24, 10:00 AM [nfhs.org/sports-resource-content/track-and-field-rules-changes-2025/](https://www.nfhs.org/sports-resource-content/track-and-field-rules-changes-2025/) 2025 Editorial Changes

3-1-1c, 3-2-7, 3-2-8, 3-4-2, 4-3-1b, 6-10-6

2025 Points of Emphasis

1. Managing Vertical Jump Landing Systems: A Guide for Track and Field Officials
2. Excused Athletes
3. Time Limits in Vertical Jumps
4. False Starts

The committee also provided clarification to a change in field events that was implemented last year. Last year, the revision to Rule 6-2-2 permitted one minute for the first trial of a competitor first entering the high jump and pole vault competition. This year, the committee approved the following two notes for additional clarification.

6-2-2 NOTE 1 states that “at any given bar height, the time for all competitors remains the same until the next bar height is established,” and 6-2-2 NOTE 2 states that “regardless of the number of competitors remaining, the first attempt of a competitor entering the competition – at any height – is one minute.”

The committee approved four other field events revisions. In 6-2-2 regarding general rules for field events, a new sub-article (f) was approved regarding the one-minute time limit to compete. Rule 6-2-2f states that “the competitor shall be warned either verbally or by signal when 15 seconds remain in the time allowed.”

In 6-3-2 NOTE 1 regarding breaking ties, language was added to provide directions to officials and event judges for the starting height in a jump-off when athletes exit the event at varying heights due to passes. The jump-off will begin at the next height in the progression after the tying height.

In Rule 6-8-2 regarding vertical jumps, the committee provided clarification in definitions for an active flight (five-alive) and a continuing flight (straight-through). The revised rule is as follows:

“When the number of entries dictates, the games committee may assign competitors to active flights (five alive) of no less than five competitors or may conduct the event in continuing flights (straight-through). In active flights, the five competitors, as determined by the games committee, constitute a flight.”

In Rule 6-9-22 regarding venue specifications, an additional sentence states that “the plane of

the crossbar shall not be less than 4 inches from the landing pad.”

A final change included clarification provided for Rule 5-13-3 regarding infractions for races not run in lanes.