

High School Rule Changes for 2019

The biggest change is to the uniform rule. The rule has been simplified. Under the new rules, garments worn under the uniform are considered foundation garments and the rules on color and logos do not apply to these foundation garments. Also, any outer garment that is school issued or approved becomes the official uniform. For those in the more northern latitudes that means that school sweats can be the uniform.

For relays and cross country teams the uniform must indicate through color, school logo and combination of outer garments worn as a uniform that athletes are members of the same team. The effect of this rule is that there be no imagination needed that athletes are on the same team.

The marking on the score sheet for field events is now standardized with NCAA and USATF.

Measurements in metric for the long throws are now to the next lowest centimeter. The even centimeter language has been dropped to match other rule books.

Previously the minimum length of the long jump pit was 15 feet. From a 10-foot board, the back of the pit must be at least 32 feet. Other boards may be used but the 10-foot board is now the standard.

In cross country, the language on the use of flags was improved to state which side of flags the athletes must pass. So, for a left turn the athletes must pass to the right of the flag.

Also in cross country, the only time the chip on a foot indicates the order of finish is if there is no image based system being used. For example, if two foot chips are being used along with a Finish Lynx system, the torso crossing the finish line determines the order of finish, not the chips.

Cones are now placed on the inside lane line instead of just touching it.