



## 2019 Track and Field and Cross Country Rules Changes

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

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

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

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

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

**Rationale:** Clarification of course markings.

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

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

### 2019 Editorial Changes

**6-2-20** Provides consistent language in the rules book, case book and officials manual.  
**Rationale:** Consistency with wording in the rules books.

### 2019 Editorial Changes

4-6-5 Notes, 5-1-3, 8-6-1 thru 3, 5-2-3, 5-3-6, 6-5-1, 6-9-1

## **2019 Points of Emphasis**

1. Uniforms
2. Wearable Technology
3. Officials Safety and Recommendations in Vertical and Horizontal Jumps