



April 22, 2026

## NFHS Track and Field Weekly Rule Interpretations

**SITUATION:** Prior to the beginning of competition in the high jump, A1 notifies the judge of a desire to pass until the bar reaches 6 feet, 6 inches. When the bar is raised to 6 feet, 4 inches, A1 requests permission to jump: (a) prior to the beginning of the competition at 6 feet, 4 inches; (b) after competition has begun at that height; or (c) after competition in A's flight at 6 feet, 4 inches has been completed. **RULING:** Legal in (a). In (b), A1 will be permitted to take the regular position in the order of trials. If A1's position has been passed during the first round of trials, A1 will have two remaining trials at 6 feet, 4 inches. If A1 misses both trials, A1 will have one trial remaining at the next succeeding height. In (c), A1 cannot begin competition until the next height. [6-8-1]

**SITUATION:** B1 has passed the first four heights in the high jump competition that started 49 minutes ago. Prior to entering competition, the coach of B1 requests 90 seconds for warm-up before the bar is raised. The event judge gives the athlete a warm-up. **RULING:** Incorrect procedure. **COMMENT:** Competitors who have not entered the competition within 60 minutes from the first attempt of the competition shall be allowed a warm-up in the high jump and pole vault. [6-8-6]

**SITUATION:** A1 and B1 have waited to enter the pole vault competition in a large invitation until the bar reached 14 feet. The time from the first competitor's attempt until the bar reached 14 feet was over an hour. The event judge removes the bar and gives A1 two minutes of warm-up and then gives B1 two minutes of warm-up before the bar is placed at 14 feet. **RULING:** Correct procedure. **COMMENT:** Competitors who have not entered the competition within 60 minutes from the first attempt of the competition shall each be allowed a 1½-minute warm-up in the high jump and a 2-minute warm-up in the pole vault. Officials should manage the clock as time approaches the one hour and coaches should prepare their athletes to be ready. [6-8-6]