



Officiating Track & Field and Cross Country (NFHS Officials Education Program)

American Sport Education Program

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Hundreds of thousands of high school boys and girls participate in track and field and cross country meets each year. That's a lot of athletes attempting to outrun, outjump, and outthrow one another. It takes many dedicated, knowledgeable officials to supervise all these races, jumps, and throws to ensure they are executed in accordance with the rules governing the events.

Based on officiating mechanics endorsed by the National Federation of State High School Associations (NFHS), *Officiating Track & Field and Cross Country* is the definitive guide for new and experienced high school officials and administrators. Included are guidelines for what's expected of you as an official, officiating procedures and responsibilities, and officiating duties before and during the meet.

Officiating Track & Field and Cross Country is not a rules book - it's a practical resource for implementing correct mechanics as developed and approved by the NFHS. Officiating mechanics for all events are supported by more than 75 photos and illustrations of positioning, signaling, and field diagrams. Real-life cases demonstrate correct rulings, point out common officiating errors and how to avoid them, and challenge you to make the right call. A glossary of key track and field and cross country terms is also included.

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