

Among the most significant changes in Rule 7 (jumping events), the committee approved the following revision to Rule 7-4-6 in the high jump: "In addition to the commonly used four-sided flat crossbar ends, the use of a crossbar fitted with alternative ends (semicircular) is permitted."

In addition, the rules committee added time limits for consecutive attempts in field events which had not been addressed previously.

A complete listing of all rules changes approved by the committee is available on the NFHS Web site at www.nfhs.org. Click on "Athletics & Fine Arts Activities" on the home page, and select "Track and Field."

Outdoor track and field is the second-most popular sport for boys, with 579,302 participants, and most popular sport for girls, with 475,265 participants, at the high school level, according to the 2011-12 NFHS Athletics Participation Survey. The sport ranks second in school sponsorship with 15,954 schools sponsoring the sport for boys and 16,030 sponsoring the sport for girls.

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