



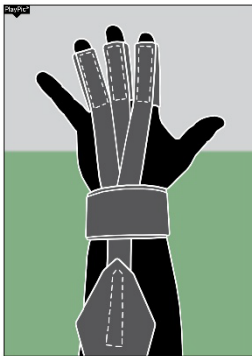
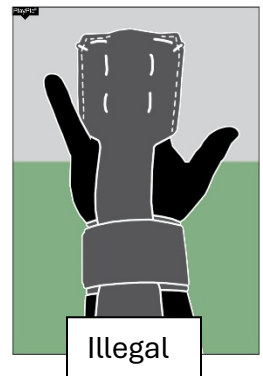
March 25, 2026

NFHS Track and Field Weekly Rule Interpretations

Aids in Field Events: In field events, competitors shall not use weights or artificial aids. The competitor shall not wear a shoe or shoes which incorporate or contain any devices that give the competitor an unfair advantage during a trial. In the pole vault, pushing the vaulter on the back at take-off in warm-up and competition is not permitted. [6-2-16]

SITUATION: At the shot put the event judge notices that athlete C1 is wearing a device on their hand that groups finger together and then crosses the palm and wraps around the wrist. The event judge asks the athlete to remove the device as this is considered an artificial aid.

RULING: Correct Procedure. **COMMENT:** This device is considered an aid and not permitted during competition. [6-2-16, 6-4-1, 6-5-1]



SITUATION: At the shot put the event judge notices that athlete C1 is wearing a device on their hand that slides onto several fingers and then crosses the palm and wraps around the wrist. The event judge asks the athlete to remove the device as this is considered an artificial aid. **RULING:** Correct Procedure. **COMMENT:** While the fingers can move independently this device is considered an aid and not permitted during competition. [6-2-16, 6-4-1, 6-5-1]

SITUATION: While A1 is warming up for the discus event, the event judge notices the athlete (a) has fingers taped together, (b) has tape on the fingers but all fingers can move independently. In Situation (a) the event judge asks the athlete to remove the tape. Situation (b) is legal. **RULING:** Correct procedure. **COMMENT:** Athletes are permitted to apply tape to their fingers as long as they are not taped together and all fingers can move independently. [6-4-1, 6-5-1]

