



March 11, 2026

NFHS Track and Field Weekly Rule Interpretations

Each state association, in keeping with applicable laws, may authorize exceptions to NFHS playing rules to provide reasonable accommodations to individual participants with disabilities and/or special needs. The accommodation should not fundamentally alter the sport, heighten risk to the athlete/others or place opponents at a disadvantage.

Guide Runner Suggestions

The following are the guide runner suggested instructions for a tethered guide runner.

1. Guide-runners or Assistants must be clearly identified. (e.g. wearing a distinctively colored vest).
2. When competing with a guide-runner, the method of guidance for athletes shall be the use of a tether of non-elastic material. World Para Athletic Rules dictate a maximum length of 30cm for track events and 50cm for road events.

(The NFHS does not specify the maximum length of a tether).

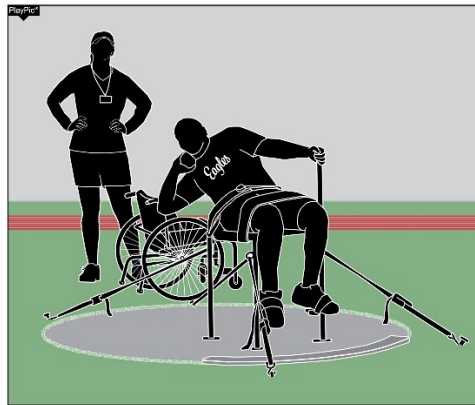
- a. The tether attachment shall only be established between hand(s) and/or arm(s) of the pair.
 - b. In addition, the runner may receive verbal instruction from the guide-runner.
 - c. The guide is not allowed to use a bicycle/ other mechanical means of transport.
 - d. The guide-runner is not allowed to pull or propel the athlete to gain an advantage at any stage during the race.
 - e. The guide runner may not pace the athlete.
 - f. The athlete shall cross the finish line first and the guide runner behind them.
3. In the event of a breach of the rule committed by a guide-runner resulting in disqualification or warning, the accompanying athlete shall be consequently disqualified or warned.



NOTE: When considering your tether length in your state the main reason for having a maximum length in cross country is to ensure other runners have a fair opportunity to not get trapped behind an athlete and their guide.

Assistants in Field Events Suggestions

Assistants for athletes in field events are permitted to assist the athletes to the throwing frame in seated throws. The assistants should withdraw from competition area for safety and allow the athlete to compete.



Verbal or acoustic assistance is permitted before, during and after the attempt in long jump and triple jump. When acoustic assistance is permitted the request for silence from the spectators is requested. (note: it might be beneficial to run these events when there are fewer spectators around to disrupt the athlete.)

During Jumping Events the assistants may

1. Act as escort to assist the athlete by positioning and orienting them on the runway before each attempt.
2. Act as a caller to provide orientation during the approach with verbal or acoustic clues.