



**A R I Z O N A  
I N T E R S C H O L A S T I C  
A S S O C I A T I O N**

**OUR STUDENTS, OUR TEAMS . . . OUR FUTURE.**

**2026 NFHS Track and Field Rules**

Rule 3-4-8 Referee Communication with Head Coaches and Team Captains.

Rule 3-4-8a: All team members are expected to exhibit good sporting conduct.

Rule 3-4-8b: By signing below, the head coach shall verify that all of the team’s competitors are properly and legally equipped (uniform and equipment) in compliance with these rules. Any questions regarding the legality shall be resolved prior to the start of the meet.

Rule 3-4-8c: Special circumstances, procedures, and information pertaining to the meet: not limited to the use of electronic devices in restricted areas is prohibited (cameras, headphones, phones, watches other than used for timing, etc.) unless coach is in the designated pole vault coaches box.

Rule 4-2-3: Contestants are required to check in prior to: 1.) the clerk of the course closing entries in the running events or 2.) the judge starting competition in field events. Any athlete failing to do so will not be eligible to compete in that event.

Head Coach(es) are required to sign this form to acknowledge they have reviewed the above information and will abide by all NFHS Track and Field Rules. Once signed, they will receive their team packet which contains athlete bibs and contestant numbers.

School: \_\_\_\_\_

Boys: \_\_\_\_\_ Girls: \_\_\_\_\_

Head Coach: \_\_\_\_\_

(Signature)

Print Name: \_\_\_\_\_