



NFHS RULES ADOPTIONS – UIL EVENTS



Hurdle Specifications for High School and Junior High						
Distance	Division	# of Hurdles	Height	To First	Distance Between	To Finish
100m	Junior High Girls	10	30 in.	13 m (42 ft., 8 in.)	8.5 m (27 ft., 10 3/4 in.)	10.5 m (34 ft., 5 1/2 in.)
110 m	Junior High Boys	10	36 in.	13.72 m (45 ft.)	9.14 m (30 ft.)	14.02 m (45 ft., 10 5/8 in.)
100 m	High School Girls	10	33 in.	13 m (42 ft., 8 in.)	8.5 m (27 ft., 10 3/4 in.)	10.5 m (34 ft., 5 1/2 in.)
110 m	High School Boys	10	39 in.	13.72 m (45 ft.)	9.14 m (30 ft.)	14.02 m (45 ft., 10 5/8 in.)
200 m	Jr. High *may use 200m or 300m	5	30 in.	20 m	35 m	40 m
300m	High School Boys	8	36 in.	45 m (147 ft., 71/2 in.)	35 m (114 ft., 10 in.)	10 m (32 ft., 93/4 in.)
300 m	High School Girls	8	30 in.	45 m (147 ft., 71/2 in.)	35 m (114 ft., 10 in.)	10 m (32 ft., 93/4 in.)

Shot Put and Discus Specifications for High School and Junior High						
	Girls 7 th	Boys 7 th	Girls 8 th	Boys 8 th	Girls High School	Boys High School
Shot Put	6 lbs	4.0 kg (8.81 lbs)	6 lbs	4.0 kg (8.81 lbs)	4.0 kg (8.81 lbs)	12 lb (5.443 kg)
Discus	1 kg (2.20 lbs)	1 kg (2.20 lbs)	1 kg (2.20 lbs)	1 kg (2.20 lbs)	1 kg (2.20 lbs)	1.6 kg (3.53 lbs)
Sector Line	Shot Put: 34.92° Discus: 34.92°	Shot Put: 34.92° Discus: 34.92°	Shot Put: 34.92° Discus: 34.92°	Shot Put: 34.92° Discus: 34.92°	Shot Put: 34.92° Discus: 34.92°	Shot Put: 34.92° Discus: 34.92°

Entry Limit Regulations for High School and Junior High

Athletes must comply with established regulations for entry limits (NFHS modification 4-2-1)

- An individual may enter no more than three **(3)** running events, including the relays, and not over five **(5)** events total with up to five **(5)** field events.
- Prelims and finals in an event are considered one (1) event for the number of allowable entries.
- No contestant shall be allowed to enter more than two **(2)** of the following individual events: 400m; 800m; 1600m; 2400m; 3200m. (This does not bar a contestant from relay.)
- An athlete may be listed on an entry form as an alternate for a relay and it will not count against the allowable event limitations until participation has occurred.
- Championship meet scoring shall be awarded 1st-6th place and points will be given 10-8-6-4-2-1. Relays will be scored 20-16-12-8-4-2.