

# Updated information regarding athletes entering competition after passing heights in HJ and PV

1. In 2026, NFHS changed the in event warmup procedures for athletes passing heights in the competition. This information is outlined in Rule 6-8-6 in the 2026 NFHS TF Rule Book.
2. An athlete who has not made an attempt within **60 minutes after the beginning of the competition** shall be allowed a warmup period **at the height they are entering the competition**, without the bar or bungee cord in place.
3. For the HJ, each athlete entering the competition will be allowed 1.5 minutes of warmup **individually**; this warmup time shall not be combined for all athletes entering the competition at that height.
4. For the PV, each athlete entering the competition will be allowed 2 minutes of warmup **individually**; this warmup time shall not be combined for all athletes entering the competition at that height.
5. Regardless of event, any athlete electing to take their warmup time at a height lower than stated at check in **must** enter the competition at the height they take their warmup time and make at least 1 attempt at that height. They may elect to pass to other heights after that attempt; however, if their next attempt is 60 minutes or longer, they may **not** have another warmup period, as they have already had their warmup time.