

2013 Track & Field Rules Meetings

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Iowa High School Athletic Association

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CONCUSSIONS

Iowa Code Section 280.13C states, in part,

✦ “Annually, each school district and nonpublic school shall provide to the parent or guardian of each student a concussion and brain information sheet, as provided by the Iowa High School Athletic Association and Iowa Girls High School Athletic Union.

✦ The student and student’s parent or guardian shall sign and return the concussion and brain injury information sheet to the student’s school prior to the student’s participation in any interscholastic activity for grades seven through twelve.”

A FACT SHEET FOR PARENTS AND STUDENTS

HEADS UP: Concussion in High School Sports

The Iowa Legislature passed a new law, effective July 1, 2011, regarding students in grades 7 – 12 who participate in extracurricular interscholastic activities. Please note this important information from Iowa Code Section 280.13C, Brain Injury Policies:

- (1) A child must be immediately removed from participation (practice or competition) if his/her coach or a contest official observes signs, symptoms, or behaviors consistent with a concussion or brain injury in an extracurricular interscholastic activity.
- (2) A child may not participate again until a licensed health care provider trained in the evaluation and management of concussions and other brain injuries has evaluated him/her and the student has received written clearance from that person to return to participation.
- (3) Key definitions:
 - "Licensed health care provider" means a physician, physician assistant, chiropractor, advanced registered nurse practitioner, nurse, physical therapist, or athletic trainer licensed by a board.
 - "Extracurricular interscholastic activity" means any extracurricular interscholastic activity, contest, or practice, including sports, dance, or cheerleading.

What is a concussion?

A concussion is a brain injury. Concussions are caused by a bump, blow, or jolt to the head or body. Even a "ding," "getting your bell rung," or what seems to be a mild bump or blow to the head can be serious.

What parents/guardians should do if they think their child has a concussion?

1. OBEY THE NEW LAW.
 - a. Keep your child out of participation until s/he is cleared to return by a licensed healthcare provider.
 - b. Seek medical attention right away.
2. Teach your child that it's not smart to play with a concussion.
3. Tell all of your child's coaches and the student's school nurse about ANY concussion.

What are the signs and symptoms of a concussion?

You cannot see a concussion. Signs and symptoms of concussion can show up right after the injury or may not appear or be noticed until days after the injury. If your teen reports one or more symptoms of concussion listed below, or if you notice the symptoms yourself, keep your teen out of play and seek medical attention right away.

STUDENTS:

If you think you have a concussion:

- **Tell your coaches & parents** – Never ignore a bump or blow to the head, even if you feel fine. Also, tell your coach if you think one of your teammates might have a concussion.
- **Get a medical check-up** – A physician or other licensed health care provider can tell you if you have a concussion, and when it is OK to return to play.
- **Give yourself time to heal** – If you have a concussion, your brain needs time to heal. While your brain is healing, you are much more likely to have another concussion. It is important to rest and not return to play until you get the OK from your health care professional.

Signs Reported by Students:

- Headache or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light or noise
- Feeling sluggish, hazy, foggy, or groggy
- Concentration or memory problems
- Confusion
- Just not "feeling right" or is "feeling down"

PARENTS:

How can you help your child prevent a concussion?

Every sport is different, but there are steps your children can take to protect themselves from concussion and other injuries.

- Make sure they wear the right protective equipment for their activity. It should fit properly, be well maintained, and be worn consistently and correctly.
- Ensure that they follow their coaches' rules for safety and the rules of the sport.
- Encourage them to practice good sportsmanship at all times.

Signs Observed by Parents or Guardians:

- Appears dazed or stunned
- Is confused about assignment or position
- Forgets an instruction
- Is unsure of game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows mood, behavior, or personality changes
- Can't recall events prior to hit or fall
- Can't recall events after hit or fall

Information on concussions provided by the Centers for Disease Control and Prevention.
For more information visit: www.cdc.gov/Concussion

IT'S BETTER TO MISS ONE CONTEST THAN THE WHOLE SEASON.

IMPORTANT: Students participating in interscholastic athletics, cheerleading and dance; and their parents/guardians; must sign the acknowledgement below and return it to their school. Students cannot practice or compete in those activities until this form is signed and returned.

We have received the information provided on the concussion fact sheet titled, "HEADS UP: Concussion in High School Sports."

Student's Signature _____ Date _____

Student's Printed Name _____

Parent's/Guardian's Signature _____ Date _____

Student's School _____

CONCUSSIONS

Iowa Code Section 280.13C continued –

✦ “If a student’s coach or contest official observes signs, symptoms, or behaviors consistent with a concussion or brain injury in an extracurricular interscholastic activity, the student shall be immediately removed from participation.

✦ A student who has been removed from participation shall not recommence such participation until the student has been evaluated by a licensed health care provider trained in the evaluation and management of concussions and other brain injuries and the student has received written clearance to return to participation from the health care provider.”

Concussions

- ✦ **Coach Removal** - If the student's coach observes signs, symptoms, or behaviors consistent with a concussion or brain injury, during *any* kind of participation, i.e. practices, scrimmages, contests, etc., the student shall be immediately removed from participation and shall not return until the school's designated representative receives written clearance to return from a licensed health care provider as defined in Iowa Code 280.13C.

Concussions

- ✦ **Contest Official Removal** - If a contest official observes signs, symptoms, or behaviors consistent with a concussion or brain injury, during scrimmages, contests, etc., the student shall be immediately removed from participation and a designated contest official (Umpire in Chief) at the contest/event must receive the written clearance to return from a licensed health care provider as defined in Iowa Code 280.13C before the student can return to participation in that contest/event, including an event that takes place over multiple days.

Concussions

- ✦ For track and field meets, when the contest Referee will not be the same throughout the entire event, the Referee on the day the student was removed will make a verbal report about the injury to the tournament manager. The tournament manager will be responsible to report the incident to the Referee of the contest(s) in which the student may participate on subsequent days of the event. The Referee of future contests during this event must receive written clearance from a licensed health care provider as defined in Iowa Code 280.13C before the student can return to participation.

Concussions

National Federation of State
High School Associations



Suggested Guidelines for Management of Concussion

A concussion is a traumatic brain injury that interferes with normal brain function. An athlete does not have to lose consciousness (be “knocked out”) to have suffered a concussion.

Common Symptoms of Concussion Include:

- headache
- fogginess
- difficulty concentrating
- easily confused
- slowed thought processes
- difficulty with memory
- nausea
- lack of energy, tiredness
- dizziness, poor balance
- blurred vision
- sensitive to light and sounds
- mood changes – irritable, anxious or tearful
- appears dazed or stunned
- confused about assignment
- forgets plays
- unsure of game, score or opponent
- moves clumsily
- answers questions slowly
- loses consciousness
- shows behavior or personality changes

Suggested Concussion Management:

1. No athlete should return to play (RTP) or practice on the same day of a concussion.
2. Any athlete suspected of having a concussion should be evaluated by an appropriate health-care professional that day.
3. Any athlete with a concussion should be medically cleared by an appropriate health-care professional prior to resuming participation in any practice or competition.
4. After medical clearance, RTP should follow a step-wise protocol with provisions for delayed RTP based upon return of any signs or symptoms.

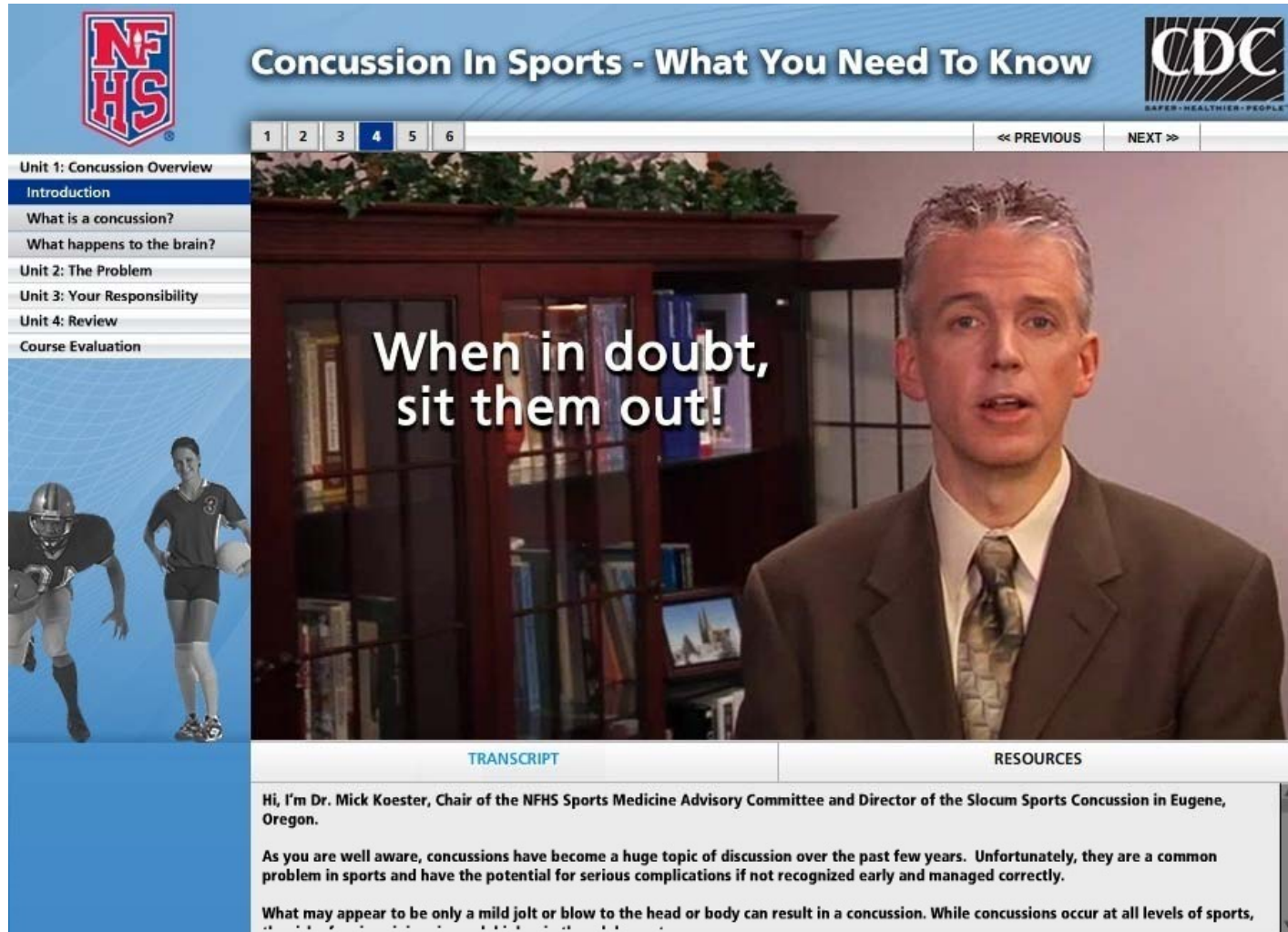
For further details please see the “NFHS Suggested Guidelines for Management of Concussion” at www.nfhs.org.

January 2011

✦ Complete information on concussions can be found at www.iahsaa.org. Click on “Concussion in Sports Information” on the IHSAA home page.

Concussion in Sports

www.nfhslearn.com



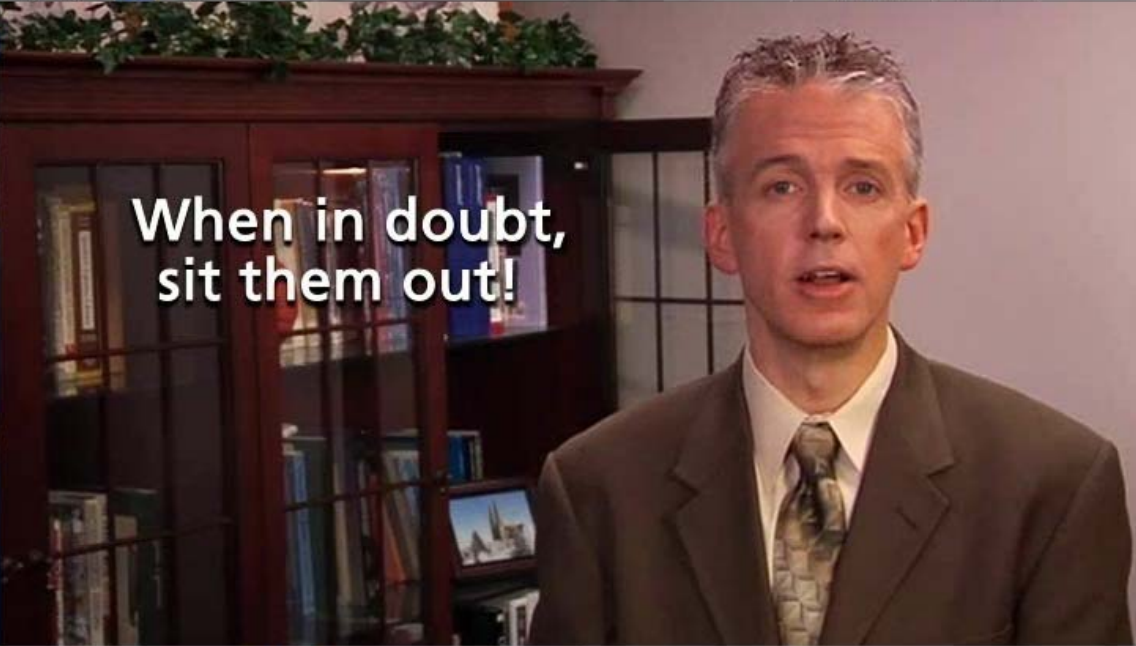
NFHS

Concussion In Sports - What You Need To Know

CDC
SAFER • HEALTHIER • PEOPLE

1 2 3 4 5 6 << PREVIOUS NEXT >>

- Unit 1: Concussion Overview
 - Introduction
 - What is a concussion?
 - What happens to the brain?
- Unit 2: The Problem
- Unit 3: Your Responsibility
- Unit 4: Review
- Course Evaluation



When in doubt, sit them out!

TRANSCRIPT

Hi, I'm Dr. Mick Koester, Chair of the NFHS Sports Medicine Advisory Committee and Director of the Slocum Sports Concussion in Eugene, Oregon.

As you are well aware, concussions have become a huge topic of discussion over the past few years. Unfortunately, they are a common problem in sports and have the potential for serious complications if not recognized early and managed correctly.

What may appear to be only a mild jolt or blow to the head or body can result in a concussion. While concussions occur at all levels of sports,



HEAT & HYDRATION

- ✦ **Take plenty of water breaks during practice.**
- ✦ **Use the information provided by the IHSAA.**
 - Heat and Humidity Gauge
 - Heat Index Chart
 - Urine Color Chart

HEAT & HYDRATION

- ✦ **Heat-related deaths are preventable if specific steps are taken by coaches and administrators.**
 - Develop an Emergency Action Plan
 - Allow student-athletes to acclimatize to heat and humidity
 - Access to water should never be restricted
 - Student-athletes should be encouraged to take in fluids frequently before and after practices and games
 - Practices should be scheduled at times during the day that minimize exposure to heat and humidity

Heat & Humidity Pen

Cost = \$75 by contacting the
IHSAA



HEAT INDEX TABLE

This Heat Index Chart provides general guidelines for assessing the potential severity of heat stress (illness). Individual reactions to the heat will vary. Heat illness can occur at lower temperatures than those indicated on the "Heat Index & Possible Risk" section of this poster.

How to use the Heat Index Chart:

1. Across the top of the chart the air temperature is listed.
2. Down the left side of the chart, the relative humidity is listed.

TAKE TEMPERATURE & HUMIDITY READINGS IN THE SUN, IF PRACTICE WILL TAKE PLACE IN THE SUN.

3. Where the temperature and humidity meet on the chart is the Heat Index.
The Heat Index is the body's sensation of heat, or "What the temperature and humidity feel like to the body."



RELATIVE HUMIDITY	AIR TEMPERATURE (In degrees Fahrenheit)										HEAT INDEX & POSSIBLE RISK	
	70°	75°	80°	85°	90°	95°	100°	105°	110°	115°		120°
0%	64	69	73	78	83	87	91	95	99	103	107	90-104 degrees: Heat exhaustion, heat cramps & sunstroke possible with prolonged exposure and/or physical activity. Provide unlimited fluids and monitor athletes for signs & symptoms of heat illness. 105-124 degrees: Heat exhaustion, heat cramps & sunstroke likely, and heatstroke possible. Provide unlimited fluids & take more breaks, consider altering practice so it is less strenuous (for football, consider practicing without pads), practicing when the index is lower or cancelling practice. 130 degrees & higher: Sunstroke & heatstroke highly likely. CANCEL PRACTICE FOR THE SAFETY OF ALL PLAYERS.
10%	65	70	75	80	85	90	95	100	105	111	116	
20%	66	72	77	82	87	93	99	105	112	120	130	
30%	67	73	78	84	90	96	104	113	123	135	148	
40%	68	74	79	86	93	101	110	123	137	151		
50%	69	75	81	88	96	107	120	135	150			
60%	70	76	82	90	100	114	132	149				
70%	70	77	85	93	106	124	144					
80%	71	78	86	97	113	136						
90%	71	79	88	102	122							
100%	72	80	91	108								

Source: National Oceanic & Atmospheric Administration

DIRECTIONS FOR USING THE MANNIX THERMO-HYGROMETER

- 1) Turn the unit on and hold it by its body. DO NOT HOLD IT BY THE SENSOR!
- 2) Take the temperature & humidity readings in the same location and conditions as practice or competition will take place.
- 3) Allow 1 to 1-1/2 minutes for the unit to adjust to the current temperature and humidity. TEMPERATURE AND HUMIDITY MAY STILL FLUCTUATE BY SEVERAL TENTHS OF A DEGREE OR PERCENT.
- 4) Round the temperature and humidity to the nearest number provided on the Heat Index Table.

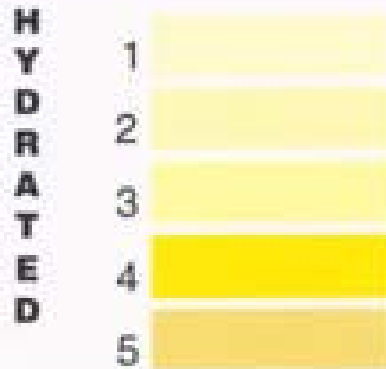
IHSAA URINE COLOR CHART

The urine color chart shown here will help assess athletes' hydration status. To use this chart, match the color of your urine to a color on the chart. The greater the level of dehydration the greater the negative effect on performance & health. If the color of your urine matches #1, #2 or #3 on the chart, you are WELL hydrated; if your urine color matches #4 or #5 you are close to being dehydrated; and if your urine color matches #6, #7 or #8 you are DEHYDRATED and need to consume a lot more fluids. ALL LEVELS OF DEHYDRATION HAVE SOME NEGATIVE EFFECT ON ATHLETIC PERFORMANCE & HEALTH.

1, 2, 3 = WELL HYDRATED

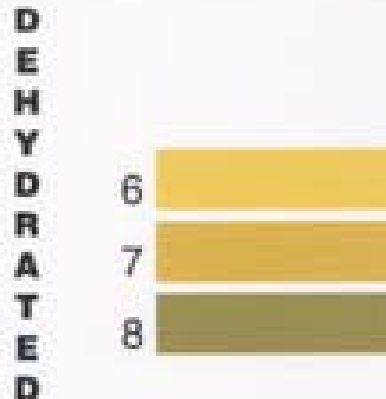
Continue drinking enough fluids to keep your urine this color. It's good for your performance & your health.

4, 5 = Hydrated, but not well hydrated. Drink additional fluids on a regular basis so the color of your urine is equivalent to numbers 1, 2 or 3.



6, 7, 8 = DEHYDRATED

You are dehydrated! Drink a lot more fluids on a regular basis to enhance your performance and avoid getting muscle cramps, or heat illness. It may also improve your health.



Urine color chart used with permission from *Dehydration in Extreme Environments* by Lawrence E. Armstrong, Ph.D., 2000. Copyright Lawrence E. Armstrong, 2000. Published by Human Kinetics, Champaign, IL, www.human-kinetics.com. Scientific validation for this color chart may be found in *The International Journal of Sport Nutrition*, Volume 4, 1994, pp. 200-219 & volume 6, 1996, pp. 340-351.

Distributed by the IOWA HIGH SCHOOL ATHLETIC ASSOCIATION

HEAT & HYDRATION

✦ Use the “BUDDY SYSTEM”

- Assign student-athletes a “Buddy” and have them monitor each other for signs and symptoms of heat related problems

✦ Signs of Possible Heat Stroke

- Altered consciousness
 - ✦ Semi-consciousness, confused, irrational behavior
- Combative
- Headache, dizziness, weakness
- Hot skin – with or without sweating
- Increased heart and breathing rates
- Nausea, vomiting or diarrhea

HEAT & HYDRATION

- ✦ **The actions taken in the first 5-10 minutes after recognizing heat stroke are critical to the student-athlete's survival!**
- ✦ **Cold water submersion cools the body the fastest!**
 - Place the student in a plastic tub of ice and cold water
 - Can also use a piece of plastic with ice and cold water that is held at the corners



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72" X 96"

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**Shower Curtain
Liner**

- soft as silk vinyl
- metal eyelets
- resists mildew
- hand wash in cold water only
- JUMBO LONG 72" x 96"

ADMINISTRATIVE INFORMATION

STARTING DATES FOR PRACTICE SAME
FOR BOYS AND GIRLS

FEBRUARY 11, 2013

COMPETITION FOR BOTH
ORGANIZATIONS CAN BEGIN ON
MONDAY, FEBRUARY 11, 2013

In the sports of cross country and track and field, member schools that are placed in different classes due to cooperative agreement decisions made by other member schools, shall remain in the same class. The member school will be placed in the lower of the two split classifications. Member schools placed in different classes, based on the member school's decision to have different cooperative programs for each gender or cooperative programs with different schools, will remain in different classifications and be assigned to state qualifying events as classified. Member schools will not be allowed the choice to participate in a higher classification. In order for classifications to be determined in a timely manner, no new cooperative program will be accepted, nor will any existing cooperative program be allowed to dissolve after 5:00 pm on Friday, August 16, 2013 for cross country and Friday, March 15, 2013 for track and field.

ADMINISTRATIVE INFORMATION

SCHOLARSHIP RULE 36.15(2)

**FIRST COMPETITION DATE IS
MARCH 11, 2013 – STUDENTS ARE INELIGIBLE
ON THIS DATE**

**STUDENTS WILL BE ELIGIBLE TO COMPETE
ON
APRIL 10, 2013**

**IF YOU HAVE AN INDOOR SEASON, STUDENT
ATHLETES CAN COMPETE BEFORE THIS
DATE AND THEN BECOME INELIGIBLE**

ADMINISTRATIVE INFORMATION

MEET LIMITATION

SAME FOR BOYS AND GIRLS

TWELVE (12) MEETS

MEET LIMITS DO NOT INCLUDE THE
DRAKE RELAYS, STATE QUALIFYING
MEET OR STATE MEET

ADMINISTRATIVE INFORMATION

INDOOR COMPETITION

**INDOOR MEETS ARE NOT COUNTED
IN THE MEET LIMITATION, HOWEVER,
ONCE YOU COMPETE OUTDOORS,
ALL MEETS AFTER THAT
COMPETITION COUNT WHETHER
INDOORS OR OUTDOORS**

ADMINISTRATIVE INFORMATION

BOYS AND GIRLS INDIVIDUAL LIMITATION EXCEPTION

**BOTH BOYS AND GIRLS HAVE AN
EXCEPTION FOR THE DRAKE
RELAYS REGARDING A COMPETITOR
COMPETING IN ONLY ONE MEET PER
DAY. THE EXCEPTION IS ONLY FOR
THE DRAKE RELAYS.**

ADMINISTRATIVE INFORMATION

STATE QUALIFYING MEETS IN ALL
CLASSES WILL BE HELD ON
THURSDAY, MAY 9, 2013

RAINDATE – FRIDAY, MAY 10, 2013

ALL QUALIFYING MEET ENTRIES WILL
BE ONLINE

DEADLINE FOR QUALIFYING MEET
ENTRIES WILL BE 10:00 AM, ON
TUESDAY, MAY 7

ADMINISTRATIVE INFORMATION

**AT THE STATE QUALIFYING
MEETS RACES WILL NOT BE
REVERSED**

**ALL RACES WILL RUN TO THE
COMMON FINISH**

ADMINISTRATIVE INFORMATION

STATE QUALIFYING MEET INFORMATION

- ALL ENTRIES MUST BE VERIFIED ON IOWA QUIKSTATS – POSTING OF PERFORMANCES ON QUIKSTATS IS NOW A REQUIREMENT
- CHECK DATES WILL BE:
 - Monday, April 8
 - Monday, April 22
 - Monday, May 6
 -

ADMINISTRATIVE INFORMATION

STATE MEET QUALIFYING

**BOTH BOYS AND GIRLS WILL BE QUALIFYING
BASED ON STATE QUALIFYING MEET PLACE AND
STATE QUALIFYING MEET PERFORMANCES**

**IN CLASS 4A, THE TOP TWO FINISHERS IN EACH
EVENT, PLUS THE NEXT BEST TWELVE (12)
PERFORMANCES FROM QUALIFYING MEET
PLACE WINNERS WILL QUALIFY**

ADMINISTRATIVE INFORMATION

STATE MEET QUALIFYING

IN CLASS 3A AND CLASS 2A, THE TOP TWO FINISHERS IN EACH EVENT, PLUS THE NEXT BEST EIGHT (8) PERFORMANCES FROM QUALIFYING MEET PLACE WINNERS WILL QUALIFY

IN CLASS 1A, THE TOP FINISHER IN EACH EVENT, PLUS THE NEXT BEST TWELVE (12) PERFORMANCES FROM QUALIFYING MEET PLACE WINNERS WILL QUALIFY

ADMINISTRATIVE INFORMATION

STATE MEET QUALIFYING

TIES WILL BE BROKEN USING THE STATE QUALIFYING MEET PLACE – IF THE TIE REMAINS, FIRST ALPHABETICAL, AS THE SCHOOL NAME APPEARS IN THE IHSAA DIRECTORY, QUALIFIES

THERE WILL BE NO MORE THAN 24 QUALIFIERS
IN ANY EVENT

ADMINISTRATIVE INFORMATION

STATE MEET INFORMATION

THE COMPETITION ORDER WILL CHANGE FOR 2013 – CLASS 1A & 4A WILL COMPETE IN THE MORNING SESSIONS – CLASS 2A & 3A WILL COMPETE IN THE AFTERNOON SESSIONS

THE STATE MEET SCHEDULE WILL NOT CHANGE. THE SCHEDULE IS POSTED ON BOTH THE GIRLS' UNION AND BOYS' ASSOCIATION WEBSITES.

ADMINISTRATIVE INFORMATION

STATE MEET INFORMATION

**LIKE LAST YEAR, THERE WILL BE A BOYS
WHEELCHAIR DIVISION AND A GIRLS
WHEELCHAIR DIVISION AT THE STATE TRACK
AND FIELD MEET**

**EACH DIVISION WILL CROWN A CHAMPION AND
EACH DIVISION WILL RECEIVE A CHAMPIONSHIP
TROPHY**

ADMINISTRATIVE INFORMATION

OFFICIALS' INFORMATION

OFFICIALS MUST BE REGISTERED WITH BOTH ORGANIZATIONS TO WORK MEETS THAT INVOLVE BOTH BOYS AND GIRLS

REGISTRATION REQUIRMENTS

- 1. PAY THE APPROPRIATE REGISTRATION FEE**
- 2. VIEW THE ONLINE RULES MEETING**
- 3. PASS THE ONLINE OPEN BOOK EXAMINATION**

IOWA **A**SSOCIATION of **T**RACK **O**FFICIALS

2013

RECOMMENDED
PROCEDURES
MANUAL

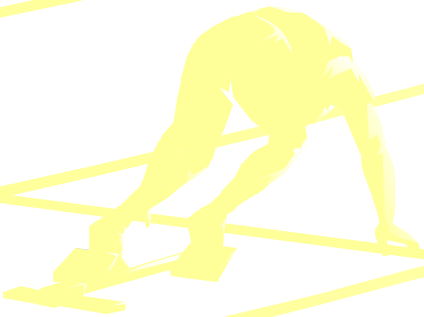
FOR
IOWA HIGH SCHOOL
TRACK & FIELD MEETS
AND CROSS COUNTRY MEETS

Cornie Wassink, Editor

National Federation of State
High School Associations



2013 TRACK AND FIELD AND CROSS COUNTRY RULES BOOK



TFRB13



2013 Track and Field Rules/Case Book Corrections

- ✦ Page 4, Editorial Changes, ~~3-19-2~~, ~~4-4-3~~ to ~~4-3-3~~, add 7-2-8, ~~7-4-10~~ to 7-2-8, Example, ~~7-4-16~~ to 7-4-14, ~~7-6-9~~
- ✦ Page 25, 4-3-1,2 PENALTY, ...of the competitor's violation and warning or disqualification
- ✦ Page 56, 7-4-14d, (See ~~7-2-5~~10)

Case Book

- ✦ Page 69, 7.2.8 SITUATION, **RULING:** ...followed by Nos. ~~5 and 6~~ to 6 and 7...
- ✦ Page 82, 7.5.21 SITUATION A, **COMMENT:** Gloves are prohibited in ~~all field events~~ the shot put, ~~(throwing hand)~~ discus, javelin and relays,...

Field Event Implements

Rules 3-19-2, 6-2-17

- ✦ Only legal implements are allowed in warm-ups and competition
 - The implement inspector shall inspect all throwing implements and only those that are legal shall be permitted in competition as well as warm-ups
 - Competitors are also accountable to use only a legal implement during warm-ups and competition



Competitor's Uniform

Rules 4-3-1,2 and 9-6-1,2 Penalties

- ✦ Competitor observed in an illegal uniform:
 - Observed and noted by official prior to competition – competitor required to make the uniform legal before allowed to compete and without delay of meet
 - Competitor shall be issued a warning and subsequent violation of uniform rule results in disqualification from event
- ✦ Referee shall be notified of violation by observing meet official
 - Referee shall notify or cause to be notified the head coach of offending school of competitor's violation and warning or disqualification

Competitor's Uniform

Rules 4-3-1,2 and 9-6-1,2 Penalties

Coach and competitor have primary responsibilities for competitor to report to event in legal uniform

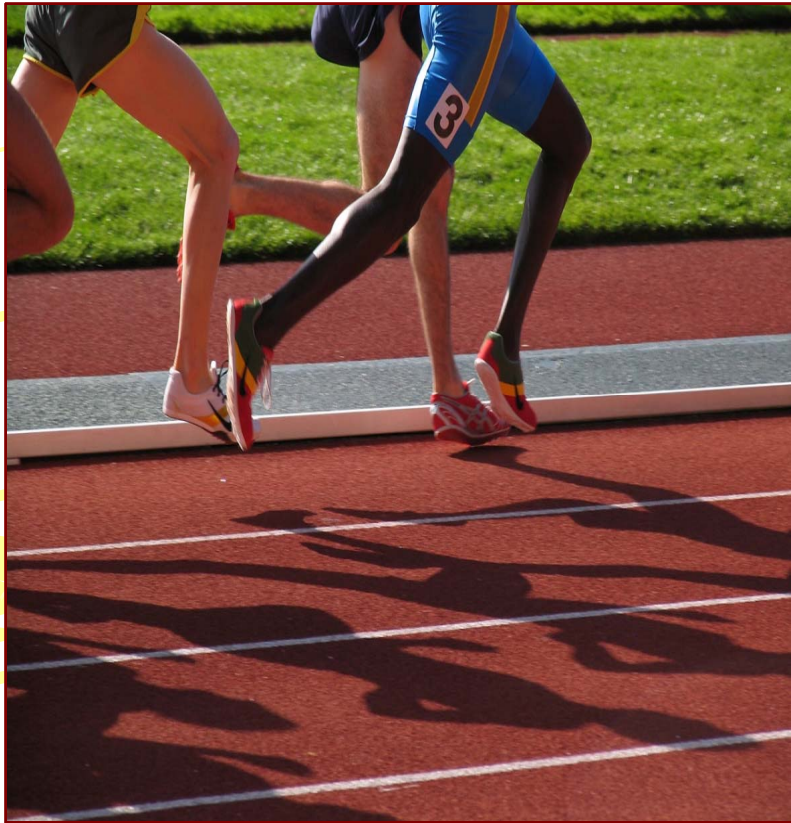
Preventive officiating continues to be very important to avoid unnecessary violations pertaining to uniforms

Should a competitor need to change the uniform, such action should take place in an appropriate area and not cause a delay in the progress of the meet



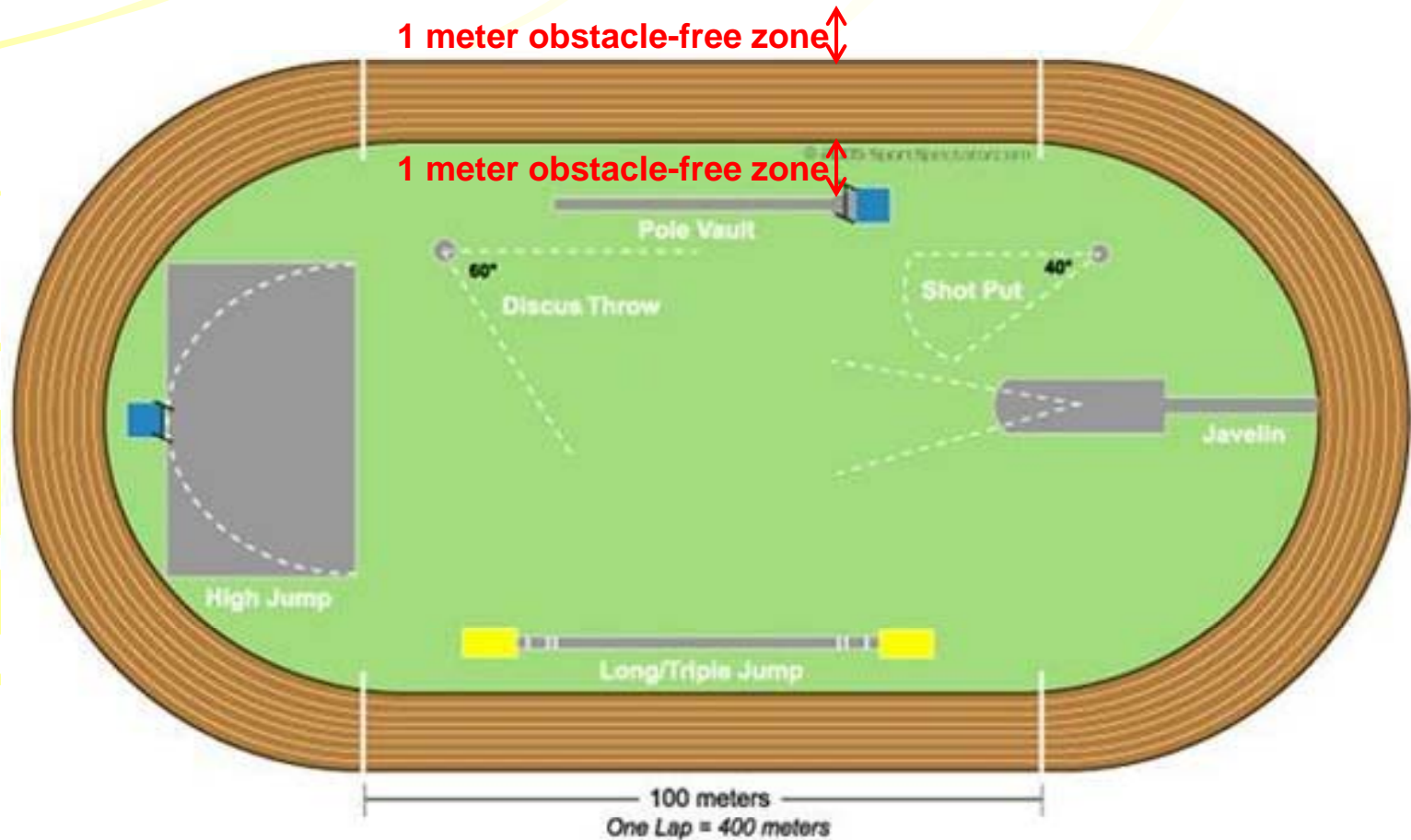
Track Construction

Rule 5-1-5



- ✦ When feasible, it is recommended that there be an obstacle-free zone on the inside and outside of the track
- ✦ Desired width of the obstacle-free zone is **1 meter**

Track Construction Rule 5-1-5



Obstacle-free zone is recommended

Relays Rule 5-10-7, NOTE

- ✦ The baton shall be handed from the incoming runner to the outgoing runner **within the exchange zone**
- ✦ **The incoming and outgoing runners shall not simultaneously touch the baton outside the 20-meter exchange zone**
- ✦ The baton is the point of reference to determine when and where the exchange commences and is completed



Relays

Rule 5-10-7, NOTE



- The baton exchange must take place within the 20-meter exchange zone

General Rules for Throwing and Jumping Events

Rules 6-2-2, 7-2-2

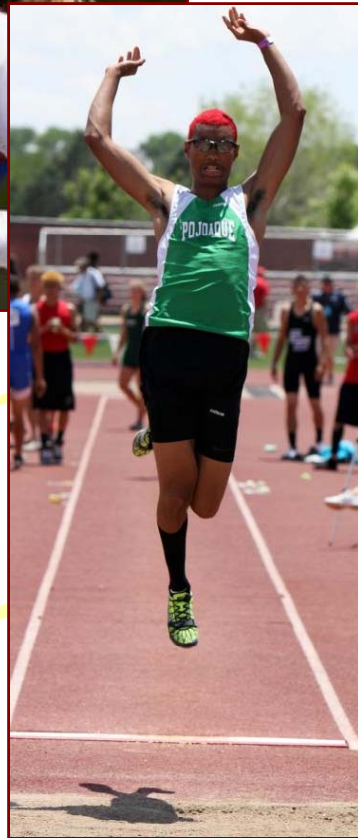
- Rules specify that trials shall be taken in flights of **no less than five**
- The order of participation for the competitors is the order as listed for competition



General Rules for Throwing and Jumping Events

Rules 6-2-3, 7-2-3

- ✦ One or more competitors than scoring places shall qualify from preliminaries to finals
 - **Games committee has the authority to determine if more than one competitor than scoring places shall advance to finals (3-2-3)**
 - All competitors tying for the last position shall advance to finals



Discus Throw

Rule 6-4-2

- Specifications for the thickness of the rim of the discus was changed to create a range

	<u>Boys</u>	<u>Girls</u>
Rim thickness $\frac{1}{4}$ " from the edge:		
Minimum:	12 mm (.472 in.)	12 mm (.472 in.)
Maximum:	13 mm (.512 in.)	13 mm (.512 in.)

Shot Put Rule - 6-5-9

- ✦ Use of the “cartwheel” technique of putting the shot is a foul
 - This has been an illegal technique
 - Listed in the rules as a foul for clarity



LEGAL



ILLEGAL

General Rules for Jumping Events

Rule 7-2-10

- Clarifies the prescribed time limits when consecutive trials are taken in jumping events

Number of athletes competing at the start of the round	Individual Events			Combined Events		
	HJ	PV	Other FE	HJ	PV	Other FE
More than 3	1	1.5	1	1	1.5	1
2 or 3 remaining	3	4	1	3	4	1
1 remaining	5	6	1	5	6	1
Consecutive Trials	2	3	2	2	3	2

High Jump

Rule 7-4-2

- ✦ Confusion occurred when the rule referred to both “level” and “unvarying surface” when describing the requirements of the high jump approach
- ✦ Unnecessary to refer to both
- ✦ “level” is deleted



High Jump

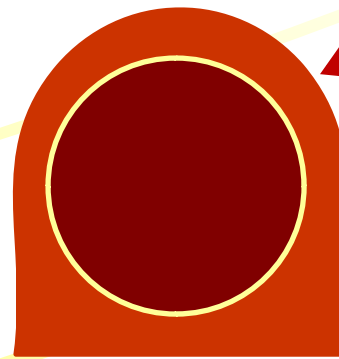
Rules 7-4-6

- ✦ The ends of the crossbar in the high jump may have two designs:
 - Ends flattened to a surface $1 \frac{13}{16}$ inches x $6-7 \frac{3}{4}$ inches (4-sided, flat crossbar ends)



OR

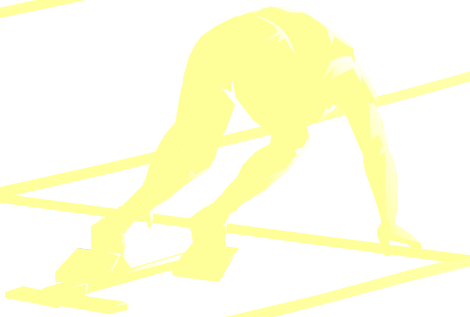
- Alternative fitted ends of same dimensions (semicircular)





Disqualification Rule

- ✦ Reference to **any other person** removed from “Assistance”, as the items listed refer to non-persons as well in items a. through g.





Throwing and Jumping Events

Rules 6-2-1 thru 18, 7-2-1 thru 17

- Rules 6-2 and 7-2 have been reorganized and edited for:
 - Clarity of rules
 - Eliminate duplicity within rules
 - Improved sequencing of articles



SECTION 2 GENERAL RULES FOR THROWING EVENTS

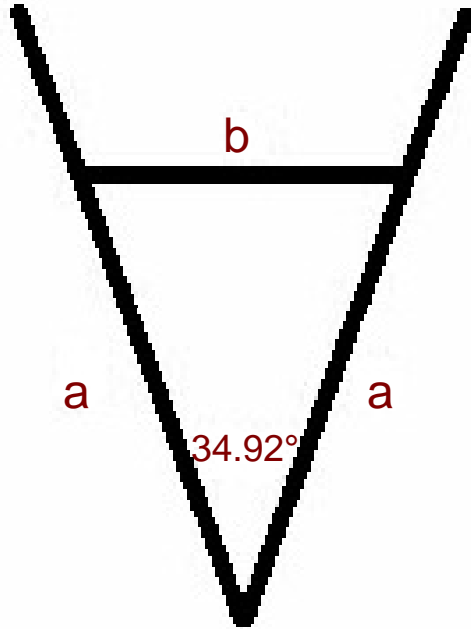
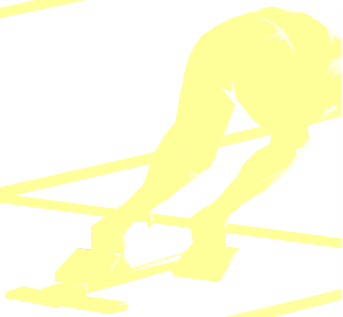
SECTION 2 GENERAL RULES FOR JUMPING EVENTS



Discus and Shot Put

Rules 6-4-5, 6-5-5

- Added diagrams to assist with visual layout of throwing sector
 - 6-4-5 Figure 2
 - 6-5-5 Figure 5

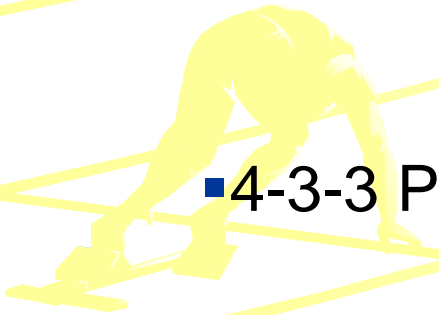


a (meters)	b (meters)
5	3
10	6
15	9
20	12
25	15
50	30
75	45



Other Editorial Changes

- 3-1-1c head event judge
- 3-2-3(I) no less than five for preliminary
- 3-10-3 thru 7 updated terminology to head event judge
- 4-3-3 PENALTY ...shall then notify or cause to be notified...
- 5-1-2 Inclination ... downward in the running direction





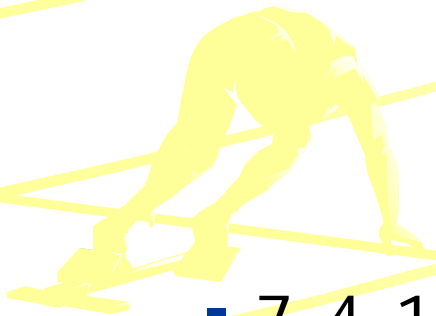
Other Editorial Changes

■ 6-3-2

...best performance from either preliminaries or finals of the competitors

■ 7-2-8

...competitors at a given height is fewer than nine all competitors will be in a single continuous flight...



■ 7-4-14
PENALTY

An unsuccessful trial is charged, ~~but not measured.~~



Other Editorial Changes

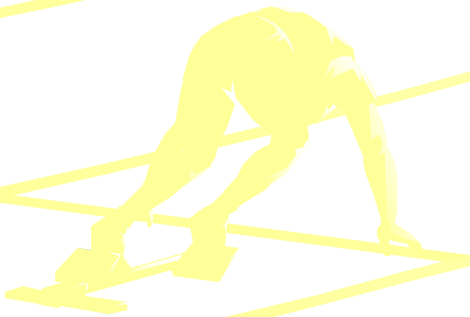
- 7-6-1

...**downward** in the jumping direction

- 9-6-3

PENALTY

the **referee** shall ... **or cause to be notified** the competitor and **head** coach.



Points of Emphasis

- ✦ The referee should place a sufficient number of umpires to observe the race and exchange zones for relays
- ✦ Umpires are stationed at the beginning and the end of the zone
- ✦ Umpires must move to keep all competitors in view during exchange



Head Event Judge Mechanics

Excused Competitor

- ✦ Head event judge may excuse a competitor to participate in another event
- ✦ Games committee has responsibility to establish length of time competitor may be excused from an event
- ✦ To accommodate excused competitor, the head event judge may:
 - change the order of competition
 - allow trials in succession
- ✦ Event judge records time the competitor checks out to confirm excused and note when excusal time begins and should end
- ✦ Excused competitor is not called up for a trial while excused from that event

Points of Emphasis

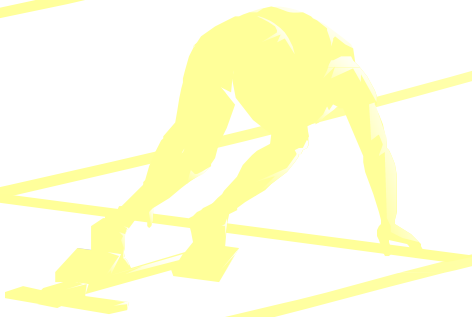
Head Event Judge Responsibilities

- ✦ Head event judge should arrive early to make sure required markings and equipment are set up correctly
- ✦ The venue should be kept clear and cordoned off, with spectators kept a safe distance away from competition area
- ✦ All parties involved will meet with head event judge to review conduct of event and safety procedures
- ✦ Any problems with venue should be reported to the meet director

Points of Emphasis

Use of Flags by Field Event Judges

- ✦ All personnel should be knowledgeable of what color flag to use, when, where and purpose
- ✦ Field event judges may use flags, although not required by NFHS rules



Points of Emphasis

Use of Flags by Field Event Judges

- ✦ White flag will indicate all are ready for the trial to begin
- ✦ Red flag will indicate head event judge is not ready for trial to begin
- ✦ When conditions warrant, the additional use of flags could be used to keep the meet progressing smoothly and safely
- ✦ Games committee with meet referee may determine colors and use for all flags and such decisions communicated to all coaches and field event judges
- ✦ White and yellow flags are **required** for the umpires in running events

Points of Emphasis

Continuous Flights, “5 Active” and “5 Alive”

5 Active

- ✦ When one competitor is not participating:
 - next competitor is called to move into rotation as the next competitor

OR

5 Alive

- next competitor moves into same position in the order of rotation where the previous competitor has been participating
- ✦ Both methods maintain 5 competitors and keep the competition moving



NFHS Track and Field Pre-Meet Notes

NFHS Track and Field Pre-Meet Notes
Is available at www.iahhsaa.org

NFHS Track and Field Pre-Meet Notes is made possible through the cooperative efforts of the NFHS Track and Field Rules Committee and USA Track and Field Officials Training Subcommittee



Track and Field Pre-Meet Notes

2011

Inside this issue:

- Changes to the Penalty Enforcement of the Jewelry Rule 2
- Competition Order Changes for Multiple-Event Competitors Clarified 4
- Preventive Officiating 5
- Excused Time from Field Events 5
- Choose a Height, Any Height 6
- Vertical Jumps Equipment Failure 7
- Hair Control 7
- Starting the 4x200-Meter Relay 8
- Meet Director 9
- 2011 Track and Field Rules Changes at a Glance 10
- "Within the Oval" 12
- Discus Cage—Are You Up to Date? 12

Track and Field Pre-Meet Notes

2012

Inside this issue:

- National High School Sports-Related Injury Surveillance 2
- Rotating Flights Become Modified "5-Alive" 3
- Undergarment Rule Modified; Jewelry Penalty Changed 4
- Rules Committee "Steps Up" to Consistency in Distance Race Starts 5
- Uniform Compliance—Who's Responsible? 5
- Relay Exchanges 6
- Pole Vault Items 8
- Starter Positions 8
- Cross Country Course Measured by Shortest Route 9
- Safety Around Landing Systems 9
- Referee's Authority and Administrative Duties 10
- Computerized Transponders and Chips 10

Track and Field Pre-Meet Notes

2013

NFHS Track and Field and Cross Country Publications



➤ The Rules Book, Case Book, Officials Manual and Scorebook can be ordered:

- Online at www.nfhs.com
- By calling 1.800.776.3462

NFHS Rules Mobile App

- Availability: Android Market and Apple App Store



Fundamentals of Coaching Track and Field





LEARNING CENTER



NCAA Eligibility Center Coaching Education

www.nfhslearn.com



This course is designed to give you the critical information you need to minimize the risk of Exertional Heat Stroke among your athletes.

We will share 7 fundamentals that you can put into place to create a safe environment for every athlete.

A Guide to Heat Acclimatization and Heat Illness Prevention

www.nfhslearn.com



Coaches have responsibilities:

- Model appropriate behavior
- Report activities to the proper authorities

Creating a Safe and Respectful Environment

www.nfhslearn.com



Strength & Conditioning

All NFHS courses can be accessed at www.nfhslearn.com

Engaging Effectively with Parents

LOGOUT | HELP You are logged in

1 2 3 4 5 6 7 8 9 PREVIOUS NEXT PAUSE

- Unit 1: Importance of Parent Engagement
- Unit 2: Mission & Purpose
- Unit 3: Effective Communication
- Unit 4: Communication Methods
- Unit 5: Problem Strategies
- Final Test
- Course Evaluation

Importance of Parent Engagement

Effective engagement = a better experience for everyone

TRANSCRIPT QUOTES RESOURCES

NFHS Officials Association Central Hub

www.nfhs.arbitersports.com

The screenshot shows the NFHS Officials Association website. At the top, there is a navigation bar with the NFHS logo and 'OFFICIALS ASSOCIATION' text. Below this is a secondary navigation bar with 'TRACK & FIELD' highlighted. A search bar is located in the center. The main content area is divided into several sections: 'Track & Field Rules' with links to press releases; 'Track & Field Resources' with links to points of emphasis and safety guidelines; 'Cross Country Information' with safety guidelines; and 'Sport Specific Information' with a list of sports including Baseball, Basketball, Cross Country, Field Hockey, Football, Gymnastics, Ice Hockey, Lacrosse, Soccer, Softball, Swimming & Diving, Track & Field, and Volleyball. A 'Welcome' message from Becky Oakes, NFHS Assistant Director, is also present.



Contains

- sport information
- rules information
- rules library
- searchable rules book and case book
- video content on officiating sport, competition situations and interpretations

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IF THIS ONLINE PRESENTATION HAS
GENERATED ANY QUESTIONS OR CONCERNS,
PLEASE CONTACT EITHER OF THESE
INDIVIDUALS

You're Almost Finished

Do not stop this video or close this screen. You will need to click on the button that says:

I'm FINISHED Watching the
Rules Meeting Video

**THE VERIFICATION PAGE
WILL OPEN**