

## 2019 TRACK AND FIELD RULES MEETING

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## HEAT & HYDRATION

- Take plenty of water breaks during practice.
- Use the information provided by the IHSAA and the IGHSAU.
  - 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 & 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!
  - For student-athletes wearing pads, remove the pads and 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



### A Guide to Heat Acclimatization & Heat Illness Prevention

Home Introduction 1 2 PREVIOUS NEXT PLAY

Introduction

Start Slow, Track Progress

Allow For Individual Conditions

Medical Status

Adjust Intensity and Rest

Start Sessions Adequately Hydrated

Recognize Signs Early

Recognize More Serious Signs

Have An Emergency Action Plan

Review

Source Exam

Conclusion

#### Higher risk for heat illness:

- High intensity outdoor sports in hot & humid weather

35 high school football players died of exertional heat stroke between 1995 and 2010.



TRANSCRIPT

RESOURCES

Heat illness is the leading cause of preventable death in high school athletics. Students participating in high-intensity outdoor sports during the summer months are at the greatest risk. Football has received the most attention due to the number and severity of heat illnesses. In fact, the National Center for Catastrophic Sports Injury Research reports that 35 high school football players died of heat stroke between 1995 and 2010.

**JUMBO LONG**  
72" X 96"

premium weight **JUMBO LONG**  
**Shower Curtain Liner**

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

## HEAT & HUMIDITY PEN

**HSAA**

## HEAT INDEX TABLE

This Heat Index Chart provides guidelines for assessing the potential severity of heat stress effects. Individual reactions to the heat will vary. Heat stress 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:**

- Across the top of the chart is an temperature in Fahrenheit.
- Down the left side of the chart, the relative humidity is listed.
- 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)											
	70°	75°	80°	85°	90°	95°	100°	105°	110°	115°	120°	
0%	64	69	73	78	83	87	91	95	99	103	107	<b>HEAT INDEX &amp; POSSIBLE RISK</b>
10%	65	70	75	80	85	90	95	100	105	111	118	95-124 degrees: Heat exhaustion, heat cramps & heatstroke are possible with prolonged exposure during strenuous activity. Consider additional fluids and regular rest breaks.
20%	66	72	77	82	87	93	99	105	112	120	130	105-124 degrees: Heat exhaustion, heat cramps & heatstroke are possible with prolonged exposure during strenuous activity. Consider additional fluids and regular rest breaks.
30%	67	73	78	84	90	96	104	113	123	135	149	105-124 degrees: Heat exhaustion, heat cramps & heatstroke are possible with prolonged exposure during strenuous activity. Consider additional fluids and regular rest breaks.
40%	68	74	79	86	93	101	110	120	131	145	159	105-124 degrees: Heat exhaustion, heat cramps & heatstroke are possible with prolonged exposure during strenuous activity. Consider additional fluids and regular rest breaks.
50%	69	75	81	88	96	107	120	135	150			105-124 degrees: Heat exhaustion, heat cramps & heatstroke are possible with prolonged exposure during strenuous activity. Consider additional fluids and regular rest breaks.
60%	70	76	82	90	100	114	132	149				105-124 degrees: Heat exhaustion, heat cramps & heatstroke are possible with prolonged exposure during strenuous activity. Consider additional fluids and regular rest breaks.
70%	71	77	85	93	106	124	144					105-124 degrees: Heat exhaustion, heat cramps & heatstroke are possible with prolonged exposure during strenuous activity. Consider additional fluids and regular rest breaks.
80%	71	78	86	97	118	139						105-124 degrees: Heat exhaustion, heat cramps & heatstroke are possible with prolonged exposure during strenuous activity. Consider additional fluids and regular rest breaks.
90%	71	79	88	102	122							105-124 degrees: Heat exhaustion, heat cramps & heatstroke are possible with prolonged exposure during strenuous activity. Consider additional fluids and regular rest breaks.
100%	72	80	91	108								130 degrees & higher: Sunstroke & heatstroke highly likely. CANCEL PRACTICE FOR THE SAFETY OF ALL PLAYERS.

**DIRECTIONS FOR USING THE MAXIM THERMO-HYGROMETER**

- Use the thermometer by holding the body of the thermometer by the stem.
- Hold the thermometer in a vertical position with the sensor end pointing up and away from your body.
- Wait for the temperature to stabilize. The temperature will be shown on the display.
- Record 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.

<b>1, 2, 3 = WELL HYDRATED</b>	<b>H</b>	1	
Continue drinking enough fluids to keep your urine this color. It's good for your performance & your health.	<b>Y</b>	2	
	<b>D</b>	3	
	<b>R</b>	4	
	<b>A</b>	5	
	<b>T</b>		
	<b>E</b>		
	<b>D</b>		
<b>6, 7, 8 = DEHYDRATED</b>	<b>H</b>		
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.	<b>Y</b>	6	
	<b>D</b>	7	
	<b>R</b>	8	
	<b>A</b>		
	<b>T</b>		
	<b>E</b>		
	<b>D</b>		

Urine color chart used with permission from Publishing in Education, Subcommittee on Learning & Assessment, P.O. Box 2008, Copyright Learning & Assessment, 2008. Published by Human Kinetics, Champaign, IL. www.human-kinetics.com. Copyright International Color Chart and Color Guide by the International Council of Sport Medicine, Victoria, A.C. 2006. 2016. 100% Recycled Paper. 100% Recycled Ink. 100% Recycled Paper. Distributed by the IHSAA HIGH SCHOOL ATHLETIC ASSOCIATION

## MANDATORY CONCUSSION COURSE FOR ALL 7-12 COACHES

**Concussion in Sports**  
Elective Course

Student Coach Parent Administrator Official

**Free!** Completions: 161023 +

ALL 7-12 coaches (paid or volunteer) are required to view the NFHS course, "Concussion in Sports" before the beginning of their respective sport season. Information regarding accessing this course has been sent to your school administrator.

## 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."



## LIGHTNING GUIDELINES

If thunder is heard, or lightning is seen, immediately suspend the contest and instruct everyone to take safe shelter. Once the contest is suspended due to lightning, wait at least 30 minutes after hearing the last thunder before having teams & spectators leave safe shelter and resuming the contest. Complete guidelines regarding lightning safety appear in every NFHS rule book. **Remember, lightning kills, play it safe!**



## LIGHTNING GUIDELINES



## JOINT TRACK AND FIELD ADVISORY COMMITTEE

Terry Coleman (Chair)	Iowa City, City
Tim O'Neill	Assumption
Brian Petersen	Roland-Story
Nate Smith	Ankeny Centennial
Martha Bauder	Central, Elkader
Toby Lorenzen	Central Lyon
Blaire Puls	Hudson
Jon Pedersen	Central Decatur
Ray Wilden(Official)	Clinton



## 2019 ADVISORY COMMITTEE CHANGES

- To add the 800-meter wheelchair
  - Follows 800 sprint medley relay
- To increase the boys shuttle hurdle height from 33-inches to 36-inches (boys shuttle first, followed by girls)
- To set a 1:00 pm deadline on the day of the state qualifying meet as the cutoff for coaches to protest a seed time
- To specifically state only 2<sup>nd</sup> place ties for automatic qualifying places shall be broken
- To require state qualifying hosts to get a backup time for at least first place
- To increase the 15-minute break at the Class 3A and 4A qualifying meets to 20-minutes



## CLASSIFICATIONS

In the sport 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 Friday, March 15, 2019 for track and field.



## SCHOLARSHIP RULE 36.15(2)

- March 11, 2019 – Students are ineligible on this date
- April 10, 2019 – Students become eligible to compete
- If you have an indoor season, student athletes can compete prior to March 11 and then they become ineligible



## MEET LIMITATION

- Twelve (12) Meets
- Does not include Drake Relays, State Qualifying or State Meet
- Indoor meets not counted in meet limitation
  - Once you compete outdoors, all competitions (indoor and outdoor) count towards 12 meets



## INDIVIDUAL DAILY MEET 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.



## STATE QUALIFYING MEET INFORMATION

- State qualifying meets in all classes will be held on Thursday, May 9, 2019
  - Rain date – Friday, May 10, 2019
- All qualifying meet entries will be online
  - Deadline for qualifying meet entries will be 10:00 AM on Wednesday, May 8
  - All scratches or substitutions must be sent by email to the host no later than 10:00 a.m. on the day of the meet
  - No substitutions will be allowed after that time. Scratches after that time will count as an event.
  - Emergency situations will be considered and can only be approved by the IHSAA or IGHSAAU.



## STATE QUALIFYING MEET INFORMATION

- Scratches and substitutions made in events after the 10:00 am deadline on Thursday, May 9 will require meet managers to reseed the event.
- All substitutes will receive a “No Time” seed time and will be seeded last in the event
- Deadline to challenge a seed time is 1:00 pm on Thursday, May 9
  - Meet managers expected to get heat and lane assignments to each school electronically by 10:30 am



## STATE QUALIFYING MEET INFORMATION

- All state qualifying meet entries must be verified on QuikStats
- Boys check dates will be:
  - Tuesday, April 9
  - Tuesday, April 23
  - Tuesday, May 7
- Girls check dates will be each Tuesday of the season starting April 9
- Any time discrepancies (faster or slower than what is posted on QuikStats) will result in “No Time” seed time. No split times are allowed for individual event seed times




## STATE MEET QUALIFYING

- All state qualifying will be based on meet place and state qualifying meet performances
- Class 4A – Top two finishers plus next best twelve (12) performances
- Class 2A and 3A – Top two finishers plus next best eight (8) performances
- Class 1A– Top finisher plus next fourteen (14) performances
- No more than 24 qualifiers in any event
  - State qualifying meet place
  - First alphabetical, as the school name appears in the IHSAA directory
- All races will run to the common finish line




## STATE MEET INFORMATION

- Class 2A and 3A will compete in the morning sessions
- Class 1A and 4A will compete in the afternoon sessions
- Complete state meet schedule can be found online

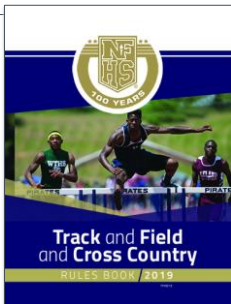



## OFFICIALS' INFORMATION



- Registered with both organizations if working meets that involve both boys and girls
  - Pay the appropriate registration fee
  - View the online rules meeting
  - Pass the online open book examination



## NFHS RULES BOOK

## IATO RECOMMENDED PROCEDURES MANUAL




Rules Changes

## NFHS TRACK & FIELD AND CROSS COUNTRY




### Rule Change

## 4-3-1 COMPETITOR'S UNIFORM IN TRACK AND FIELD AND CROSS COUNTRY

- The NFHS Track and Field Rules Committee reorganized Rule 4-3:
  - The uniform top and bottom were combined into 4-3-1b to help reduce redundant language within the book.
- Iowa Adaptation still in place - Anything worn under the uniform needs to be a single, solid color
- All uniform rules (track and field and cross country) now fall in rule 4-3.



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Rule Change


### 4-3-2 COMPETITOR'S UNIFORM IN TRACK AND FIELD AND CROSS COUNTRY

- "All relay and cross country team members must wear uniforms clearly indicating, through predominant color, school logo and color combination of all outer garments worn as a uniform, that members are from the same team."
- The uniforms do not need to be identical but they do need to have the same predominant color, school logo and color combination




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Rule Change




Illegal Relay Uniform Combination – Not Same School Logo




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Rule Change




Legal Relay Uniform Combination




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Rule Change




Legal Relay Uniform Combination




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Rule Change




Legal Relay Uniform Combination




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Rule Change




Illegal Relay Uniform Combination – Color Combination of Bottom




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Rule Change




Illegal Relay Uniform Combination – Not Same School Logo




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Rule Change



Legal Relay Uniform Combination




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Rule Change

**6-2-20  
GENERAL RULES FOR FIELD EVENTS**

“-“ pass; “O” cleared; “X” failed

- This is the correct way to list attempts.




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Rule Change

**6-9-4  
LONG JUMP**

- The landing pit shall be filled with sand or other soft material to a depth at least 12 inches (30 centimeters) deep.
- The landing pit shall have a minimum width of 9 feet (2.75 meters).
  - In the Long Jump, the distance between the takeoff board and the nearer edge of the landing area shall be at least 3 feet (1 meter) and not more than 10 feet (3 meters). The distance between the foul line and the farther edge of the landing area shall be at least 32 feet (10 meters).
- NOTE:** Distance from the foul line or takeoff board may be adjusted to accommodate different levels of competition. Competitors may change which foul line or takeoff board they are using during competition, but only with the prior notification and confirmation of the event judge.



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Editorial Changes

**NFHS TRACK & FIELD AND CROSS COUNTRY**




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Editorial Change

**4-3-1  
COMPETITOR'S UNIFORM IN TRACK AND FIELD AND CROSS COUNTRY**

- The top or one-piece uniform may have school name, school logo, school nickname and/or competitor's name.



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Editorial Change

## 4-6-5 DISQUALIFICATION AND CONDUCT

Art. 5 . . .

NOTES:

1. The use of an inhaler during competition containing a prescription drug designed to alleviate the asthmatic condition is not considered to be an illegal aid as long as a physician's statement documenting the need of the athlete to use the prescription is presented to the meet director/referee prior to the beginning of the meet.



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Editorial Change

## 5-1-3 TRACK CONSTRUCTION

- If cones are used with the absence of a curb, the cones should be placed on the line, up to the edge of lane one.
- Cones should be spaced about 1.5 meters or 5 feet apart



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Editorial Change

## 5-2-3 COURSE MEASUREMENTS

Art. 3 ...A lane is the course which is marked on the track and for a race or that part of a race during which the runner must stay in a prescribed path. Lanes vary in width depending upon the size of the track and the number desired or a given event. Standard Lane width is 42 inches (1.07 meters). Lanes on a facility shall have equal width.



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Editorial Change

## 6-9-1 LONG JUMP

- To calculate the slope – compare the elevation at the start of the runway to the elevation at the zero line or take-off board.
  - Intermediate measurements are not considered.
  - Elevation and Planarity Tolerances still must be met.



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Points of Emphasis

## POINTS OF EMPHASIS

- Uniforms
- Wearable Technologies
- Officials Safety and Recommendations in vertical and horizontal jumps



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## Points of Emphasis

## POINTS OF EMPHASIS UNIFORMS

- Increasing difficulty to officiate uniform rule.
  - Individuals purchasing all or part of the uniform.
  - Slight variations in uniform design from year to year.
- Slight differences in design do not negatively impact the identification of a relay or cross country team by an official.
- Expectation is that teams can still be clearly identified as representing the same school through predominant color, school logo, and color combinations of all outer garments.



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## Points of Emphasis

## POINTS OF EMPHASIS WEARABLE TECHNOLOGIES

- Policing wearable technology has become difficult to officiate.
- Technology can be found in watches, sports bras, shoes, jewelry, etc. and it is nearly impossible to distinguish from the same item type that does not include the technology.
- The market is forecasted to sell almost 500 million wearables by 2021.



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## Points of Emphasis

## POINTS OF EMPHASIS WEARABLE TECHNOLOGIES

- Electronic devices are still not permitted to transmit information to the competitor during a race or trial.
  - If such communication is observed by an official, the competitor should be disqualified.
- Discussion about compliance with Federal and State Policies should be addressed by schools concerning the Privacy and legal issues surrounding personal biometric information.



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## Points of Emphasis

## POINTS OF EMPHASIS OFFICIALS SAFETY AND RECOMMENDATIONS IN VERTICAL AND HORIZONTAL JUMPS

- The safety of the athletes and officials is most important before, during and after the competition.
- Eliminating hazardous conditions from the venue
  - Foreign debris in the landing area,
  - Inspection of the runway for tripping hazards
  - Removing equipment out of harm's way.
  - Always be prepared for the unexpected even though the event seems to be progressing as planned.



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## Points of Emphasis

## SAFETY AND RECOMMENDATIONS IN VERTICAL AND HORIZONTAL JUMPS

- Long Jump
  - Make sure pits are full of sand and turned,
  - Shovels and rakes are placed tines down after use to avoid accidental injuries.
  - Inspect each takeoff board and pit edges. Also instruct those raking the pit to keep the sand off the track as much as possible.
- High Jump
  - Make sure the pits meet the rule standard,
  - Pits are correct size and properly padded,
  - Check that each crossbar meets standards and is clearly marked.



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## Points of Emphasis

## SAFETY AND RECOMMENDATIONS IN VERTICAL AND HORIZONTAL JUMPS

- Do not allow multiple jumpers on the runway at the same time during competition.
- During warm-ups, pay special attention when athletes are trying to set their marks and other competitors are on the runway or apron.
  - Athletes running away from the pit or mat to set their marks with or without implements can be hazardous to other competitors and officials in the area if no one is paying attention.
- Remember to control the runway during practice and during the competition. If another event (i.e., throwing) is in progress near your venue, warn the athletes to pay attention when participating and leaving the event.
- Be attentive when you are at the venue particularly when track events are in progress.
- Instruct the athletes as to which direction to exit the pit or mat so as not to interfere with oncoming runners or adjacent events.




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Points of Emphasis

## SHUTTLE HURDLE EXCHANGE

- Long discussion with IATC and Advisory
- Umpire numbers for regular season compared to postseason
- Encourage local meets to find additional umpires for all relays, not just SHR
- Need violations to be called throughout the year to help teach our athletes rather than just at state meet
- Cones at break line for state meet




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Points of Emphasis

## RELAY EXCHANGES NOT IN LANES

- “After passing the baton, the relieved competitor should stand still or jog straight ahead and step off the track when clear.”
  - Not responsible for interference if stands still or jogs straight ahead in lane (can follow curve)
  - Responsible for interference if makes contact with an opposing runner with or in process of receiving baton
  - Interference may lead to rerun if determined by meet referee
  - Goal of finding/creating video to help aid athletes, coaches and officials on topic



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Points of Emphasis

## SPIKE LENGTH AT DRAKE STADIUM



Pyramid Spikes  
LEGAL



Compression (Christmas Tree) Spikes  
NOT LEGAL



Needle Spikes  
NOT LEGAL



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## IHSAA/IGHSAA CONTACT INFORMATION

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## YOU'RE ALMOST FINISHED

At the conclusion of the verification page, you will be provided with a certificate of completion.

Coaches – please print three (3) copies of the verification certificate  
 One for your records  
 One for your administrator  
 One for your coaching authorization renewal

Officials – please print one copy of the verification certificate for your files

You may now click on the button to the right of your screen that says:  
 I'm FINISHED Watching the Rules Meeting Video  
 You will be directed to the verification screen followed by the verification certificate

