

# 2014 Track & Field Rules Meetings

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# STUDENT SAFETY CONCERNS

## CONCUSSIONS



## HEAT AND HYDRATION



# MANDATORY CONCUSSION COURSE FOR HEAD VARSITY COACHES

Beginning with the 2013-2014 school year, all head varsity coaches are required to view the NFHS course:

**“Concussion in Sports- What You Need to Know”**

before the beginning of their respective sport season. Information regarding accessing this course has been sent to your school administrator.



**BEGINNING IN 2014-15 ALL COACHES, AT ALL  
LEVELS WILL HAVE TO MEET THIS REQUIREMENT**

# 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](http://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

- ✦ 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.

# 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**

**-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 & 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."



ATHLETIC ASSOCIATION												
AIR TEMPERATURE (In degrees Fahrenheit)												
	70°	75°	80°	85°	90°	95°	100°	105°	110°	115°	120°	
RELATIVE HUMIDITY	HEAT INDEX or ("What the temperature & humidity feel like to the body.")											
0%	64	69	73	78	83	87	91	95	99	103	107	<b>HEAT INDEX &amp; POSSIBLE RISK</b>  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.  <b>130 degrees &amp; higher: Sunstroke &amp; heatstroke highly likely. CANCEL PRACTICE FOR THE SAFETY OF ALL PLAYERS</b>
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.

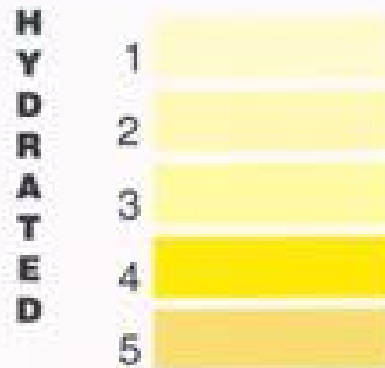
# IHSAA URINE COLOR CHART

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

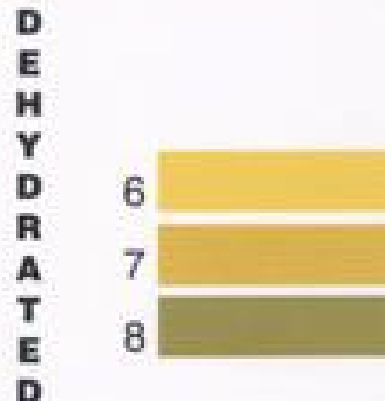
Continue drinking enough fluids to keep your urine this color. It's good for your performance & your health.

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: *Performing in Extreme Environments* by Lawrence E. Armstrong, Ph.D., 2000. Copyright Lawrence E. Armstrong, 2000. Published by Human Kinetics, Champaign, IL <[www.humankinetics.com](http://www.humankinetics.com). Scientific validation for this color chart may be found in *The International Journal of Sport Nutrition*, Volume 4, 1994, pp. 295-279 & volume 8, 1998, pp. 345-350.

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

# **ADMINISTRATIVE INFORMATION**

STARTING DATES FOR PRACTICE SAME  
FOR BOYS AND GIRLS

**FEBRUARY 17, 2014**

COMPETITION FOR BOTH  
ORGANIZATIONS CAN BEGIN ON  
MONDAY, FEBRUARY 17, 2014

**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 21, 2014 for track and field.**



# **ADMINISTRATIVE INFORMATION**

## **SCHOLARSHIP RULE 36.15(2)**

**FIRST COMPETITION DATE IS  
MARCH 17, 2014 . STUDENTS ARE INELIGIBLE  
ON THIS DATE**

**STUDENTS WILL BE ELIGIBLE TO COMPETE  
ON  
APRIL 16, 2014**

**IF YOU HAVE AN INDOOR SEASON, STUDENT  
ATHLETES CAN COMPETE BEFORE MARCH  
17th AND THEN THEY 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 15, 2014

RAINDATE . FRIDAY, MAY 16, 2014

ALL QUALIFYING MEET ENTRIES WILL  
BE ONLINE

DEADLINE FOR QUALIFYING MEET  
ENTRIES WILL BE 10:00 AM, ON  
WEDNESDAY, MAY 14

# **ADMINISTRATIVE INFORMATION**

## **STATE QUALIFYING MEETS SUBSTITUTIONS AND SCRATCHES**

The deadline for Qualifying Meet entries and declarations will be 10:00 a.m. Wednesday, May 14, 2014. All scratches or substitutions must be sent by email to the Qualifying Meet host no later than 10:00 a.m. on the day of the meet, Thursday, May 15, 2014. 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 IGHS AU.

# **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 14                      Monday, April 28
  - “                      Monday, May 12

“

# **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, LAST 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 NOT CHANGE FOR 2014 . 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 GIRLSqUNION AND BOYSqASSOCIATION WEBSITES.**

# **ADMINISTRATIVE INFORMATION**

## **STATE MEET INFORMATION**

**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 REQUIREMENTS**

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



**IOWA ASSOCIATION of TRACK OFFICIALS**

**2014**

**RECOMMENDED**  
**PROCEDURES**  
**MANUAL**

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

**Cornie Wassink, Editor**  
**Alton, Iowa**

National Federation of State  
High School Associations



# **Rules Changes**

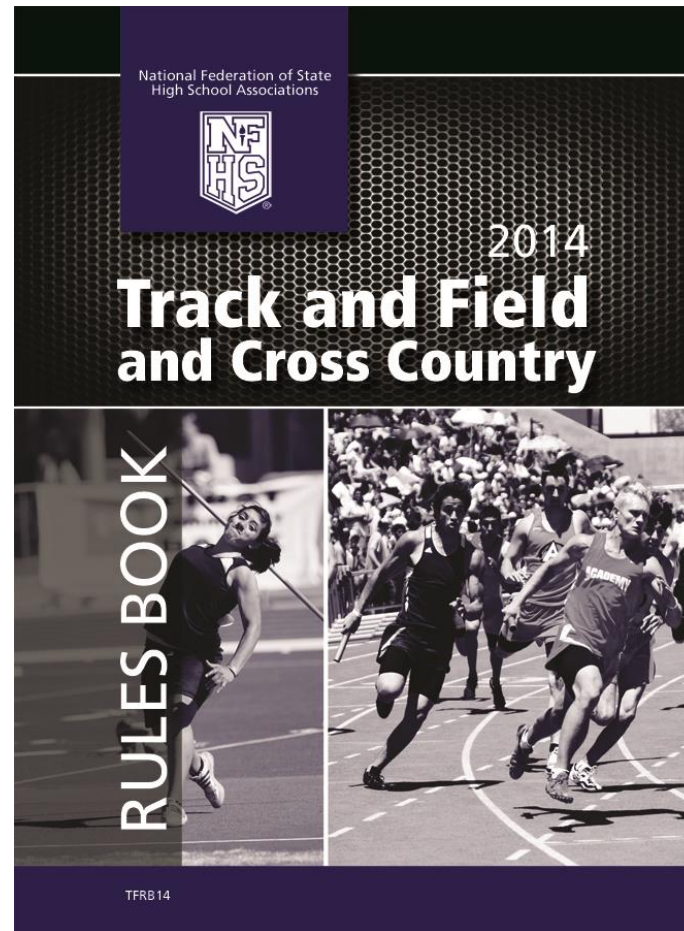
## **Major Editorial Changes**

### **Points of Emphasis**



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Get Set For Life.ii

# **Authority of Meet Officials and Games Committee Rule 3-1-2**

- The meet referee, other meet officials or the jury of appeals shall not set aside any rule.



# Use of Electronic Devices

## Rule 3-2-7

- Officials may use electronic/wireless communication devices for administrative purposes during the competition only as set forth prior to the start of the meet



# Use of Electronic Devices

## Rule 3-2-8

- Electronic devices may be used in unrestricted areas providing the location does not interfere with progress of the meet as determined by the meet referee
  - “ Electronic devices shall not be used to transmit information to the competitor during the race or trial
  - “ Electronic devices shall not be used for any review of an official's decision
  - “ State associations may also have policies in place to further address the use of electronic devices
- Penalties:
  - “ A competitor shall be disqualified from the event
  - “ Team personnel (e.g. coach, manager, etc.) shall be disqualified from further participation in the meet for unsporting conduct



# Use of Electronic Devices

## Rule 3-2-8





# **Uniform**

## **Rules 4-3-1c(7), 4-3-1c(7) NOTE, 9-6-1c(7) NOTE 2**

- Any visible garment(s) worn underneath the uniform bottom shall be unadorned and of a single, solid color



## Iowa Adaptation to NFHS Rules 4,3,1c.7; 4,3,1c7 Notes; 4,3,2b

- Rule 4, Section 3, Article 1, b, 8. Unchanged
- Rule 4, Section 3, Article 1, c, 7. The rule is revised to read: ~~%Any~~ Any visible garment(s) worn underneath the uniform bottom shall be unadorned and of a single, solid color, but not necessarily the same length. As per NFHS rules, a single, visible manufacturer's logo and/or single school name or insignia no more than 2 1/4 inches are permitted on the undergarment. Visible items worn under both the top and the bottom do not have to be the same color.+ **Reference to extending below the knees** is deleted.
- Rule 4, Section 3, Article 1, c, 7 Notes 1. ~~%If~~ more than one visible garment is worn under the uniform bottom, all must be the same color. **Reference to which extends below the knees is deleted.**
- Rule 4, Section 3, Article 2, b. Additional restrictions for relay races. ~~%Any~~ Any visible garment(s) worn by two or more relay team members underneath the uniform top and/or underneath the uniform bottom shall be unadorned and a single solid color, but not necessarily the same length. Reference to **extending below the knee** is deleted. Reference to **same** color is deleted.

# Uniform

## Rules 4-3-1c(7), 4-3-1c(7) NOTE, 9-6-1c(7) NOTE 2



Visible  
undergarment  
**LEGAL**



Visible  
undergarments  
Both must be  
same color  
**ILLEGAL –two  
colors on the  
bottom**



Visible  
undergarment  
**LEGAL – top and  
bottom not  
required to be  
the same color**



Visible  
undergarments  
**ILLEGAL –  
two colors on  
the bottom**



# Uniform

## Rules 4-3-1c(7), 4-3-1c(7) NOTE, 9-6-1c(7) NOTE 2



*Visible Undergarment*



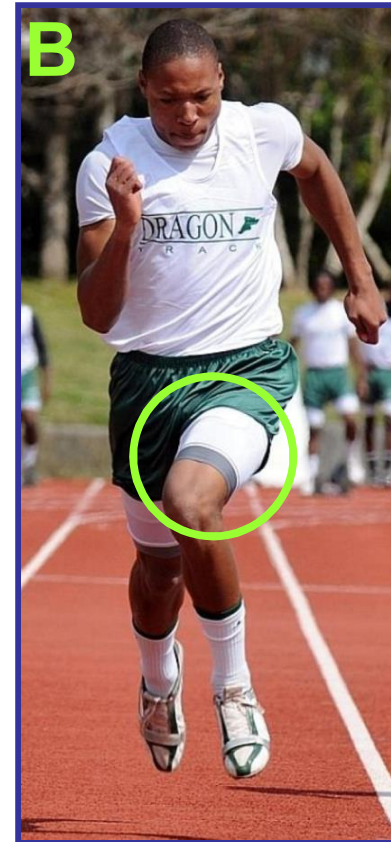
*Visible Undergarment*

*Visible Undergarment*



# Uniform

## Rules 4-3-1c(7), 4-3-1c(7) NOTE, 9-6-1c(7) NOTE 2



A	LEGAL
B, C	ILLEGAL



- All garments are subject to single, solid color requirement



# Uniform

## Rules 4-3-1c(7), 4-3-1c(7) NOTE, 9-6-1c(7) NOTE 2



- **SITUATION:** Following the clerk of the course providing instructions regarding the race to the field of competitors in the 400-meter dash, he/she observes a competitor a) with his boxer shorts exposed under the uniform shorts; b) with a large manufacturer's logo on a garment under the uniform shorts; and c) with the school mascot on a garment under the uniform shorts. The clerk allows the school mascot and the manufacturer's logo. The multi colored boxers are not allowed **RULING:** Correct procedure.



# Uniform – Foundation Garment

## Rules 4-3-1c(7), 4-3-1c(7) NOTE, 9-6-1c(7) NOTE 2



### RELAY UNIFORMS

- Relay team members wearing undergarments are **not** required to wear the same color undergarment
- The undergarment does have to be a single, solid color



# General Rules for Throwing Events

## Rule 6-2-9

- A pass shall be communicated to the event judge before the start of the trial clock





# Prescribed Time Limit for High Jump

## Rule 7-2-11

- A competitor shall initiate a trial that is carried to completion within the prescribed time limits, one minute after being called for a trial
  - ” When three or fewer remain in the high jump at the beginning of a bar height, the above time shall be increased to three minutes
  - ” When a single competitor, who has won the competition, remains in the high he allowed time shall be five minutes



# Prescribed Time Limit for Consecutive Trials in Throwing Events

## Rule 6-2-9

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	1	1	1	1
2 or 3 remaining	3	3	1	3	3	1
1 remaining	5	5	1	5	5	1
Consecutive Trials	2	3	2	2	3	2

- By way of the chart, the time limits for consecutive trials in throwing events are now clarified



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## Major Editorial Changes



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# Major Editorial Changes

## Rules 4-6-3,4 and 5-9

- Articles 4-6-3 and 4, addressing how to order reruns after an act of interference, have been moved to Rule 5-9-2 and 3
  - “ **ART. 2...**If interference occurs in a preliminary heat, the referee may allow the offended competitor or relay team to start in a subsequent heat in the same round of heats if a lane is available, or in the next round of heats, the same as if the offended competitor or relay team had won a place
  - “ **ART. 3...**If interference occurs in the final heat or section, the referee may order a new race between all those in the finals, or between those who, in the referee's opinion, are entitled to the privilege



# Major Editorial Changes

## Rules 5-1-3, 5-2-2

- All-weather track surfaces utilizing a painted line to mark the inner edge of the track are now the more commonly-used surface
- The order of listing a painted line, followed by a raised curb to designate the inside edge of the track is more appropriate for the construction and design of today's tracks
  - ” On all-weather tracks, a painted line 2 inches (5 centimeters) or more in width may be used to mark the inner edge of the track. A solid curb



# Major Editorial Changes

## Rules 6-3-1,2 and 7-3-1,2

- 6-3-1      ò with the same **best** height or distance
- 6-3-2      When there is a tie at any distance of a throwing event, places and points scored ò
- 7-3-1      ò competitors finish with the same **best** distance or height
- 7-3-2      When there is a tie at any height or distance of a jumping event, places and points scored ò



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## Points of Emphasis



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## **Throwing implements returned to competitors by officials**

- Coaches and officials, including all those who may volunteer to assist with administration of the throwing events, must always work together to minimize the risk of injury due to improper return of throwing implements, lack of throwing sectors being cordoned off and/or lack of adequate training for those individuals working the event
- A throwing implement should never be thrown or tossed back to the competitor once the trial is completed
- There should be a predetermined process and individuals designated to have the responsibility to walk the implements back





## **Throwing implements returned to competitors by officials**

- This process should also include the path to follow when walking back to avoid walking through the throwing sector
- This process should be carefully reviewed with all those working the event prior to any warm-ups commencing as well as at the coaches meeting and with the athletes as they report to the event for warm-ups and competition
- Everyone involved should always be alert, as the unexpected can always happen
- Equally important is the coach following similar procedures with his/her athletes during practice



# Proper coaching requires staying up-to-date on rules and techniques

- The sport of track and field, like other sports, continues to have advancements made in equipment, uniforms, techniques and training
- Such advancements may be related to improved performance, better and more efficient training and many times, changes which reduce the risk of injury



# Proper coaching requires staying up-to-date on rules and techniques

- Coaches have the responsibility to study the rules, attend in-person and online clinics, read current sport literature on training and new equipment and learn from others to stay current with the advancement and opportunities in the sport
- Just as it is a goal for our athletes to continue to get better, much of that advancement is contingent upon the coach staying up-to-date on rules, techniques and risk minimization in the sport



# **Accommodating a Competitor with a Disability**

## **Rule 4-4 NOTE**

**Request of Accommodation by  
School**



**State Association Review**



**Approval from State  
Association**



**Competition with Approval of  
Accommodation**



# NFHS Track and Field Pre-Meet Notes

## *NFHS Track and Field Pre-Meet Notes*

will be available online at

<http://www.nfhs.org/track.aspx>

and

<https://www.usatf.org/groups/officials/newsletters/>

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



# Coach/Athlete Education

## Fundamentals of Coaching Track and Field

1,924 delivered  
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Fundamentals of Coaching Track And Field

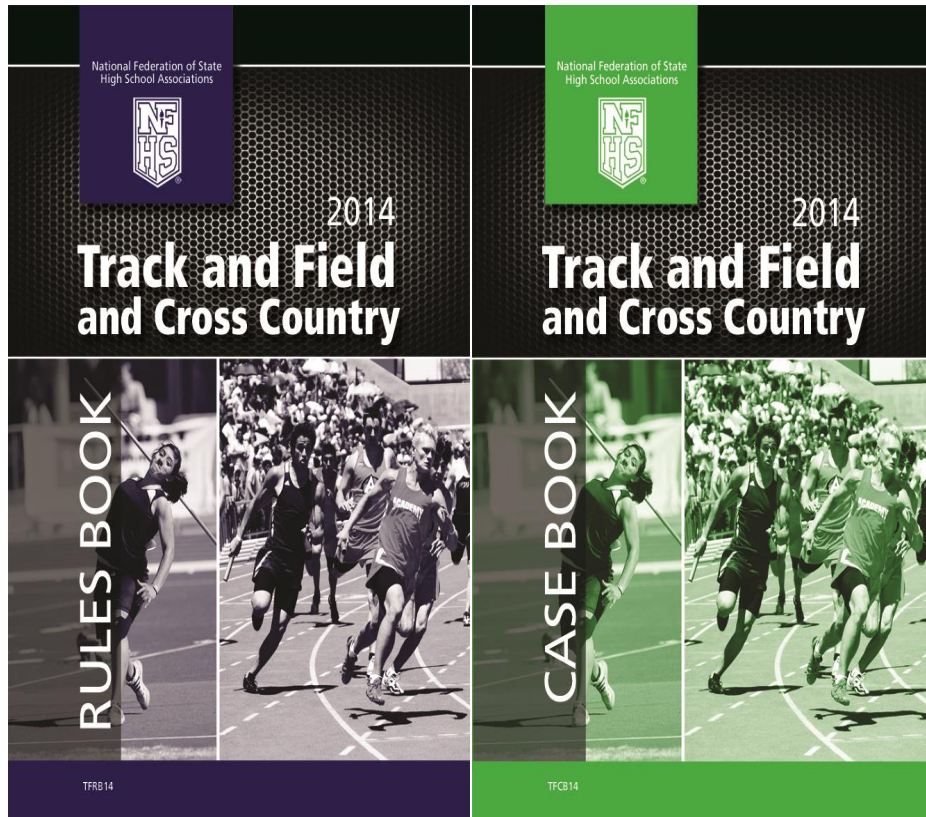


[www.nfhslearn.com](http://www.nfhslearn.com)





# NFHS Track and Field and Cross Country Publications



National Federation of State  
High School Associations  
  
2013 and 2014  
**TRACK AND FIELD  
AND CROSS COUNTRY**  
OFFICIALS MANUAL



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

“ Online at  
[www.nfhs.com](http://www.nfhs.com)

“ By calling  
1.800.776.3462



You can also contact Laura at the IHSAA Office (515-432-2011) [officials@iahsaa.org](mailto:officials@iahsaa.org) if interested in purchasing books.

National Federation of State  
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# ATTENDANCE VERIFICATION

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