



***Iowa Girls High School Athletic Union***  
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***Iowa High School Athletic Association***  
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April 15, 2016

To say the weather has not cooperated with the first few weeks of the outdoor season might be an understatement. For the meets that have been held, all parties (student-athletes, coaches, officials, meet managers, meet volunteers) should be commended for braving the wind and cold the last few weeks. Hopefully the cold and wind will exit sooner rather than later, so everyone has an enjoyable experience the last half of the season. For the most part, both offices have had a quiet spring, but we have had a few items we would like to bring to everyone's attention as move closer to the Drake Relays and state qualifying meets.

**JEWELRY** – Starting with the 2015 track and field season, the rule prohibiting jewelry was eliminated. However, we have had more questions this spring in regards to what is considered jewelry than in years past. The term “jewelry” goes beyond earrings, necklaces and metal bracelets. Rubber bracelets, usually for some sort of awareness, are legal. Braided yarn bracelets are legal. Plastic beads worn in the hair are legal. Coaches always reserve the right to have a more restrictive policy than what is published in the NFHS rule book and may prohibit the wearing of jewelry.

**UNIFORMS** – Talking to a number of officials, we continue to have an issue with uniforms having too many logos on them. The rule regarding manufacturer's logos on the uniform has not changed. A single manufacturer's logo/trademark/reference, no more than 2 ¼ square inches with no dimension more than 2 ¼ inches is permitted on the uniform top and bottom. The logo is measured when the uniform is off the competitor's body. You are allowed one logo on both the top and bottom. If your school's uniform is a one-piece speed suit, only one logo may be on the uniform. As in past years, the largest problem we are having this season when it comes to manufacturer's logos is on the waistband of track bottoms. **The waistband is considered part of the uniform bottom.** Uniforms that have several Under Armour logos going around the entire waistband are illegal. The same thing goes for those who say NIKE NIKE NIKE NIKE NIKE around the waistband. Be aware that when a uniform violation is observed and noted by a meet official, the competitor shall make the uniform legal before becoming eligible for further competition. The meet official shall issue a warning to the competitor that a subsequent violation shall result in a disqualification from the event.

**UNDERGARMENTS** – As stated in the spring sports manual, Iowa has adopted its own adaption in regards to visible items worn underneath the uniform top and bottom. The adaptation requires the undergarments to be unadorned and of a single solid color. The visible undergarment under the running top does not have to be the same color of the visible undergarment worn under the running bottom. Relay members do not need to have matching undergarments. Coaches, we know a number of students purchase their own tights to wear under their running bottom when it's cool; however, it is your responsibility as the head coach to have students in a legal uniform during competition. Multi-colored or camouflage compression shorts/tights are not legal if worn under the running bottom. Again, it is best to address this issue now than after a situation arises at the state qualifying or state meets.

**WRIST SUPPORTS FOR THROWS** – The NFHS Track and Field rules prohibit the wearing of any braces or taping of the hand and/or fingers of the throwing hand. The athlete may use taping on the wrist but such taping may not extend to the hand. A brace of any type may not be worn on the wrist. With that being said, we received an inquiry regarding the legality of cloth wraps similar to the picture below. After consulting with the NFHS national rules interpreter, since these wraps are within the spirit of the rule in regards to giving support to the wrist, these wraps are legal given one exception. The loop dangling from the wrap in the photo cannot be connected to the hand or any fingers in anyway. The loop can hang from the wrap during the trial, but again, cannot be connected to any part of the hand or fingers.



**QUIKSTATS** – The first QuikStats check date was Tuesday, April 12. Again, with the uncooperative weather, we know many meets were either postponed or canceled, which in some cases, has caused some schools not to have a competition prior to the cutoff date of Saturday, April 9. Coaches, we ask that if meets were postponed or canceled to update your schedule on your team's QuikStats page. Also a reminder that the next check date is Tuesday, April 26. Just a reminder that all state qualifying meet seed times need to be verified through QuikStats. Any seed time discrepancies, faster or slower than what is posted on QuikStats, will result in a "No Time" seed time. No split times are allowed for individual event seed times.

**STATE QUALIFYING MEETS & STATE MEET** – The State Qualifying Meets will be held on Thursday, May 12, 2016. The State Qualifying Meet assignments are posted on our web sites. Entry information for the state qualifying meets will be mailed from the IHSAA office on Monday, April 25. The State Meet will be held Thursday-Saturday, May 19-21, 2016. Remember, the State Meet schedule does not change this year. Class 2A and Class 3A will compete in the morning and Class 1A and Class 4A will compete in the afternoon.

There will be more information provided to you as the season progresses. Coaches and officials please do not hesitate to contact us if you have questions or concerns.

Sincerely,

A handwritten signature in black ink, appearing to read "John Overton".

John Overton  
Assistant Director

A handwritten signature in black ink, appearing to read "Jared Chizek".

Jared Chizek  
Assistant Director