



**Iowa Girls High School Athletic Union**  
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**Iowa High School Athletic Association**  
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It's hard to believe the Drake Relays are behind us and conference and state qualifying meets are upon us. We hope the winter weather is behind us and like Drake we have 70 degrees and sunshine everyday through the state meet. As we head into the postseason, we want to share some of the issues we have learned about through conversations with coaches, officials and administrators.

**Discus** – We continue to have issues with meet officials recording incorrect discus results. The discus is measured to the nearest lesser inch. Partial inch increments are not allowed in the discus. A toss of 132-4.5 is supposed to be 132-4. Please work with all parties to get this corrected as we work towards the state qualifying meet. Any discus performance from the qualifying meet with a ½ or ¼ inch increment will be rounded down to a legal measurement.

**Compression Sleeves** – We are all well aware that some athletes wear arm, calf and knee sleeves when they are not injured. As a reminder, a doctor's note is not required for an athlete to wear these sleeves. Any sleeve worn during competition must be unadorned and a single solid color, similar to that of an undergarment.

**Relay Markers** – We have received many calls from state qualifying meet hosts and coaches regarding the information put out in the rules meeting regarding relay markers for the state qualifying and state meet. We are standing by our position of no tennis balls. However, we are willing to work with other soft, flat markers other than a strip of tape. Below are examples we will allow to be used for relays. One is a rubber strip and the others are a homemade strip made of multiple pieces of athletic tape. Both are heavy enough not to blow away and sturdy enough to stay on the track if it's wet.



**Being Excused to Compete in Another Event** –As we head towards the state qualifying meet, we want everyone to be on the same page regarding an athlete competing in a field event needing to be excused to run an event on the track. The rule book does allow an athlete to be excused to compete in another event; that does not mean warm-up or cool-down from the running event. Time limits for competitors excused to compete in another event shall be determined by the games committee. Due to the various locations of field event venues across the state, those time limits will vary from site to site. In regards to the state qualifying meet, the meet manager will determine a reasonable time limit. Why is setting the time limit important? A competitor will not be called for a trial during that time, and in the high jump, the event judge will not pass a competitor or raise the crossbar to the succeeding height until the time limit expires. Just a reminder, that in the throws and long jump, the head event judge may change the order of

competition in the preliminary or final rounds to accommodate an athlete competing in another event. Successive trials are also an option to consider for those athletes. If a competitor has to be excused during the final round of competition, the competitor with the best mark in the preliminaries has earned the right to make the last attempt of the competition and may choose to wait until after any excused competitors have taken all their trials.

### **NFHS Guidelines for Competitors Being Excused to Compete in Another Event**

- 1) The competitor must receive permission from the head event judge
- 2) The head event judge must record the time excused
- 3) The head event judge may allow the competitor to take a trial/attempt out of turn before being excused
- 4) The head event judge may use some judgement in extending the time excused under special circumstances, i.e. competing in 3200 meter run
- 5) In the high jump, if the competitor has failed to return in the allotted time and all other remaining competitors have passed, failed or cleared the existing height, the crossbar will be raised to the next height and the judge will automatically pass the excused competitor to the new height
- 6) Coaches must take into account the limited time allowed to compete in another event when determining the events any individual competitor enters
- 7) When an unusual circumstance, injury, reruns, etc., occurs that will prolong the absence of the excused participant, it shall be the competitor's responsibility to communicate this to the head event judge

**Wrist Support 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.



**Referee Authority** – We do not use a jury of appeals for either the state qualifying or state meets. With that being said, the meet referee has the sole authority for ruling on infractions, except for false starts. The referee cannot delegate the decision making process to the games committee or another official, but he/she can seek the advice of the head umpire or head field judge before making a ruling. Coaches may appeal to protest and appeal specific situations to the referee, including a misapplication of the rules within 30 minutes after the announcement of event results. Coaches cannot protest a judgement decision. The referee's decision is final.

**Junior High Order of Events** – We continue to get calls and emails about the junior high order of events. The junior high order of events did not change for the 2018 season. Please share this information with your junior high coaches and athletic directors.

**State Qualifying Meet Entry Deadline** – The IHSAA mailed each school their login credentials for the state qualifying meet last Wednesday. Entries for the meet close at 10:00 AM, Wednesday, May 9. Coaches should have their entries finalized no later than 9:00 AM. On average, the staffs of both the IHSAA and IGHSAA make over 50 phone calls on the day the entries close to member schools as their coaches have not declared their entries in a timely manner. Do not jeopardize the participation of your students by not meeting this deadline.

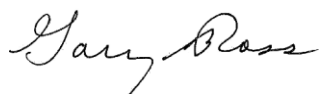
**State Qualifying Meet Manual** – The State Qualifying Meet Manual will be posted on both web sites later this week. This manual provides information you will need to know about the State Qualifying Meet. Please note that field events begin at 4:00 with Boys Long Jump and Discus and Girls High Jump and Shot Put.

**State Meet Qualifiers** – After we received the scored HyTek files from each of our sites, we will begin the process of determining state meet qualifiers. As soon as we have a qualifying list, we will post a list of qualifiers on the appropriate web site. Do not expect to see a final list of qualifiers until early Friday afternoon. As stated in the State Qualifying Meet Manual, please review your qualifying meet results Thursday before leaving your meet site. If a performance was entered incorrectly into the HyTek software, it is easier to fix it Thursday night before qualifiers are posted Friday. From our standpoint, it is not a lot of fun notifying a school that a particular event has not qualified after a list of qualifiers has been posted as a result of our organizations receiving incorrect results from the night before. There will be no more than 24 qualifiers in any event. If the tie still remains, the school name, as printed in the IHSAA Directory, will be used as the tie breaker. The last school name alphabetically will become the qualifier. Heat and lane assignments will be posted as soon as they are available. Schools with state meet qualifiers will be sent state meet information by UPS on Monday, May 14. They will include printed state meet information and your wrist bands for entry into Drake Stadium. Please read the information and follow any instructions you receive. All of the printed materials in those packets will also appear on the web sites. We have had this question asked in the past, so we will share this again with all of you. Drake Stadium is closed on Wednesday, May 16. No team or individual students should come to the stadium expecting to practice or just to walk around and view the stadium.


**Online Ticketing Option** – An online ticketing option will be available for the state meet through GoFan. This option will allow fans to purchase tickets prior to the state meet and to use a credit/debit card. More information will be provided as we get closer to the meet.

Have a great end to your regular season. Don't hesitate to give either office a call if you have a question over the next few weeks.

Sincerely,



Gary Ross



Jared Chizek