



IOWA HIGH SCHOOL ATHLETIC ASSOCIATION
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IOWA GIRLS' HIGH SCHOOL ATHLETIC UNION
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March 25, 2010

Dear Track & Field Administrators, Coaches and Officials:

We hope the warmer and drier conditions will continue. Track and field got off to a slow start but things are improving. We want to cover a few items for the upcoming season.

Rule Changes - There were very few significant rule changes this year. One change deals with a clarification on the identification of coaches boxes. We will not have coaches boxes at either the district/regional meets or the state meet. Another change in rule 4-5-8e broadens the description of restricted communication devices to keep pace with the evolving technology. A change to 5-13-2b eliminates the need for the official to determine if a competitor is deliberately knocking down the hurdle by his/her foot and specifies a foul if knocking down the hurdle by hand. This does not mean a hurdler not attempting to clear each hurdle will not be disqualified. Runners "running through" the hurdles face disqualification. Rule 6-5-5 now clearly states that the inside edge of the sector lines in the throws mark the sector. Throws touching the sectors lines will be fouls. Rule 7-2-11 and 7-5-4 now allows for a bungee cord to be used during the warm-ups for the high jump. The bungee cord must be manufactured specifically for use in track and field and for this purpose.

IHSAA and IGHSAU Changes - We have had some policy changes that need to be noted by administrators, coaches and officials.

1.) **District meets** for all classes will be held on Friday this year with the rain date being Saturday. The date for the district meets is May 14, 2010. Districts will begin at 4:00 pm. District sites and assignments will be posted on the IHSAA and IGHSAU websites the week of April 5. We will be scoring eight (8) places and awarding eight (8) medals at the district meets. The break at the district meet has been increased from thirty (30) minutes to forty-five (45) minutes.

2.) **Hurdle heights** for both shuttle hurdle relays and the 100 meter hurdles were changed to 33 inches last year. There was no change in the 400m hurdles or the 110m high hurdles. Also, there are no changes in any of the Junior High hurdle heights. All junior high hurdle heights are 30 inches.

3.) The **state meet order** is the same this year as 2009. The order of events is unchanged. Class 1A and 4A will compete in the morning sessions and Class 2A and 3A will compete in the afternoon.

4.) The Girls Union has a policy change. Bobby pins and plastic barrettes/clips are legal for girls. Other hard devices (beads) and head coverings continue to be illegal.

QUIK Stats – Coaches are required to post meet results to QUIK Stats. A completed posting must be done after your last meet before the Drake Relays qualifying cutoff and before the district/regional meet. This is not the responsibility of the host school at a meet, but the responsibility of each coach following a meet. QUIK Stats is operational now for track and field. The 2009 roster has been updated and the grade of the student athletes has been advanced one year. Coaches will need to add new squad members and eliminate those no longer on the squad. The only current track and field consequence is that performances not listed on QUIK Stats will not be accepted entry marks for the district/regional meet. Let's all support track and field by keeping this information current. Your athletic administrator will receive communication from the IHSAA or IGHSAA office if you are not entering your performances.

District/Regional Entries – Information will be sent to your schools later in the season regarding district entries, however the process will be unchanged. Because of the districts all being held on Friday, the district entry deadline will be noon on Wednesday, May 12, 2010. There can be no additional entries made after that time. At the district/regional scratch meeting you will be able to scratch competitors or replace competitors. There will be no change in the seeding of the meet due to scratches or replacements. The entries will be online and more information and a password will be sent to your school, the last week of April.

Official Assignments – District/regional and state starter and referee contracts are in the process of being sent. We have done a mailing regarding other official positions at the state meet. We appreciate all of you who give so much of your time to work at the state meet. We always welcome new officials, so as administrators, coaches or officials, if you know of anyone interesting in working at the state meet, please have them contact either office.

Rules Meetings – The rules meetings are all completed for this spring. We hope that the online meeting was helpful. You may be interested in knowing that 1079 coaches, 173 officials and 118 "unaffiliated" people participated in the online meetings. It is possible that all rules meetings will be online in the future, with the possibility of a live meeting at the Ames coaches' clinic.

We are looking forward to a great 2010 track and field season. If you have any questions or concerns, please do not hesitate to contact our offices.

Sincerely,

David Anderson
Assistant Executive Director

Mike Dick
Executive Director