

DATE: January 20, 2023

TO: All Track & Field Coaches & Athletic Administrators

FROM: Dustin Ware
Sports Administrator

BJ Duckworth
Director of Officiating Development & State Rules Interpreter



RE: Track & Field - Ohio Modification Changes (*effective Spring 2023*)

Please take a moment and look over the Ohio Modification Changes taking effect this Spring (2023) for the sport of Track and Field. These updates will be outlined within the online State Rules Interpretation meeting for both coaches and officials. If you have questions after viewing these meeting, please reach out to both Dustin and BJ.

Mixed Gender Team Events

With the addition of Mixed Relays being added to NFHS Rule 7-2-1, the OHSAA has adopted the below format to serve as guidance that **MUST BE** followed when these events are competed.

- Waiver is obtained from sports administrator (Dustin Ware) allowing the events.
- All schools have been notified in advance of the change to the order of events per NFHS and OHSAA policy.
- The below competition rules are followed.
 - 4x100MR, 4x200MR, 4x400MR, 4x800MR, 4x1600MR, Distance Medley, Sprint Medley
 - Female athletes **MUST** be the 1st and 2nd leg.
 - Male athletes **MUST** be the 3rd and 4th leg.
 - Shuttle Hurdles
 - Female athletes **MUST** be the 1st and 3rd leg
 - Male athletes **MUST** be the 2nd and 4th leg
 - Team Field Events
 - **MUST** contain an equal number of male and female athletes.
 - When throwing implements are used, they **MUST** follow NFHS and OHSAA competition regulations.
 - All events **MUST** be scored.
 - 50% of the points awarded to each gender.
 - All NFHS rules apply to competition
 - **NO** meet, conference, official or district may set aside these rules.

Middle School Order of Events

Below are the new order of events that will be followed at ALL MEETS unless otherwise notified per NFHS and OHSAA Policy. The change of this order was to create consistency with the high school order of events.

Girls

- 1 - Relay - 4x800 meters or 4x880 yards
- 3 - Hurdles - 100 meters (30" high)
- 5 - Dash - 100 meters
- 7 - Relay - 4x200 meters or 4x220 yards

Boys

- 2 - Relay - 4x800 meters or 4x880 yards
- 4 - High Hurdles - 110 meters or 120 yards (33" high)
- 6 - Dash - 100 meters
- 8 - Relay - 4x200 meters or 4x220 yards

- 9 - Run - 1600 meters or One Mile
- 11 - Relay - 4x100 meters or 4x110 yards
- 13 - Dash - 400 meters or 440 yards
- 15 - Hurdles - 200 meters (30" high)**
- 17 - Run - 800 meters or 880 yards
- 19 - Dash - 200 meters or 220 yards
- *Suggested Rest Period
- 21 - Relay - 4x400 meters or 4x440 yards

- 10 - Run 1600 meters or One Mile
- 12 - Relay - 4x100 meters or 4x110 yards
- 14 - Dash - 400 meters or 440 yards
- 16 - Hurdles - 200 meters (30" high)**
- 18 - Run - 800 meters or 880 yards
- 20 - Dash - 200 meters or 220 yards
- *Suggested Rest Period
- 22 - Relay - 4x400 meters or 4x440 yards

*A rest period of at least twenty minutes from the beginning of the girl's 200 M to the start of the first heat of the girls 4x400M is **recommended** to be given if athletes competing in the 200M are also in the 4x400M.

** Start - 200 M. mark, 5 hurdles, spacing of hurdles 50 m to the first hurdle, 35 m between hurdles, 10 m from 5th hurdle to the finish line.

High School Order of Events

Please look over the language outlining the requirement of a twenty (20) minute 'rest period' placed between the 200M & 4x400M if the 3200M is not being competed or is being competed at a different point in the meet.

Girls

- 1 - Relay - 4x800 meters or 4x880 yards
- 3 - Hurdles - 100 meters (33" high)
- 5 - Dash - 100 meters
- 7 - Relay - 4x200 meters or 4x220 yards
- 9 - Run - 1600 meters or One Mile
- 11 - Relay - 4x100 meters or 4x110 yards
- 13 - Dash - 400 meters or 440 yards
- 15 - Low Hurdles - 300 meters (30" high)
- 17 - Run - 800 meters or 880 yards
- 19 - Dash - 200 meters or 220 yards
- 21 - Run - 3200 meters or Two Miles**
- 23 - Relay - 4x400 meters or 4x440 yards

Boys

- 2 - Relay - 4x800 meters or 4x880 yards
- 4 - High Hurdles - 110 meters or 120 yards (39" high)
- 6 - Dash - 100 meters
- 8 - Relay - 4x200 meters or 4x220 yards
- 10 - Run 1600 meters or One Mile
- 12 - Relay - 4x100 meters or 4x110 yards
- 14 - Dash - 400 meters or 440 yards
- 16 - Hurdles - 300 meters (36" high)
- 18 - Run - 800 meters or 880 yards
- 20 - Dash - 200 meters or 220 yards
- 22 - Run - 3200 meters or Two Miles**
- 24 - Relay - 4x400 meters or 4x440 yards

Anytime the 3200M is not being competed or is being competed at a different point in the meet. A rest period of twenty minutes from the beginning of the girls 200 M to the start of the first heat of the girls 4x400M **MUST be given if athletes competing in the 200M are also in the 4x400MR.

Wristwatches

The Ohio modification that prohibited the wearing of a GPS-enabled watch has been removed. While the use of a GPS watch is still prohibited by NFHS Rule 4-6-5, the wearing of a smartwatch that has GPS capability is no longer illegal.

Headgear, Hair Control Devices & Headbands

The Ohio modification related to headgear, hair control devices & headbands has been changed. This change reflects an emphasis on the safety aspect of the device and is below. These changes do not effect the OHSAA's policy on the acceptance of religious apparel.

Hats, caps and headbands that are; not offensive or unsporting, not abrasive or hard, properly secured, and do not pose a danger to themselves or other competitors are allowed. The referee may ask a competitor to remove a hat, cap or headband if it is not properly secured, if it poses a danger to the competitor/other competitors, or if it could damage equipment. The referee has the authority to decide what is safe.

Section 1. Competitors may wear the Navy Watch-Style knit cap.

Section 2. Competitors may not wear a hat with a bill.

Section 3. Competitors may wear a headband with or without ear protectors, provided the headband is properly secured to the head and does not interfere with another. The headband does not need to be worn as the manufacturer intended and may include decoration.

Section 4. Pole vaulters are permitted to wear helmets safety headgear).

Hair control devices and/or hair accessories are permitted. Bandanas, pre-wrap, or other items not intended to be used as headbands or hair control devices are legal as long as they are not offensive or unsporting, not abrasive or hard, properly secured, and do not pose a danger to themselves or another competitors

Note: Caps, hats, and headbands are not part of the uniform and, therefore, not subject to uniform regulations on logo size, quantity etc.

Event Entry Limitations

The Ohio modification related to the number of athletes a school may enter in a meet has been changed. The new modification is per the below.

Part A – Individual Events

In all non-invitational /non-championship meets, each school is entitled to enter four competitors in individual events. The decision to increase the entry limitation shall be decided by the games committee, either in the contest contract or verbally in advance of the meet. Contest officials must be notified of any increase in entry limitations (greater than four) before accepting their officiating contract. For invitational and championship meets, the games committee retains the ability to limit the number of entries a school may have for an event. These limitations must be shared in the contest contract or verbally in advance of the meet.

Part B – Relay Events

According to NFHS Rule 4-2-4-d, in a relay race, only one team per school may be designated as a scoring team. In Ohio, due to our prohibition on exhibition competition, this means that when more than one relay team from the same school is competing, NO TEAM shall be designated as the scoring team. Each team that is entered by a school shall have the opportunity to be the scoring team. However, only one **(1)** relay team from a competing school may score. No conferences, leagues or individual schools have the authority to set aside these event entry limitations.

Middle School State Championship Meet/Event Eligibility & High School Seated Athlete Qualification.

Effective with the 2023 season, any meet that wishes to be a qualifier for the OHSAA Middle School State Meet must complete a form before the cut-off date for entries; that form will be located on the OHSAA website (*not yet posted*). This form will indicate that the meet is in compliance with the regulations needed for it to be a qualifier. The below criteria must be met for a meet/event to count as a qualifier. If a meet complies with the running requirement but not

the field events requirement, only the running events will be admissible. If the meet complies with the field event criteria but not the running event, only the field events will be admissible. The same process will be used for High School Seated events.

Running / Seated Events

Meet Requirements

- FAT times only will be accepted.
- The starter/referee must be:
 - High School Meets = OHSAA Class 1 official
 - Middle School Meets = OHSAA Class 1 or Class 3 official

Field Events / Seated Events

Meet Requirements

- If FAT is used, then all field events will still be eligible for qualification.
- If FAT is not used for the running, the field events may still be eligible for qualification if one of the following conditions are met:
 - **Option A** – One OHSAA Class 1 official who directly oversees each field event and signs off on the results. This option is the recommended option and requires an OHSAA Class 1 official to be at every field event.
 - **Option B** - One OHSAA Class 1 official must be serving in a Head Field Judge or Field Referee position. This official must be in addition to the running event officials. Their responsibility is the direct oversight of the non-officials who are working each field event.