

Ohio High School Athletic Association

**Track & Field and
Cross County**



2022 Officials Manual

Updated August 7, 2022

A Message From Dustin Ware

OHSAA Sports Administrator | Track & Field and Cross Country

Hello and welcome to the 2022 Cross-Country season!

My name is Dustin Ware and I am the “new” Cross-Country Administrator for the OHSAA. I am excited to have the opportunity to work with & provide support for each of you during this Cross-Country season!

The role our officials play in all our sports is vital in a variety of ways, including:

- Guidance to coaches & athletes on the regulatory aspects of our sport
- Providing oversight to the general fairness of our contest/meets
- Adhering to the overall safety protocols for our student-athletes during these contests/meets

I know that we have some of the most dedicated officials anywhere, and I want to personally say THANK YOU in advance for the commitment, time & guidance you will provide the Cross-Country community this season.

In closing, please review this manual & allow for it to serve as an ongoing foundation to prepare & assist you for this upcoming season. I also encourage you to ask questions or seek assistance by either contacting myself or BJ Duckworth (Cross-Country DOD). We encourage your communication throughout the season to help us operate as efficiently as possible.

Thank you for your time and effort working with our student-athletes in Ohio!

Dustin Ware

Sport Administrator, Track & Field and Cross Country

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A Message From BJ Duckworth OHSAA Director of Officiating Development

This manual has been compiled to serve as a reference for the sports of Track & Field and Cross Country. This manual should be used in conjunction with other resources including the NFHS Rule & Case Books and NFHS Officials Manual. We have worked with both the OT&F&CCOA and OAT&CCC in ensuring the needed information is included in this document.

In October of 2021, I was asked to take on the responsibility of serving as Director of Officiating Development for Track & Field and Cross Country. My responsibilities include recruitment, retention and education of officials, as well as overseeing the assignment and evaluation of officials at the regional and state level. My most important responsibility is serving and supporting each of you. I do not take that responsibility lightly and work each day to ensure your best interests are considered in every decision made.

While we have over 800 licensed officials in our six athletic districts, it is imperative that the student athletes we serve have the same experience as their peers around the state. I ask that we all work hard to put our personal opinions on the rules aside and work together to ensure all rules are enforced the same, with the same interpretation no matter where they compete. **One Rule – One Interpretation** is our goal.

The work we do as officials comes at a great sacrifice to our loved ones, partners and spouses. Please extend my gratitude to them, as without their support none of us would be able to participate in these sports we love.

Thank you for all you do,

BJ Duckworth

Director of Officiating Development & State Rules Interpreter

330-718-2435

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2022 Important Dates For Officials

Track & Field

Local Meeting Window:

State Rules Interpretation Window: February 9 – March 26

State Rules Interpretation Window (W/Late Fee): March 27 – April 25

First Day of Coaching: February 21

Season Begins: March 26

Non-Interscholastic Date: May 2

District Tournaments: May 16 – May 21

Regional Tournaments: May 25 – May 28

State Tournament: June 3 & June 4

Season Ends: June 4

Cross Country

Local Meeting Window: July 5 - October 10

State Rules Interpretation Window: July 21 - August 23

State Rules Interpretation Window (W/Late Fee): August 24 through October 4

First Day of Coaching: August 1

OHSAA Pre-Season Invitational: August 20

Season Begins: August 22

Non-Interscholastic Date: October 3

District Tournaments: October 23

OHSAA Jr. High Invitational: October 23

Regional Tournaments: October 29

State Tournament: November 5

Season Ends: November 5

2022 Contact Information

Track & Field and Cross Country Contacts

Dustin Ware | dware@ohsaa.org | 614-267-2502, ext. 129

Sport Administrator, Track & Field and Cross County

Primary daily contact to answer questions emailed from coaches & administrators; oversees regional and state tournament sites and management.

BJ (William) Duckworth | wjduckworth2@yahoo.com | 330-718-2435

Director of Officiating Development & State Rules Interpreter

Oversees training, tournament assignments & evaluations of officials; primary contact for rules inquiries.

Dennis Sabo | densabo@gmail.com | 419-271-5055

Track & Cross Country Tournament Arbiter Liaison

Handles the input of tournament assignments for the OHSAA and regional tournament managers.

Assistant State Rules Interpreters

Bob Meuleman (NW) | bob@meuleman.us | 419-737-2681

Steve Hurley (SW) | stevenhurley@hotmail.com | 937-768-1963

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Other Important OHSAA Contacts

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The Ohio Association of Track & Cross Coaches (then named the Ohio Association of Track Coaches) was formed in 1941 as the brainchild of Ed Barker. During the late 70's, the name was changed to the Ohio Association of Track and Cross Country Coaches. The goals and purpose of the OATCCC are as follows:

- Promote track, field and cross country in all of the junior and senior high schools of Ohio. We also extend support to those programs in the state's colleges and universities.
- Cooperate with and assist the OHSAA and Ohio's colleges and universities in all the matters pertaining to maintenance, promotion and improvement of track and field and cross country.
- Recognize and award outstanding achievement and/or contribution by athletes, coaches, officials or supporters.

OATCCC District Contact Information Can be Found at:
<https://www.oatccc.com/Contact-Us/>



Ohio Track & Field and Cross Country Officials Association

President

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Cynthia Beacham (2020 & 21)
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BJ Duckworth (2019)

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Secretary & Treasurer

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The Ohio Track & Field & Cross Country Officials Association (OT&F&CCOA) was formed in 1985 with the purpose of promoting the sports of track and field and cross country in Ohio, and recruiting and retaining officials for those two sports.

The OT&F&CCOA is open to any current track/cross country official in good standing with the Ohio High School Athletic Association. Dues are \$25 per year, with half of the money earmarked for scholarships and the rest to fund annual Clinic expenses. The annual OT&F&CCOA Clinic is held the third weekend of January in the Columbus area.

The OT&F&CCOA annually awards Contributor Awards, Scholarships to children/grandchildren of officials, Joe Lenge Service Awards, and the association's highest honor, the Fredrick Cope Award to an outstanding track & field/cross country official.

The Official OT&F&CCOA Website Can Be Found at:
<https://otfcco.wixsite.com/ohiotrackofficials>





Officials Code of Ethics

(From the OHSAA Handbook for Officials)



Our member schools have entrusted officials to assist them in the education and development of their youth through athletics. This requires officials to be independent, impartial, and responsible to the people they serve. In recognition of these expectations there is an established **Code of Ethics** and **Code of Conduct** for all officials. The purpose of the code is to establish guidelines for ethical standards of conduct for all officials.

An Official must devote time, thought and study to the rules of the game and the mechanics necessary to carry out these rules so that one may render effective and credible service in a fair and unbiased manner.

An Official must work with fellow officials and the state association in a spirit of harmony and cooperation in spite of differences of opinion that may arise during debate of points or rules at issue.

An Official must resist every temptation and outside pressure to use one's position as an official to benefit oneself. Under all circumstances, officials must avoid promoting the special interest of any person or group of persons other than the athletes we serve.

An Official must constantly uphold the honor and dignity of the avocation in all personal conduct and relations with the student-athletes, coaches, athletic directors, school administrators, colleagues, and the public, to be a worthy example to the athletes under one's jurisdiction.

An Official will be prepared both physically and mentally, dress accordingly to expectations and maintain a proper appearance that is befitting the importance of the game.

An Official shall avoid the use of **tobacco and related products** at the contest site.

An Official must remember and recognize that it is important to honor contracts regardless of possible inconvenience or financial loss.

Every member of the officiating profession carries a responsibility to act in a manner becoming a professional person. The conduct of any official influences the attitude of the public toward the profession in general as well as toward the official in particular.

Sports officials bear great responsibility for engendering public confidence in sports. They are critical to the health of athletic competitions. Officials ensure games are played fairly, by the rules, within the spirit of the rules and in a safe manner. Officiating takes a great deal of preparation, continuing education and commitment of time.



The Official's Role in Sportsmanship



Your job is not an easy one, but the official must be aware that they are an important component in the educational development of students. To carry out this responsibility, you must:

- Know the rules and mechanics of our sport and the philosophy behind them.
- Get fit and stay fit. An official with all of the rules and mechanics knowledge and people skills in the world does no good if he or she cannot physically keep up with play.
- Maintain professional and ethical relationships with athletic administrators, especially in the area of fulfilling game contracts.
- Work cooperatively with fellow officials during games and within the referees' association to improve members' performances.
- Maintain at all times and when interacting with all participants, an attitude of civility and professionalism.
- Practice effective preventive officiating as much as possible before, during, and after a game. The quiet word, proper signals, timely verbal instructions, a simple thank-you to a player for avoiding an unsporting act, and well-thought-out pre-game conferences with the teams and other game officials will result in an improvement of sportsmanship by eliminating the chance for things to go wrong.

The National Association of Sports Officials (NASO) conducted a survey of 550 sports officials and asked "*what is the number-one problem in our games today?*" Not too surprising, the number one response was "Poor Sportsmanship." As a result, the NASO brought together some of the best and brightest in youth, high school, collegiate and pro sports to examine the issue and explore the official's role in promoting positive on-field behavior. The results were published in the book at the right and identified 3 critical ideas:

1. What exactly is at Stake
2. What is Expected of Officials, and,
3. What steps need to be taken

As a result, the following are important results of this study and publication:

1. 65% of respondents indicated their respective associations do not do *enough* to help improve sportsmanship.
2. 89% of officials responding consider themselves PARTNERS with players, coaches and administrators in improving sportsmanship.
3. 54% of officials responding indicated they felt they DO have the training, authority and knowledge to make an impact.

General OHSAA Rules, Regulations & Policy

Inclement Weather

***NOTE:** At night, under certain atmospheric conditions, lightning flashes may be seen from distant storms. In these cases, it may be safe to continue an event. If no thunder can be heard and the flashes are low on the horizon, the storm may not pose a threat. Independently verified lightning detection information would help eliminate any uncertainty.

The thirty-minute rule remains in place. Any time you hear thunder, there is an automatic 30-minute wait. When lightning is seen, play would be suspended as normal and the 30-minute count would begin. The note simply allows coaches and umpires to determine whether to continue play if there is no thunder and you can determine that the lightning is not a threat. This is only applicable at night.

- **Thirty-minute rule:** Competition or practice shall be suspended once lightning has been recognized or thunder is heard. It is required to wait at least 30 minutes after the last flash of lightning is witnessed or thunder is heard prior to resuming practice or competition. Given the average rates of thunderstorm travel, the storm should move 10-12 miles away from the area. This significantly reduces the risk of local lightning flashes.

Any subsequent lightning or thunder after the beginning of the 30-minute count shall reset the clock and another count shall begin.

Comments to News Media

Each year, unpleasant situations arise as a result of comments made to the news media by coaches. The OHSAA Constitution and Bylaws reads in part "Great care shall be exercised in the selection of officials, well in advance of the contest and agreed upon by schools involved" and goes on to say "Public criticism of officials is a direct reflection upon those who were responsible for assigning the officials to the game. Officials/Umpires are trained and expected to make no derogatory comments directly to the media or through the use of social media regarding other officials, the players, coaches or schools. Coaches and participants are expected to follow the same procedure and make no derogatory public comments directly to the media or through the use of social media regarding not only the officials, but also the players, coaches or schools. Failure to follow this request will result in penalties as outlined in Bylaw 11.

Indoor Track & Field

The OHSAA does not sponsor tournament competition in indoor track and field. Thus, this sport is not considered to be an OHSAA “recognized” sport. However, many schools do sponsor interscholastic competition in indoor track and field. This information is provided to assist schools that have chosen to sponsor this sport. The following are answers to frequently asked questions pertaining to Indoor Track and Field.

Does the opening date for coaching to begin in Outdoor Track and Field apply to schools sponsoring indoor track and field? No. The regulation adopted applies only to track and field as an outdoor sport. Indoor track and field is a non-recognized (non-tournament) sport. This means that schools sponsoring the sport must set their own dates for the season length and for number of contests permitted.

What procedures must be followed for those schools desiring to compete in indoor track and field? Due to a change in a Bylaw, there are no longer any requirements that schools comply with the Bylaws and applicable sports regulations of the OHSAA in non-recognized sports. The following steps are suggested to assist schools that may want to sponsor an indoor track and field program:

What must I do if I plan to adopt indoor track at my school?

- a. Authorization/approval/recognition of indoor track MUST BE GIVEN by the appropriate Board of Education.
- b. Approval/recognition of assigned coaches by the appropriate Board of Education.
With the change in Sports Regulation 8.4 Individual Skill/Coaching Instruction, “Individual skill/coaching instruction may be received by a member of a school team at any time from either school or non-school coaches or instructors.
- c. Schools must determine the length of the season (i.e., a beginning date and ending date) and have a legitimate schedule identifying the number of contests to be competed. It is mandatory that schools compete in at least one indoor competition during the season in order to be considered an interscholastic program. It is no longer necessary to register the sport with the OHSAA.
- d. The OHSAA does not provide catastrophic insurance for participants in indoor track and field on the OHSAA catastrophic insurance policy. For schools that wish to sponsor the sport and maintain this insurance, there may be a way to continue that coverage for a fee. The OHSAA will continue to work to provide schools with information about this option over the next school year.
 - If the Board of Education does not recognize and sponsor indoor track and field, what alternative is there for athletes interested in competing indoors? - Those individuals may participate as non-interscholastic participants without school affiliation. The OHSAA catastrophic insurance shall not apply in such cases. The decision regarding whether to permit these athletes to wear school uniforms and/or use school equipment is a local school decision.
 - However, member schools should note that the OHSAA has endorsed Loomis & LaPann (an AIG Company) to offer schools the opportunity to purchase catastrophic insurance coverage at a very reasonable cost for students who participate in sports not recognized by the Association. Contact Information: Greg Joly (gjoly@loomislapann.com), Karen Boller (kboller@loomislapann.com), 1.800.566.6479 or <http://www.loomislapann.com/>

May athletes who are NOT planning to compete in indoor track and field receive coaching during the indoor season? Yes, “Individual skill/coaching instruction may be received by a member of a school team at any time from either school or non-school coaches or instructors.” (Sports Regulation 8.4). This regulation applies to the individual sports and includes cross country and track and field.

OHSAA Track & Field Regulations

High School Regulations

Participation Limitation

A competitor may compete in a maximum of four track and field events. The four events may be any combination of track and field events, including relays, or may be four track events or four field events. **This regulation applies to all competitions – regular season and OHSAA tournaments. NOTE: Once an athlete has been “checked in,” this is officially one of his/her four (4) allowable events even if he/she changes their mind at the last moment.**

An athlete who exceeds the participation limitation shall be disqualified. The forfeiture bylaws apply as written in Bylaw 11. In support of this, NFHS Rule 4-2-PEN specifies that a competitor who participates in more than the four allowable events shall forfeit all places and points and shall be disqualified from further competition in the meet/tournament. In relay events, the team’s relay points and places shall also be forfeited.

The four-event limitation applies to single and multi-day competition – regular season and tournaments. An athlete who has competed in an event and qualifies for the semi-finals or finals of that particular event may not withdraw from that event to compete in another event unless he/she still remains under the maximum of four allowable events.

Order of Events

The **Order of Events** as specified in the National Federation (NFHS) Track and Field Rules, Rule 1, shall be used in all high school competition in Ohio and **may be changed only by mutual agreement.** The javelin is NOT an approved event and is not permitted in high school competition. Rule 2 - Scoring and Ties. Exceptions to this rule are not permissible. Ties shall be resolved as specified in Section 2.

Ninth Grade Students/Students Below Ninth Grade (Track & Field and Cross Country)

Ninth grade students in all schools are high school students and shall compete in athletics in accordance with high school bylaws and regulations. Ninth grade students are not permitted to compete in interscholastic competition on the same team or squad with students below ninth grade.

Students below the ninth grade are not eligible to compete in athletics with high school students unless they meet an exception as outlined in Bylaw 4-2, Age Limitation.

Track & Field Order of Events

Order of Events (Track & Field)

The order of events in high school meets shall be as listed below: In accordance with Rule 1-2, unless changed by the Games Committee in invitational meets or specified in the contract in dual, triangular or quadrangular meets, the events will count in scoring unless there is mutual consent of the coaches to delete the event.

Running Events

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

Note: When running simultaneous girls and boys meets, events shall be competed in the order indicated by the numerical sequence above.

Field Events (order is optional)

Girls

- Discus (1K) (2 lbs. 3.27 oz.)
- High Jump
- Long Jump
- Shot Put (4K) (8 lbs. 13 oz.)
- Pole Vault

Boys

- Discus (1.6K) (3 lbs. 8.5 oz)
- High Jump
- Long Jump
- Shot Put (5.4K) (12 lbs.)
- Pole Vault

Throwing Sectors: Degree Sector required is 34.92 degrees for Shot Put and Discus (per 2007).

7th and 8th Grade Regulations

Order of Events (Track & Field)

The following listed Order of Events shall be used for grade 7-8 girls and boys involving Ohio schools. This bulletin supersedes the Order of Events in the NFHS Track and Field Rules Book. The order of events in 7th-8th grade meets is listed below: In accordance with Rule 1-2, unless changed by the Games Committee or the Meet Director in invitational meets or specified in the contract in dual, triangular or quadrangular meets, the events will count in scoring unless there is mutual consent of the coaches to delete the event.

In 2022, the 4 x 800 meter relay has been added as the first event in the below order of events. This event will follow all applicable rules as laid out in the NFHS Rules Book and this manual. As with all events: In accordance with Rule 1-2, unless changed by the Games Committee or the Meet Director in invitational meets or specified in the contract in dual, triangular or quadrangular meets, the events will count in scoring unless there is mutual consent of the coaches to delete the event.

Running Events

Girls

- 1 – Relay – 4 x 800 meter or 4 x 880 yards
- 3 - Hurdles - 100 meters (10 Hurdles) (30")
- 5 - Dash - 100 meters or 100 yards
- 7 - Run -1600 meters or One Mile
- 9 - Relay - 4x100 meters or 4x110 yards
- 11 - Dash - 400 meters or 440 yards
- 13 - Relay - 4x200 meters or 4x220 yards
- 15 - Hurdles - 200 meters (30")**
- 17 - Run - 800 meters or 880 yards
- 19 - Dash - 200 meters or 220 yards
- 21 - Relay- 4x400 meters or 4x440 yards

Boys

- 2 - Relay – 4 x 800 meter or 4 x 880 yards
- 4 - Hurdles - 110 meters (10 Hurdles) (33")
- 6 - Dash -100 meters or 100 yards
- 8 - Run - 1600 meters or One Mile
- 10 - Relay - 4x100 meters or 4x110 yards
- 12 - Dash - 400 meters or 440 yards
- 14 - 4x200 meters or 4x220 yards
- 16 - Hurdles - 200 meters (30")**
- 18 - Run - 800 meters or 880 yards
- 20 - Dash - 200 meters or 220 yards Relay -
- 22 - 4x400 meters or 4x440 yards

** 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.

Note: When running simultaneous girls and boys meets, events shall be competed in the order indicated by the numerical sequence above. Girls and boys may not compete on the same relay team unless the girl is a member of the boys team for the season.

Field Events (order is optional)

Girls

- Discus (1K) (2 lbs., 3.27 oz.)
- High Jump
- Long Jump
- Shot Put (2.722K) (6 lbs.)
- Pole Vault

Boys

- Discus (1K) (2 lbs., 3.27 oz.)
- High Jump
- Long Jump
- Shot Put (4K) (8 lbs. 13 oz.)
- Pole Vault

Note: The javelin is NOT permitted in Ohio 7th-8th grade competition.

Throwing Sectors: Required – 34.92 degrees for Shot Put and Discus.

Participation Limitation (Track & Field)

In any one track and field contest, a participant may compete in a maximum of three events. The three events may be any combination of track and field events including relays, or may be three track events or three field events. **PARTICIPATION LIMITATION PENALTY:** An athlete who exceeds the participation limitation shall be disqualified. The forfeiture bylaws apply as written in Bylaw 11.

Students Below Ninth Grade (Track & Field and Cross Country)

Students below the ninth grade are not eligible to compete in athletics with high school students unless they meet an exception as outlined in Bylaw 4-2, Age Limitation. Students below the seventh grade are not eligible to compete in athletics with students in grades 7 or 8 (or higher).

Regular Season Contest Information

Event Entry Limitations (Track & Field)

In dual or triangular meets, each school is entitled to enter four competitors in individual events, but schools are permitted to enter as many competitors as conditions warrant; in meets involving four (4) or more teams, each school is entitled to enter not more than four competitors in an individual event; According to NFHS Rule 4-2-4-d, in a relay race, only one team per school may be designated as a scoring team. NOTE: 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 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. NOTE: In dual and triangular meets the entry limitation shall be decided by mutual agreement, either in the contest contract or by the coaches at the site of the meet. If the two coaches cannot agree on the maximum number permitted, then the limitation of four shall serve as the maximum number permitted.

Required Roster (Track & Field and Cross Country)

Each school must provide a **roster of athletes** before competition begins. In dual, triangular and quadrangular meet competition, a copy must be provided to each opposing coach and the referee. In meets involving five or more schools, the school roster must be supplied to the meet manager. Competition will not be permitted until the roster is provided.

Sub- or Non-Varsity Competition (Track & Field)

If the coaches cannot agree on the maximum number of athletes to compete in each event, extra athletes may participate as junior varsity or reserve competitors in the **same event**. However, an athlete is limited to a maximum of three events in 7-8th grades competition and four events in high school competition. An athlete may participate in both junior varsity and varsity competition on the same day provided the maximum event participation is not exceeded.

Sub- or Non-Varsity Competition (Cross Country)

There is no distinction between varsity and sub varsity participation when a single team from a school is entered into a contest. All members of said team are subject to the same uniform rules. At the meet managers discretion, a school may enter more than one team in competition; pending the same opportunity has been given to all participating schools and all teams are eligible to score.

Boys and Girls Competing Simultaneously (Track & Field)

The Board of Directors has authorized the adoption of NFHS Rule 1-2-3, which permits simultaneous competition of boys and girls events provided the head coaches unanimously agree or if the referee deems it necessary. When events are competed together, they should be scored separately.

Changing the Order of Events or the Actual Events Competed (Track & Field)

In dual, triangular and quadrangular meets, the listed events must be competed unless the changes are listed on the contest contract signed by the school administrators or certified OHSAA assignor. If there is no contractual exception, schools shall expect to compete in each of the events as listed. If some events are not offered or cannot be competed, the offending school, in accordance with the following procedure, will forfeit the points unless there is mutual consent of the coaches to change or delete an event or events.

Dual - forfeit points to opponent.

Triangular, quadrangular - forfeited points divided equally among the opposing schools.

Invitational - forfeited points divided equally among the opposing schools.

Multiple Day Meet (Track & Field)

A meet scheduled for either a one-day period or more than one day counts as one meet. This applies even though the days of the meet are not consecutive. NOTE: The entry limitation of a maximum of four events applies even though a meet is competed on two days.

Pre-Meet Conference and Coaches Verification (Track & Field and Cross Country)

The referee shall communicate either via a meeting or in writing with all captains and the head coach from each school the following: meet procedures, special instructions and conditions, the proper sporting conduct that is expected, along with any equipment waivers. In addition, each head coach shall verify that all athletes shall be in legal uniforms, properly equipped and free of all dangerous jewelry. A form for this verification and use in large competitions is included in this manual.

Team Competition in Field Events (Track & Field)

NFHS rule 5-10-1 clearly identifies relays as races between teams of four competitors, not one of whom may run more than one distance (leg)." Therefore, there is no such event as a relay field event. The following interpretations are made to apply to "**Team Competition in Field Events.**" Invitational Meets sponsoring team field events shall determine the number permitted to participate for each team (2 or 3 or 4).

If a team enters and competes the required number (2 or 3 or 4), the team score shall be determined by adding the individual best of each team member.

If one or more team members fail to attain the starting height in pole vault or high jump, or fouls all trials in long jump, shot or discus, the team total is still determined by adding the best efforts of all team members. Thus, in a three-person team, the team score could be from the efforts of two members, and if the total is high enough, the team could still score points in that event.

Team Competition in Field Events Cont. (Track & Field)

In the team pole vault or high jump, the following procedure is recommended in the case of a tie in team competition:

- A. The Games Committee may establish that the tie remains a tie.
- B. If the Games Committee adopts a tie-breaking procedure, the following procedure is recommended.
 - i. The team that has the competitor with the best performance of all competitors shall be awarded the higher place.
 - ii. If the tie still remains, the team that has the competitor with the fewest misses at the height last cleared shall be awarded the higher place.
 - iii. If the tie still remains, the team that has the competitor **tied for the best performance** with the lowest total number of unsuccessful trials throughout the competition shall be awarded the higher place.
 - iv. If the tie still remains, the team with the lowest total of unsuccessful trials throughout the competition shall be awarded the higher place.
 - v. If a, b, c, or d fail to break the tie, the result remains a tie.
- C. In meets with limited entries, in the discus, long jump and shot put, the games committee may allow only four trials with no final trials as specified in Rule 6-2-7.

Scratch or Exhibition Competition (Track & Field and Cross Country)

"Scratch" or "exhibition" running is not permitted under OHSAA Bylaws and results in the disqualification of athletes so involved. When a student participates in scheduled track and field competition, participation limitations do apply. **EXCEPTION:** The OHSAA Board of Directors may authorize competition in events within specific sports in order to accommodate students with disabilities without affecting team scoring in those sports.

As has been indicated, no school, coach, athletic administrator or any other individual may change the rules by mutual agreement. Officials do not have the authority to waive the rules. **Nor is it an official's responsibility to interpret eligibility rules or keep track of entry limitations.** In addition, only a student enrolled in one of the competing schools and eligible in all respects (age, grades, semesters, transfer status, etc.) is permitted to participate in interscholastic track and field meets. OHSAA Bylaw 10-2-1 provides that the meet shall be forfeited if an ineligible person competes. The following are some examples to illustrate this concept:

A student-athlete has entered and competed in four events, such as: discus, shot put, 1600 m. run and 3200 m. run. The athlete competes in the 4x400 m. relay as a member of an "exhibition" relay team running for practice. This is a violation of the contest participation rule. The athlete is disqualified and forfeits all points earned in all events as required in NFHS Track and Field Rule 4-2-2. **Note: Although the track and field rules specify event limitations for athletes, the OHSAA considers such limitations fundamental eligibility requirements and "playing rules", and, thus, not subject to By-law 10-2-1. Thus, the persons ultimately responsible for adhering to these requirements are the coach and the student-athlete. Contest officials are not responsible for monitoring this limitation.**

Adults who have become interested in running want to compete in high school track competition as "exhibition" runners. The coaches mutually agree that it is okay for these adults to run. This is a violation of OHSAA Bylaws. Coaches may not mutually agree to set aside rules.

The coach of Team A enters four boys in the 4x400-meter relay as his number 2 team. None of the four boys has competed in more than three events. He states that the boys are running for "practice" purposes and will not be counted in the scoring. It is permissible to enter more than one relay team per school if agreed in advance of the competition. However, only one team may score, and the school may not stipulate which team is the team to score. All teams competing shall vie for the scoring positions.

Implements Used in Field Events (Track & Field)

All rules relative to safety in the field events must be strictly adhered to. In addition, in those events in which implements must be weighed and gauged or certified as legal (shot put and discus), once those implements are certified, competitors may not remove them until the competition has concluded. **Only legal implements, as inspected by the implement inspector, shall be used IN WARM-UPS AND COMPETITION (Rule 3-19-2).** Per NFHS Rule, athletes may not use implements that are less than the minimum specifications or exceed the maximum specifications (i.e., college implements) during warm up since **ONLY NFHS legal and approved implements are acceptable.**

The use of the term “common implements” means that the games committee has determined that competitors may use only those implements provided by the competition site. In all other circumstances, competitors may provide their own implements that shall be determined to be legal as mandated by the games committee in accordance with NFHS rules. No official has the authority to compel an athlete to share his or her implement with another competitor. **Rule 6-2-10a-** allows for an additional trial when an implement breaks and becomes non-compliant during competition due to no fault of the competitor.

In the pole vault, per Ohio modification, the Head Vault official, provided that he presently holds a verified and valid OHSAA track and field officiating permit, as well as the field referee or head field judge, may verify the legality of poles.

Pole Vault Verification - NFHS Rule 6-5-3 requires that prior to competition the coach must verify that each of that school’s pole vaulters and poles meet the requirements specified in the article that pertains to protecting the safety of the vaulter. Each state association is authorized to determine its own procedure regarding coach’s verification. For several years, Ohio has used a procedure requiring the coach to stipulate to the head pole vault event judge the weight of each vaulter and the pole rating of each pole submitted for competition for each vaulter. **Each school that conducts the pole vault event shall adopt this form or develop its own form to maintain compliance with this important rule.**

Medical Devices (Track & Field and Cross Country)

Medical devices can be utilized by athletes in track and field as it is considered a non-contact sport. These devices include but are not limited to inhalers, EpiPens, insulin pumps and heart monitors.

Per OHSAA policy “Such medical necessity shall be specified in writing and signed by the prescribing physician, and the device shall be padded and securely attached to the player’s body underneath the uniform. The medical statement shall be shown to the head contest official (referee) prior to the athlete’s being permitted to participate.”

- No waiver is needed from the OHSAA office.
- Inhalers & EpiPens can be carried by an athlete and do not need to be secured under the uniform.

“No medical appliance and/or medical device shall pose any risk of injury or hazard to the student-athlete, teammates and/or opponents. The head contest official (referee) has jurisdiction to disallow any medical appliance and/or medical device deemed unsafe for athletic competition.”

Headgear worn for medical reasons is **NOT** considered a medical device and **DOES** require a waiver from the OHSAA office if it does not comply with headgear regulations.

Seated Athlete Guidelines (Track & Field)

Contested Wheelchair Events

Although only 4 events are currently contested at the State Championships in Columbus (100M, 400M, 800M and the Shot Put), seated athletes may enter **ANY INDIVIDUAL** event offered at a meet or invitational as long as the athletes do not exceed the event maximum established by the OHSAA (3 events on the junior high level, 4 events on the high school level), and athletes understand that these non-recognized events will have no bearing on his/her state qualifying status. The only events considered for state qualifying status remain the 100m, 400m, 800m, and the shot put.

Note: A seated athlete cannot participate in a running relay as rule 5-10-6 stipulates the baton must be carried by hand and due to the inherent increased risk of injury to the competitors. A seated athlete may participate in a team field event with footed athletes at a relay style meet.

Wheelchair Heats/Running Alone

If two or more seated athletes have entered competition in the same event, the seated athletes shall race in a separate heat from the footed athletes. Otherwise, if only one seated athlete has entered an event, the seated athlete shall be permitted to race in the same heat as footed athletes. **If only one footed athlete enters the event, the games committee has the authority to decide if the seated athlete will score in the footed event or if the seated athlete will score as a separate event. This should be determined in advance and shared with all appropriate parties. If more than one seated athlete enters the event they should be competed & scored as their own event. Scoring of any event involving a seated athletes is per the guidance below.**

Scoring for Wheelchair Competitors

Prior to each meet coaches/**the games committee** shall confer and decide if and how they wish to score the seated athletes in each of the individual events. Every reasonable effort should be made to allow seated athletes to earn points for his/her team (excluding state tournament competition), meaning that, if a seated athlete representing each of the competing schools in a meet enter an event, the results of that event should be scored in the team scoring.

Wheelchair Participation at Invitationals

Schools hosting invitational track and field meets are recommended – and strongly encouraged - to include events for seated athletes (unless it is a relay only invitational). Host schools may select the eligible events (3 or more on the junior high level, 4 or more on the high school level) and should notify competing schools and/or seated competitors in advance.

Equipment Specifications

Track Chair

- a) The track chair shall have two rear wheels and one front wheel;
- b) The track chair frame shall not extend in front of the center of the front wheel hub;
- c) The track chair may have no mechanical gears or levers that could propel the chair;
- d) The track chair's seat including the cushion shall not exceed 25 inches in height;
- e) The steering must be hand operated. NO electronic steering is permitted;
- f) NO part of the track chair or frame may protrude past the furthest point of the rear wheel;
- g) The athlete's lower limbs must be secured to the track chair. Any touch of the surface by the lower limb will result in disqualification from the event;
- h) Competitors are responsible for the proper functioning of the track chair. No event shall be delayed or rescheduled for equipment failure prior to the event.

Equipment Specifications (cont.)

Wheels

- a) The maximum diameter of the rear wheel and inflated tire is 28 inches;
- b) The maximum diameter of the front wheel and inflated tire is 20 inches and may not be smaller than 10 inches;
- c) Each rear wheel may have one hand rim.

Helmet and Gloves

- a) All competitors must wear a CPSC certified helmet (Bike/Skate);
- b) All competitors must start each event using racing gloves;
- c) Athletes may only propel the chair forward by pushing on the wheels or hand rims.

Seated Athlete Competition Guide

The information in this manual related to seated events is a partial representation of the full regulations. Please visit <https://www.ohsaa.org/Sports-Tournaments/Track-Field/OHSAA-Seated-Division> for more information and to view the Seated Athlete Competition Guide

Uniform, Jewelry & Headgear Regulations (Track & Field and Cross Country)

Shoes

The rules require all track and field competitors to wear on both feet shoes with an upper portion and a definitely recognizable sole and heel. The shoes must be fastened securely to the foot with laces, zippers, Velcro or other closures. Slippers and socks do not meet the rule requirements.

Uniform Tops/One-Piece Uniforms

Each athlete must wear a full-length track uniform top or a one-piece uniform issued or approved by the school. Track tops must be full-length (i.e., either tucked into the bottoms or hanging BELOW the waistband of the bottoms when the athlete is standing erect). Bare midriff tops are not allowed. The top shall not be knotted or have a knot-like protrusion. Numbers are no longer required on the back of the uniform top. **Each team member shall wear the same color and design of school uniform although the length of the sleeves may vary.**

Uniform Bottoms/One-Piece Uniform

Each athlete shall wear track bottoms and/or a one-piece uniform issued or approved by the school. The loose fitting boxer style shorts are permitted for boys and girls. Each team member shall wear the same color and design of school uniform although the length of the bottom or one-piece uniform may vary. **If worn by more than one team member, the apparel must be the same color but not necessarily the same length.** The waistband of a competitor's bottom can be rolled but must be worn above the waist as per Rule 4-3-1b4.

Items that are Legal on School Uniforms

School identification on the tops and/or bottoms and one-piece uniform; athlete's name on the top of the one-piece or two-piece uniform; a single manufacturer's logo/trade name, no more than 2 ¼ square inches with no dimension more than 2 ¼ inches on each item of apparel. **NOTE: New in 2022, Rule 4-3-1 now permits logos larger than 2 ¼ or multiple logos on the waistband of a uniform bottom ONLY.** The American flag, not exceeding 2 x 3 in permitted on EACH item of uniform; one commemorative/ memorial patch is permitted per uniform subject to the same dimensions as a manufacturer's logo.

Required Numbers on Uniform

Effective in 2020, uniform numbers are no longer required on the back of contestants' uniforms. As the transition takes place it will be common for teams to have some uniforms with numbers and some without. It is **NOT** a uniform violation if some members of a relay team have numbers and some do not granted all other aspects of the uniform rule are met.

Visible Undergarments

Any visible undergarment worn under the uniform top and/or bottom is now considered a foundation garment. FOUNDATION GARMENTS ARE NOT SUBJECT TO LOGO/TRADEMARK/REFERENCE OR COLOR RESTRICTIONS (Rule 4-3-1b7). Visible items worn under both the tops and the bottoms of a uniform do not have to be the same color.

Additional Restrictions for Relay Races and Cross Country Competition

Each team member shall wear the same color and design of school uniform although the length of the bottom or one-piece uniform may vary. If worn by more than one team member, the apparel must be the same color but not necessarily the same length. Any visible undergarment worn under the uniform top and/or bottom is now considered a foundation garment. FOUNDATION GARMENTS ARE NOT SUBJECT TO LOGO/TRADEMARK/REFERENCE OR COLOR RESTRICTIONS (Rule 4-3-1b7). Visible garments worn under the top/one-piece uniform and/or the bottom/one-piece uniform do not have to be the same color. If worn by more than one team member, that apparel does not need to be the same color nor necessarily the same length.

(Rule 4-3-2): All relay and cross country team members must wear uniforms clearly indicating, through predominant color, school logo and color combination of all outer garments worn as a uniform, that members are from the same team. The official should be able to observe that all members are from the same team. For examples of legal and illegal uniforms, please refer to the state rules interpretation meeting.

Removal of Any Part of the Team Uniform

Excluding shoes, while in the area of competition as defined by the games committee, is illegal. This shall lead to a warning and if repeated, to disqualification from the event. If the incident recurs, the contestant will be disqualified from further competition in the meet. (OHSAA ejection policy would apply in this case!)

Headgear Information

Inappropriate hats and caps AS DETERMINED BY THE REFEREE are prohibited. EXCEPTIONS – 1) While the referee has the authority to decide what is appropriate, track and field competitors may wear the Navy Watch-Style knit cap. The cap shall not have a bill, but may have a knit ball on top or a tassel or tail provided the tassel or tail is no longer than 1/2 the depth or length of the cap. If in question, the referee will have the final decision regarding whether or not to allow certain types of headgear. 2) Pole vaulters are permitted to wear helmets (safety head gear).

Note 1: While the above does specifically allow the Navy Watch-Style knit cap, it **DOES NOT** prohibit other types of headgear that meet the specifications listed above.

Note 2: Headgear worn for medical reasons is **NOT** considered a medical device and **DOES** require a waiver from the OHSAA office if it.

Jewelry

The prohibition of wearing jewelry has been removed from the rules for track and field and cross country competition. The referee may ask a competitor to remove an accessory if it is not properly secured, if it poses a danger to the competitor, or if it could damage equipment.

Coaches retain the ultimate responsibility to not allow competitors to wear items dangerous to themselves or to equipment, such as the landing pit in the high jump or pole vault. Coaches are expected to preserve the integrity of the sport by communicating expectations that jewelry, if worn, should not be dangerous and must be secure when worn.

Hair Control Devices

Head bands, hair control devices and/or hair accessories are permitted. Pre-wrap is legal if used to control hair, but not as a headband.

Wristwatch

A wristwatch, secured to the person, may be worn in competition. EXCEPTION: GPS watches are considered an aid and, therefore, illegal. Due to the extreme difficulty in identifying and determining the legality and illegality of electronic devices, officials must be completely certain that, in fact, the electronic device is being used as an aid. Hearsay (or the opinion of a third party) is NOT an acceptable manner of determining whether or not the device is used as an aid.

Medical Alert or Medical/Religious Medals

Rules now permit the wearing of both medical and religious medals. These medals no longer need to be taped to the body of the competitor and may be of a soft or hard substance.

Religious Apparel Worn During Competition – NEW In Fall 2022

Any athlete who presents that they need to wear headgear, skirts, pants, etc. for religious purposes should be allowed to participate without delay. No waiver is needed for the wearing of any religious items regardless of if it complies with uniform rules in NFHS Rule 4.

Misc. Uniform Topics

Headgear, headbands, socks and shoes are not part of the competitors' uniforms and therefore DO NOT need to match.

OHSAA Points of Emphasis (Track & Field and Cross Country)

Officiating Requirements

A minimum of one OHSAA Class 1 Track and Field official is required at all high school track & field and cross country contests. This official shall be the meet referee. It is the responsibility of the host member school to ensure compliance with this important regulation. If the school delegates the responsibility of contracting officials to a certified OHSAA assignor, then the responsibility for compliance rests with the certified assignor. The penalty for failure to adhere to this regulation is a fine of up to \$100 for the school or certified assignor and the officials involved who are not properly licensed. Registered officials should always be used, if available.

Referee's Jurisdiction

By rule, the referee shall remain available for 30 minutes after the conclusion of competition in case a protest has been filed or if there are questions still unanswered. If there are no protests or unanswered questions, officials may leave earlier.

No Jury of Appeals in Ohio

In 1999 the NFHS rules changed thereby eliminating the choice of using the Jury of Appeals either as a final arbiter or in an advisory capacity. Therefore, in OHSAA track and field and cross country competition, regular season and tournament, no Jury of Appeals shall be appointed. The games committee, as per rule, may serve in this capacity, but may only advise the referee. **The referee shall have the final decision in all appeals.**

Refer to NFHS Rule 3-5 for additional information on the appeals process.

Please note: In all situations involving ineligible participation, the Commissioner of the OHSAA retains final authority to rule on such participation. The Commissioner has the authority to disqualify participants who are ineligible under the Bylaws and sports regulations of the OHSAA.

Use of Firearms as Starter's Pistols

Contest officials are not exempt from the state law prohibiting firearms to be brought onto school property. However, the following interpretation, obtained from OHSAA legal counsel, has been authorized to assist those officials who are using a starter's pistol for track and field competition.

Amended HB 442 is a recent amendment to O.R.C. §2923.161. See this link for the complete text of the amendment <http://www.legislature.state.oh.us/bills.cfm?ID=124> HB 442. The conduct prohibited under this section is the "discharge of a firearm." A firearm, for purposes of this law, is defined as a weapon "capable of expelling or propelling one or more projectiles by the action of an explosive or combustible propellant." If the starter is using a "starter's pistol," that device does not meet the definition of a firearm and therefore does not fall under the conduct prohibited. Thus, the new provisions do not affect officials who use a true starter's pistol. However, those starters who use modified 22 caliber or other types of pistols to start competition run the risk of violating this code section and may have to defend their actions on the grounds provided in Section B, that is that they are "employees" with permission and their use of the pistol is within the scope of that permission. The difficulty in asserting this relationship is the "employee" vs. "independent contractor" status of officials. The OHSAA maintains that officials are independent contractors and not employees of member schools or the Association when officiating at regular season and/or tournament contests. The OHSAA Board of Directors will continue to investigate this matter in terms of prohibiting starting devices that are capable of discharging projectiles. Until such action is taken, officials are hereby advised of the risks of using those devices.

In addition, schools should give strong consideration to the purchase of a gunless starting device in light of the strong concerns about firearms. The OHSAA Officials Contract stipulates the following: *"The above named official is expressly authorized to bring onto school premises a **starter's pistol** for the contest as long as the same is used in connection with the event/contest identified herein. Schools that do not wish to authorize the use of starter's pistols should make gunless starting devices available for the referee/starter for cross country and track and field contests."*

Finish Line Aids

Finish line aids of soft wool yarn or other soft breakable or unbreakable material are prohibited.

Use of Video/Electronic Systems for Making Officiating Decisions

In accordance with NFHS Rule 3-2-7, video replay or television monitoring equipment **shall not** be used to make decisions related to the competition except for finish line placement.

Ejection Report Forms

Officials shall file a written report with the school and the OHSAA office whenever a coach or a player is ejected from a contest. The form may be obtained online at ohsaa.org/officials/officialsreport.htm. In addition, the official should telephone the school principal or athletic administrator no later than the next business day after the ejection unless the official has notified that administrator at the match site. The offending school (coach, athletic administrator or principal) must file a written report with the OHSAA anytime a coach or player is ejected from a contest, home or away. See the Sports Regulations enclosed with this mailing for the full text of the regulations governing player and coach ejections.

Pre-Season Preparations

We have encouraged coaches to invite local officials to meet with their team during pre-season workouts. It allows the officials to meet the athletes and discuss new rules. It gives athletes an opportunity to ask questions and have a discussion prior to competition days. We also recommended inviting an official(s) to a pre-season meeting with team parents. Again, it provides a forum for healthy discussions and an opportunity for parents to learn more about the sport. Many of you already participate in such activities, but for those that do not, please get involved!

Address Changes

Address changes are now to be submitted via myohsaa.org. Please log-on in order to make the appropriate changes. Please ensure you contact information is also updated in Arbiter Sports.

Officials Uniform Requirements

Since 2011, the officiating uniform for track and field officials has been as follows:

- A plain white polo short shirt with OR without a pocket on the left side. The material may be a cotton/polyester blend or other material that is lightweight/breathable. The official OHSAA logo (GREEN) will be on the right side. OHSAA Registered Track & Field Official is to be stitched on the base of the left sleeve in four (4) lines in black.
- Solid black trousers/shorts/skirt are required and must be unadorned of stripes, patches, logos, etc. No sweat/jogging pants or denim.
- When a jacket is worn it shall be black with the OHSAA logo on the right side (the local association name may be on the left side) and the US flag may be placed on the right sleeve, 4" down from the shoulder. The black jacket has been required since January 2012.

Jackets, hats, or other items from other governing bodies should not be worn while officiating OHSAA events.

NOTE: BOTH the official OHSAA Track and Field Official's shirt AND jacket must be purchased from an OHSAA authorized dealer. Shoes must be worn which are similar to rule book requirements for athletes.

Application for Officiating in OHSAA Tournaments

Officials will be asked to provide information as to their interest in and availability for officiating OHSAA Regional and State Tournaments in the late winter. Requirements stipulate that officials have two to six years of officiating at the high school level (i.e., 2 years for district officiating, 4 years for regional officiating, and 6 years for state officiating). Interested officials should complete the availability forms in their entirety that can be found on myOHSAA.

2022 NFHS Rule Changes

Please see page 4 of the 2022 NFHS Case Book for Interpretations of the 2022 Rule Changes

Bold, Italics & Underline indicates the section of the rule that has changed.

Uniforms, Waistbands 4-3-1b(5)

Rule 4-3-1 b. Each competitor shall wear a school-issued or school-approved full-length track top and track bottom or one-piece uniform. Any outer garment (e.g., t-shirts, sweatpants, tights) that is school-issued or school-approved becomes the official uniform, when worn.

5. A single manufacturer's logo/trademark/reference, no more than 2¼ square inches with no dimension more than 2¼ inches, is permitted on the top or one-piece uniform. ***Bottoms may have manufacturer's logo/trademark/references larger than 2¼ square inches around the waistband.***

Religious Headwear 4-1-3,b(8)

Rule 4-1-3, b(8): ***Players may wear head coverings for religious reasons. The headwear must fit securely and be made of non-abrasive or soft materials.***

Ohio Interpreter Note: Any athlete who presents that they need to wear headgear, skirts, pants, etc. for religious purposes should be allowed to participate without delay. No waiver is needed for the wearing of any religious items regardless of if it complies with uniform rules in NFHS Rule 4.

Track Marking 5-3-3 & 5-10-6

Rule 5-3-3: An exchange zone is designated for exchanging the baton during relay races. It is an area the width of one lane and 20 or 30 meters long. The lines marking the limits of the exchange zone are included in these measurements. In relay races in which the incoming competitor is running 200 meters or less ***in lanes***, the exchange zone shall be extended 10 meters in the direction of the incoming competitor.

Rule 5-10-6: Each competitor shall carry his/her own team's baton by hand throughout the race and shall pass it to the succeeding teammate. The first competitor shall start with the baton, and the last competitor shall carry the baton until he/she has finished the race. The baton must be passed while the baton is within the exchange zone. A baton that inadvertently leaves a runner's hand must be retrieved immediately without interference to other runners.

NOTE from NFHS: In the 4x100-meter relay and 4x200-meter relay, and other relays with legs of 200 meters or less, each exchange zone in which the incoming competitor is running 200 meters or less ***in lanes*** will be 30 meters long. All exchange zones for races ***with incoming legs*** of more than 200 meters ***or when the incoming competitors are not in assigned lanes*** will remain at 20 meters.

General Rules for Field Events 6.2.6 to 6.2.9

Rule 6-2:

6: Warm-ups shall not be allowed unless supervised by an event official or the contestant's coach and the venue has been declared open by the meet director.

7: Warm-up approaches, in horizontal jumps, pole vault or javelin shall only be run in the direction the event will be conducted. NOTE: During competition and while a competitor is on the clock (6-2-2), it is permissible for an athlete, after an aborted attempt, to run, jog, or walk backward in the opposite direction the event is being conducted.

8: Once a competition has begun, except as scheduled, competitors are not allowed to use for practice purposes the runway, ring, takeoff area or throwing implements associated with the competition.

9: At the conclusion of any field event, there shall be no further practice and implements, including vaulting poles, shall be removed from the area.

Long Jump 6-7-4 (In 2022 NFHS Rule Book)

Rule 6-7-4: Each legal jump shall be measured perpendicularly to the foul line or its extension and from that point in the pit touched by the person **or anything that was attached to the body at the time it made the mark** which is nearest the foul line or its extension.

Note from Ohio interpreters: Rule 6-9-9 as it appeared in the 2021 NFHS Rule Book is Rule 6-7-4 in the 2022 NFHS Rule Book due to an editorial change.

Note from NFHS: **For clarification, this means the athlete is no longer penalized for a hat or sunglasses falling in the pit after they have made their mark.**

Records 9-3-2 b & c, 6-8-12 & 6-8-25 (In 2022 NFHS Rule Book)

Rule 9-4-3: In the vertical jumping events:

- a. A competitor shall be credited with his/her best achievement, including performances made in the jump-off of a first-place tie.
- b. **An accurate measurement of the height of the crossbar shall be taken before each record attempt. Mark the crossbar and base of the standards to ensure consistent placement of the crossbar. Any displaced crossbar should be placed on the standards in exactly the same position as before its displacement. A displaced cross bar means any movement of the bar not only a dislodged bar from the pins or standards**
- c. **The crossbar height shall also be measured if the bar has been touched by a competitor before another competitor also jumping at the record height proceeds.**

“A displaced cross bar means any movement of the bar not only a dislodged bar from the pins or standards.” language was also added to 6-8-12 and 28.

Note 1 from Ohio interpreters: Marking of the cross bar and outline of the standards must be done before every competition regardless of level competition. The record process must be followed for all records regardless of type or level of competition.

Note 2 from Ohio interpreters: Rules 6-4-12 and 6-5-25 in the 2021 NFHS Rule Book are now found in Rule 6-8-12 and 6-8-28 in the 2022 NFHS Rule Book due to an editorial change.

Cross Country Rule 8-1-1

ART. 1 . . . The cross country course shall be 2,500 to 5,000 meters (1.5 to 3.1 miles) in length as determined by the meet director or games committee. Measurement shall be along the shortest possible route a runner may take on the prescribed course. The course shall be clearly marked using one or more of the following methods:

a. A single wide line or boundary lines, both inside and outside, marked with a material which is not injurious to the eyes or skin;

NOTE: A single wide line, if used on turns, should utilize other methods of markings listed below to assist the runner in identifying the course route.

b. The use of natural or artificial boundary markers; or

c. Signposts with large directional arrows wherever the course turns, or flags about 1 foot square and mounted on stakes which hold them 6 feet or more above the ground.

NOTE: If a single wide line is used, it may or may not mark the shortest possible route that a runner may take.

2022 NFHS Major Editorial Changes

Bold, Italics & Underline indicates the section of the rule that was edited.

Rule 6 Field Events

Reorganizations of the rule to include two new sections. This change has caused rule numbers to change as noted above. 1 Definitions, 2 General Field Rules, 3 Breaking Ties, 4 Shot Put, 5 Discus Throw, 6 Javelin Throw, 7 Horizontal Jumps, 8 Vertical Jumps, **9 Venue Specifications, 10 Implement Specifications.**

Rule 2-2-4 Scoring of Ties

The number of tied competitors determines the number of scoring places to be added together.

Note: A tie by two competitors for second place means the scoring points for second and third places shall be added together and divided by two. Third place shall remain vacant.

Clarification: The rule did not change but was clarified to explain how to handle multiple tied places.

Rule 3-2-3 Games Committee

The games committee has the authority to determine the:

h. Approved items (tape, chalk, half-tennis balls, etc.) **and locations of these marks** for all relay races run in lanes.

Note: Updates the language with the removal of the acceleration zone.

Rule 6-9-13

The declination in the approach shall be limited to 2:100 (2 percent) laterally and 1:1000 (0.1 percent) downward in the running direction and in the jumping direction.

NOTE: Calculate the slope by comparing the elevation at the start of the runway to the elevation at the take-off board; intermediate measurements are not considered.

Note from Ohio interpreters: If the declination is incorrect but the venue is ruled safe by the referee, the competition should continue and a game report should be sent via MyOhsaa.

2022 NFHS Points of Emphasis

Exchange Zone Change From 2020

- The exchange zone in the last two rules books does not require that tracks are repainted or resurfaced in order to be in compliance with NFHS rules.
- The acceleration zone is incorporated into the exchange zone.
- The outgoing runner must be positioned within the 30-meter exchange zone.
- The exchange zones for relay races with legs over 200 meters are not impacted by this rule change
- 30-meter exchange zone is used for relay races when the **incoming competitor** is running 200 meters or less **in lanes**.

Use Of Electronic Devices

- The games committee for each meet determines the restricted and unrestricted areas in the meet.
- The use of electronic devices is permitted in unrestricted areas and coaches' boxes provided it doesn't interfere with the progress of the meet.
- When a competitor views a video or uses a wireless device in a restricted area during competition there is an unfair advantage gained.
 - During competition = an athlete is on the clock for a trial in a field event or in a race for running events.
- State Associations may also have policies in place to further address the use of electronic devices.

Note from Ohio interpreters: The referee or games committee should designate areas in the field and running events where viewing is allowed to avoid any issues during the meet.

Adapted Athletes

- Existing playing rules can be adapted to include students with disabilities and many times do not require undue administrative burden.
- Existing track and field venues can be used.
- Accommodations should not fundamentally alter the sport, heighten risk to the athlete or others or place an opponent at a disadvantage.
- The NFHS is available to assist state associations with questions and accommodations

NFHS Permitted State Adoptions from Ohio (Track & Field and Cross Country)

The OHSAA has maintained a stance of being “100% compliant” with NFHS Track & Field Rules. The NFHS Rules carefully permit each state the right to adopt certain rules that are specific to that state and are known as “**State Adoptions.**” These “State Adoptions” do not cause any fundamental change in the contest from state to state. These permitted track & field “State Adoptions” and Ohio’s decision on the adoption are as follows:

High School Modifications

Rule	Modification
Rule 1-3	Javelin is not permitted in Ohio
Rule 3-2-3a	In dual, triangular, or quad meets the referee/starter is required to be a Class 1 registered official; In meets involving 5 or more schools, the referee must be a Class 1 registered official
Rule 3-2-6	Conferences may not adopt special rules for interrupted events
Rule 3-2-1 3-2-4k 3-5-1 3-5-2	No Jury of Appeals in Ohio
Rule 3-4-1	Referee MUST be Class 1 registered official for high school meets (recommended for middle school)
Rule 4-1-3	Field event contestants must report before the start of their flight
Rule 4-2-2	PENALTY: When athletes exceed the participation limitation, the team is penalized as if they had used an ineligible athlete
Rule 4-2-4	OHSAA has established limitations as described in the Track and Field Manual. Schools and Conferences may not put aside these event entry limitations
Rule 4-2-4-d	Teams CANNOT designate in advance which team will score in relays, however, only one team from each school may score
Rule 4-3-1a3	Spikes are limited to ½”, unless the games committee stipulates a shorter length
Rule 4-3	Head gear may be worn including but not limited to headbands (with or without sequins) and/or ear covers and navy watch style caps. More details can be found on page 17 & 18 of this manual
Rule 5-2-4	In TOURNAMENT competition, the 4x400 meter relay shall start using a 3 turn stagger, the 4x800 relay and the 800 meter run shall use a 2-turn stagger, and the 1600 and 3200 meter run shall use a 1-turn stagger
Rule 5-8-2	Finish line aids are NOT permitted
Rule 6-2-10	In “team field events,” each athlete participating in horizontal events shall get 4 attempts with no finals

Rule	Modification
Rule 6-3-2b	Jump offs for qualifying places in tournaments are NOT tie breakers, and those involved in the jump off shall be allowed a reasonable warm up after the competition is completed and before the jump off begins. If the tie for the qualifying position(s) is KNOWN to exist before the bar is raised to compete for higher places, those tied for the qualifying place(s) shall be allowed to make their fourth attempt before the bar is raised.
Rules 6-8-23 & 6-2-13a	In the event of a broken pole, competitors are allowed one run through without a bar with a replacement pole
Rule 6-8-17	The head pole vault judge who holds a valid OHSAA T&F officiating permit may be designated to certify the legality of poles
Rule -8-2-3	The OHSAA has accepted modified scoring

Middle School Modifications

Order/Events: A revised order of events is specified in Section 10 of the Track and Filed Manual. This revised order shall be used unless schools otherwise agree.

Clarification On Appeals (Track & Field and Cross Country)

NFHS Rule 3-5-1 stipulates that a Jury of Appeals, **if appointed**, shall serve as the final board of appeals. When the NFHS changed this rule in 1999 and designated the Jury of Appeals as the final arbiter of all appeals with the authority to overrule the referee, the OHSAA determined that no Jury of Appeals should be appointed in any contests sponsored by the member schools of the OHSAA in the sports of Cross Country and Track and Field. **OHSAA Bylaw 8-3-1 requires that the decisions of the contest officials (in the case of Cross Country and Track and Field, the Referee) are final.**

In OHSAA Tournament competition and in many invitational tournaments, a Games Committee may be appointed. The Referee always retains the option to consult with members of the Games Committee as well as Head Finish Evaluators utilizing fully automatic timing systems in rendering decisions. By rule, when the situation under consideration is not specifically covered by the NFHS rules, the Referee may also confer with the Head Umpire and/or the Head Field Referee or a Head Event Judge.

Regarding perceived or real failure of the **approved** F.A.T. systems (primary and all back-up systems), including microchips in the Cross Country event, the referee has the authority to hold up the official results until the correct results can be ascertained from either the primary system or the back-up system(s). **This is applicable whether an appeal has been lodged or not.**

Appeals concerning correction of errors that result from a failure of the F.A.T. system or systems, a misapplication of the rules or failure to follow the prescribed conditions of competition shall be filed within 30 minutes after results have been posted or made official. **However, it is not necessary for an appeal to be filed** if, in the opinion of the referee or other contest officials, there has been an error in any of these situations, including but not limited to a failure of the F.A.T. system, which results in the misplacement of student-athletes. The primary responsibility of officials is to ensure a fair competition and to correct errors whenever possible. To this end, it is required that the referee remains at the competition site for at least 30 minutes after the posting or announcement of the results.

Ejection Procedure (Track & Field and Cross Country)

- **ALL ejections REQUIRE a report to be completed and filed with the OHSAA.**
- **Ejection Reports are completed and submitted electronically. This automatically sends the report to the school.**
- In the event of a coach or player ejection, he/she is ejected from ALL GAMES for the remainder of the day of the ejection PLUS all contests at all levels until two regular season/tournament contests are played at the same level of the ejection or disqualification. Ejected coaches must also pay a \$100 fine and complete the National Federation of State High School Association's (NFHS) "Teaching and Modeling Behavior" online course within 30 days of the ejection. The responsibility for compliance rests with the school's administration.
- Ejected **COACHES** are required to LEAVE the premises immediately. If no assistant coach is present, the game is over and the score stands 'as is'.
- Ejected **PLAYERS** are to remain in the BENCH AREA under the supervision of the coach.
- As of 2001 – Any player or coach ejected for fighting is ejected from ALL GAMES for the remainder of the day of the ejection and will be ineligible for all contests at all levels until **FOUR** regular season/tournament contests are played at the same level as the ejection or disqualification.
- **ALL EJECTIONS ARE FINAL AND NOT PERMITTED TO BE APPEALED** per the OHSAA's Board of Directors.
- Though every ejection has its own story, do not call the OHSAA office asking for an appeal of the ejection. It will not and cannot be overturned. The circumstances surrounding the ejection can and should be expressed on the "School Response Form" that will be received by the school after the ejection occurs.

General Message on Health & Safety

The safety of our student-athletes is of utmost concern at all times. Information regarding the following important topics can be found at www.ohsaa.org and at www.nfhs.org:

- Heat Stress and Athletic Participation
- Recommendations for Hydration to Prevent Heat Illness
- Suggested Guidelines for Management of Head Trauma in Sports
- Communicable Disease Procedures (can also be found in the NFHS 2008-09 Rules Book)
- Disordered Eating
- Information on Nutritional Supplements
- Links to the following sites:
 - Joint Advisory Committee on Sports Medicine
 - Ohio Athletic Trainers Association
 - American Medical Society for Sports Medicine
 - Ohio Parents for Drug Free Youth
 - National Athletic Trainers Association (NATA)
 - Gatorade Sports Science Institute News

Medical Hardware

On the advice of the National Federation of State High School Association's (NFHS) Sports Medicine Advisory Committee (see www.nfhs.org), the following guidelines are provided:

Unless the specific rules code stipulates otherwise, athletes in sports of a collision/contact nature should not be permitted to wear devices such as insulin pumps, heart monitoring equipment and/or other diagnostic or therapeutic appliances while participating in interscholastic contests. In its deliberations on this issue, the Sports Medicine Advisory Committee of the NFHS could find no medical reason to authorize the wearing of these appliances during competition.

However, in the event that a physician requires a student-athlete to wear a therapeutic device during competition, such medical necessity shall be specified in writing and signed by the prescribing physician, and the device shall be padded and securely attached to the player's body underneath the uniform. The medical statement shall be shown to the head contest official prior to the athlete's being permitted to participate.

Concussion Management

Implementation of State Law and NFHS Playing Rules Related to Concussed Athletes and Return to Play Protocol

It is important for all individuals involved in interscholastic athletics to recognize the potential for catastrophic injury and even death from concussions. Thus, it is extremely important that each coach, administrator, contest official and medical support personnel review their responsibilities in protecting students. Further both students and parents have responsibilities in this area as well.

Note: It has always been the ultimate responsibility of the coaching staff, in all sports, to ensure that students are only put into practice or contests if they are physically capable of performing. However, all individuals involved in the conduct of interscholastic competition have responsibilities in this endeavor.

In January 2011, the OHSAA Board of Directors adopted a sports regulation which incorporated the National Federation of State High School Associations (NFHS) playing rules related to concussion recognition and management. On April 26, 2013, legislation adopted by Ohio's General Assembly on concussion and head injuries in youth sports became effective. On February 14, 2013, the OHSAA Board of Directors mandated that these regulations become effective on April 26, 2013, for the remainder of the spring sports season and thereafter. This OHSAA regulation, as amended to incorporate this recent legislation, now reads:

Any student, while practicing for or competing in an interscholastic contest, who exhibits signs, symptoms or behaviors consistent with having sustained a concussion or head injury (such as loss of consciousness, headache, dizziness, confusion or balance problems) shall be immediately removed from the practice or contest by either of the following:

- 1.) The individual who is serving as the student's coach during that practice or competition.
- 2.) An individual who is serving as a contest official or referee during that practice or competition.

Return to Play Protocol

If a student is removed from practice or competition due to a suspected concussion or head injury, the coach or referee who removes the student shall not permit the student, **ON THE SAME DAY THE STUDENT IS REMOVED**, to return to that practice or competition or to participate in any other practice or competition for which the coach or contest official is responsible. Thereafter, which means no earlier than the next day, the coach or contest officials shall not permit the student to return to practice or competition until both of the following conditions are satisfied:

- 1.) The student's condition is assessed by either of the following:
 - a. A physician, who is a person authorized under Chapter 4731 of the Ohio Revised Code (OCR) to practice medicine and surgery or osteopathic medicine or surgery (M.D. or D.O.)
 - b. Any other licensed health care provider that the school district board of education or other governing authority of a chartered or non-chartered nonpublic school, authorizes to assess the student who has been removed from practice or competition.

2.) The student receives **written authorization** that it is safe for the student to return to practice or competition from a physician or other licensed health care provider authorized to grant the clearance. Click here <http://ohsaa.org/medicine/AuthorizationToReenter.pdf> to retrieve OHSAA's Medical Authorization to Return to Play (RTP) form.

A school district board of education or governing authority of a chartered or non-chartered nonpublic school may authorize a licensed health care provider who is NOT a PHYSICIAN to make an assessment and grant authorization for a student to return to participation ONLY if the provider is acting in accordance with one of the following as applicable to the provider's authority to practice in Ohio:

- 1.) In consultation with a physician;
- 2.) Pursuant to the referral of a physician;
- 3.) In collaboration with a physician, or
- 4.) Under the supervision of a physician.

Note: A physician or other licensed health care provider who makes an assessment or grants clearance for a student to return to participation may be a volunteer.

Coaches Requirements

All coaches, paid and volunteer, must possess a current Department of Education-issued Pupil Activity Program/Coaching Permit. When renewing this permit, the coach will be required to complete an online concussion education course as stipulated in the section entitled **Approved Online Concussion Education Course**. This course is valid for three years.

Contest Officials Requirements

New legislation signed into law by the Governor provides that no school "shall permit" an individual to referee interscholastic athletic contests unless the individual holds a Pupil Activity Program/Coaching Permit or has successfully completed within the last three years a training program in concussion recognition. Therefore, all OHSAA licensed officials shall possess either a current Department of Education-issued Pupil Activity Program/Coaching Permit or show evidence of completing an approved online concussion education course as stipulated in the section entitled Approved Online Concussion Education Courses. This course is valid for three years from the date of completion.

Student and Parent Requirements

All students and their parents or legal guardians shall review and sign the “Concussion Information Sheet” which has been developed by the Ohio Department of Health and which shall be distributed by OHSAA member schools to all students and their parents prior to each sports season. Students and parents shall review and sign this form each year and should keep a copy of the form. In addition, parents and students are encouraged to complete an approved concussion education course.

NFHS Suggested Medical Clearance Return to Play Protocol

- 1.) No exertional activity until asymptomatic.
- 2.) When the athlete appears clear, begin low-impact activity such as walking, stationary bike, etc.
- 3.) Initiate aerobic activity fundamental to specific sport such as running or skating and may also begin progressive strength training activities.
- 4.) Begin non-contact skill drills specific to sport such as dribbling, fielding, batting, etc.
- 5.) Full contact in practice setting.
- 6.) Game play/competition.
 - Athlete must remain asymptomatic to progress to the next level. (It is often suggested that an athlete not be allowed to progress more than one level per day.)
 - If symptoms recur, athlete must return to previous level and should be reevaluated by an appropriate health care professional.
 - Medical check should occur before contact. (Final written clearance from the medical professional shall be obtained before the athlete engages in any unrestricted or full contact activity.)

OHSAA Concussion Authorization to Reenter Form

<https://www.ohsaa.org/Portals/0/Sports-Medicine/AuthorizationToReenter.pdf>

OHSAA Concussion Report Form

<https://ohsaaweb.blob.core.windows.net/files/Sports-Medicine/OHSAAConcussionReport.pdf>

Communicable Disease Procedures

Though most schools have a Certified Athletic Trainer present at Varsity contests ***and*** all coaches are required to maintain a valid Pupil Activity Certificate through the Ohio Department of Education that includes a Sports' First Aid component, it is important to keep up to date on the remote risk that blood borne infectious diseases can be transmitted during basketball practice and contests. For example, Hepatitis B can be present in blood as well as other bodily fluids. Procedures for reducing the potential transmission of these infectious diseases should include, but should not be limited to the following:

1. The bleeding must be stopped, the open wound covered and if there is an excessive amount of blood on the uniform, it must be changed before the athlete may participate.
2. Routine use of gloves or other precautions to prevent skin and mucous-membrane exposure when contact with blood and other body fluids is anticipated.
3. Immediately wash hands and other skin surfaces if contaminated (in contact) with blood or other body fluids. Wash hands immediately after removing gloves.
4. Clean all contaminated surfaces and equipment with an appropriate disinfectant before competition resumes.
5. Practice proper disposal procedures to prevent injuries caused by needles, scalpels and other sharp instruments or devices.
6. Although saliva has not been implicated in HIV transmission, to minimize the need for emergency mouth-to-mouth resuscitation, mouthpieces, resuscitation bags, or other ventilation devices should be available for use.
7. Athletic trainers/coaches with bleeding or oozing skin conditions should refrain from all direct athletic care until the condition resolves.
8. Contaminated towels should be properly disposed of/disinfected.
9. Follow acceptable guidelines in the immediate control of bleeding and when handling dressings, mouthguards and other articles containing body fluids.

For more information, go to the OHSAA's website at: <https://www.ohsaa.org/communicablediseases>

Lightning and Inclement Weather

Recognition

Coaches, certified athletic trainers, athletes and administrators should be educated regarding the signs indicating thunderstorm development. Since the average distance between successive lightning flashes is approximately 2-to-3 miles, anytime that lightning can be seen or thunder heard, the risk is already present. Weather can be monitored using the following methods:

- **Monitor Weather Patterns** – Be aware of potential thunderstorms by monitoring local weather forecasts the day before and morning of the competition, and by scanning the sky for signs of potential thunderstorm activity
- **National Weather Service** – Weather can also be monitored using small, portable weather radios from the NWS. The NWS uses a system of severe storm watches and warnings. A watch indicates conditions are favorable for severe weather to develop in an area; a warning indicates severe weather has been reported in an area, and everyone should take proper precautions.

Management

- **Evacuation** – If lightning is imminent or a thunderstorm is approaching, all personnel, athletes and spectators shall evacuate to available safe structures or shelters. A list of the closest safe structures shall be announced and posted at all athletic venues.
- **Thirty-minute rule** – Once lightning has been recognized, competition shall not be resumed until at least 30 minutes after the last flash of lightning is witnessed or thunder is heard to begin or resume a contest. Given the average rates of thunderstorm travel, this would allow the storm to move 10-to-12 miles away from the area and significantly reduces the risk of local lightning flashes. **Any subsequent lightning or thunder after the beginning of the 30-minute count should reset the clock, and another count should begin.**



OHIO HIGH SCHOOL ATHLETIC ASSOCIATION

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OHSAA TRACK & FIELD and CROSS COUNTRY

**COACH'S VERIFICATION OF SPORTING CONDUCT/LEGAL EQUIPMENT AND UNIFORMS
FOR USE IN REGULAR SEASON COMPETITION**

SCHOOL NAME _____

DIVISION _____ BOYS _____ GIRLS _____

HEAD COACH'S NAME _____

OHSAA standards require contest officials to enforce all NFHS rules relating to sporting conduct, ethical behavior and legal uniforms and equipment. Acts that intend to demean opposing competitors, team members, spectators and officials are not in keeping with the ideals of interscholastic athletics and will not be tolerated. Let this competition reflect mutual respect!

NFHS track and field and cross-country rules require the referee to meet with the head coach and captains to explain the expectations of good sporting conduct throughout this competition. In addition, the head coach is responsible for verifying to the referee/starter that all competitors are properly equipped (legal uniforms, legal equipment) in compliance with NFHS rules.

In all OHSAA tournament competition and in any multi-team or invitational competition that would make it difficult for the referee to meet personally with all coaches and captains, all coaches shall agree to the following:

Coach's Verification

I certify to the tournament referee that all contestants under my supervision are legally equipped, attired in legal uniforms and free of all dangerous jewelry in accordance with NFHS rules. I further certify that all student-athletes and other team personnel have been advised of their responsibilities relative to good sporting conduct during this competition. In addition, I understand and accept responsibility for adhering to the OHSAA participation limitation of four events per individual athlete per tournament contest.

Coach's Signature _____ Date: _____

Please return this form to area designated by the meet officials or games committee.



Ohio High School Athletic Association

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Columbus, Ohio 43214
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Web Site: www.ohsaa.org

SAMPLE POLE VAULT CERTIFICATION FORM

Directions: Please complete all blanks and sign. This form shall be handed to the head pole vault official when the vaulter(s) report. Presenting an improperly completed form or if no form is presented will result in the vaulter(s) being excluded from competition. PLEASE PRINT. Include first and last name.

SCHOOL _____ DATE: _____

COMPETITOR	NUMBER	VAULTER'S WEIGHT	POLE RATING(S)

COACH'S SIGNATURE

