

2026 OHSA Track & Field and Cross Country Officials' Manual

OFFICIALS' MANUAL



Respect
THE
GAME

Updated 1-4-2026

A Message The Sport Administrator

This manual has been compiled to serve as a reference for the sports of Track & Field and Cross Country; it was updated on January 4, 2026 to add updated information for the 2026 season. This manual should be used **in conjunction** with other resources, including the 2026 NFHS Rule & Case Books and 2025-26 NFHS Officials Manual. **Rule changes/updates for 2026 that were added are reflected in RED.** **Editorial changes made for 2026 are BLUE.**

Change is inevitable, and we have seen a lot of it since Covid. The transition to DragonFly, division expansion, and changes in assignment policies are just a few examples of things our officials have experienced over the past few seasons. **I appreciate your flexibility!** We will continue to expand on the solid foundation built by those before us as we work to make our sport better for the student athletes we serve and all of you.

The biggest opportunity for our sport continues to be **the inconsistent application of the rules during the regular season.** I understand that many of you do not agree with all of the rules we are responsible for enforcing; however, that does not change our duty to do so. Choosing not to enforce certain rules or “let things slide” during the regular season does nothing to help the sport or the student-athletes we serve. There is a big difference between preventative officiating and ignoring items. **Not enforcing a rule or looking the other way may appear to help the athlete; however, it is counter to the philosophy of education-based athletics, puts athletes in a position to fail in the future, and puts your fellow officials in a difficult position when they properly enforce the rule, and the athlete has not corrected their actions.**

This years’ manual includes several additions to help drive consistency in the application of the rules and the mechanics of officiating.

- Regulations outlining how special events will be contested have been included and must be followed.
- Clarifications on what is and is not Taunting and Unsporting Conduct have been added, removing subjectivity related to these decisions.
- A Mechanics Guide can be found in this years’ manual. I understand that this guide will be met with some resistance, as officials have been using the same mechanics for many years. **However, the sport must be officiated with consistency, and this guide will help us best achieve that.** All officials are expected to adopt these mechanics, and they will be included in officials' evaluations in 2027.

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

THANK YOU for all you do for our sports and the student athletes of Ohio.

Sincerely,

BQ Duckworth

Sport Administrator, Director of Officiating Development, & State Rules Interpreter
Track & Field and Cross Country

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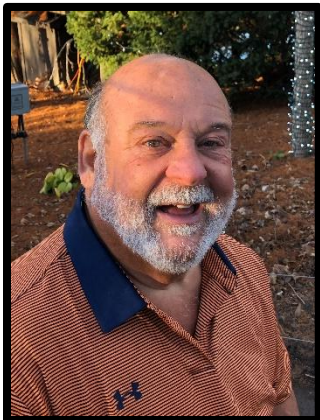
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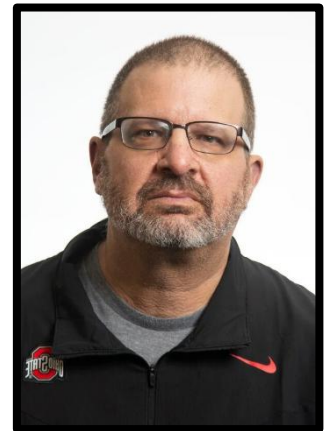
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The Ohio Association of Track & Cross Coaches (then named the Ohio Association of Track Coaches) was formed in 1941 as the brainchild of Ed Barker. During the late 70's, the name was changed to the Ohio Association of Track and Cross Country Coaches. 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 OHSA 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/>



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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://otfccoa.wixsite.com/ohiotrackofficials>





Officials Code of Ethics



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 identified three 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.

High School Track & Field **OHSAA Standard Order of Events**

Updated: OHSAA Standard Order of Events (Track & Field)

The OHSAA **standard** order of events in high school meets shall be as listed below: This bulletin supersedes the Order of Events in the NFHS Track and Field Rules Book. The javelin & hammer are **NOT** approved events and are not permitted in OHSAA competitions.

Running Events

Girls

- 1 - Relay - 4x800 meters
- 3 - Hurdles - 100 meters (33" high)
- 5 - Dash - 100 meters
- 7 - Relay - 4x200 meters**
- 9 - Run - 1600 meters
- 11 - Relay - 4x100 meters**
- 13 - Dash - 400 meters #
- 15 - Low Hurdles - 300 meters (30" high)
- 17 - Run - 800 meters
- 19 - Dash - 200 meters* #
- 21 - Run - 3200 meters
- 23 - Relay - 4x400 meters *

Boys

- 2 - Relay - 4x800 meters
- 4 - High Hurdles - 110 meters (39" high)
- 6 - Dash - 100 meters
- 8 - Relay - 4x200 meters**
- 10 - Run 1600 meters
- 12 - Relay - 4x100 meters**
- 14 - Dash - 400 meters #
- 16 - Hurdles - 300 meters (36" high)
- 18 - Run - 800 meters
- 20 - Dash - 200 meters* #
- 22 - Run - 3200 meters
- 24 - Relay - 4x400 meters*

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

*The first heat of the girls 4x400 relay may begin not earlier than 20 minutes after the start of the first heat of the girls 200M when the 3,200 is not being contested in its normal order and when athletes are competing in both events.

**The first heat of the girls 4 x 100M Relay may begin not earlier than 15 minutes after the start of the first heat of the girls 4x200M Relay when the 1,600 is not being contested in its normal order and when athletes are competing in both events.

The first heat of the girls 200M may begin no earlier than 15 min after the start of the first heat of the girls 400M dash anytime the 800M is not competed in its normal order and when athletes are competing in both events.

The meet referee is responsible for determining if rest periods are needed per the information above, documenting the start times, and informing the clerks and starters of when they may begin.

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

Events Must Take Place Outdoors (Track)

All events must take place outdoors.

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/certified OHSAA assignor or communicated well in advance of the meet. If there is no 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, will forfeit the points.

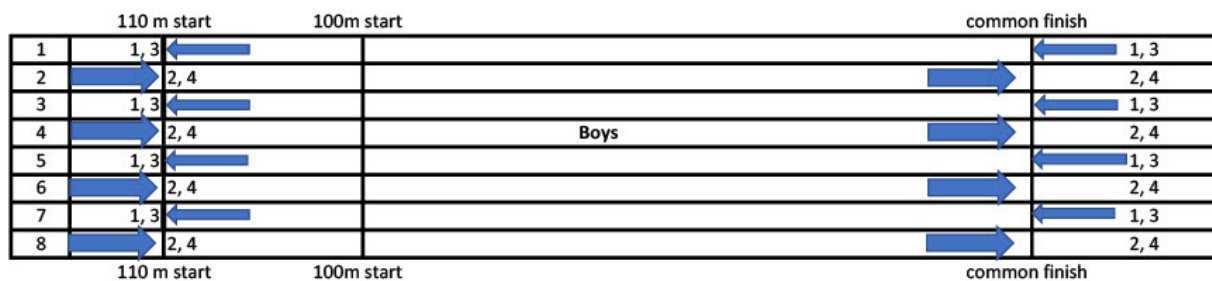
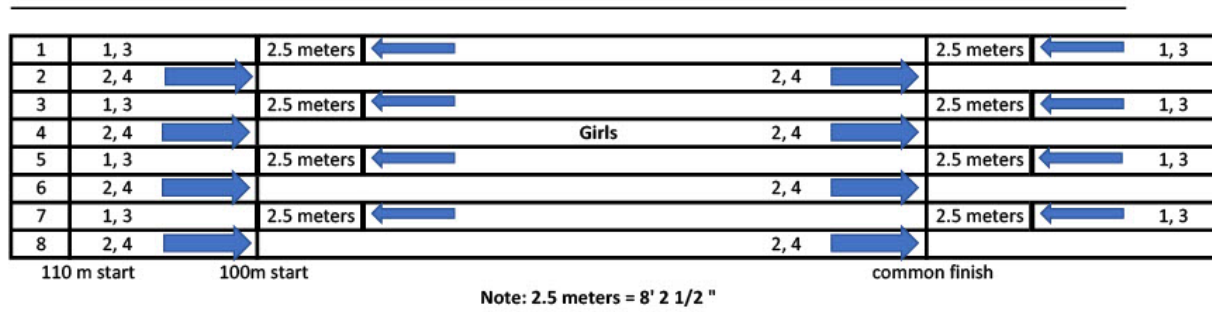
Invitationals must list their order of events in advance of schools entering their meet; the entering of the meet is the acceptance of the modified order of events.

Updated: Additional Allowable Events (Track & Field)

In addition to events outlined in the approved [OHSAA Standard](#) Order of Events, schools in Ohio may compete in additional events as outlined in NFHS Rules 1 & 7. All changes to the standard OHSAA order of events must be communicated per the information found in the previous section. [The below rules also apply to 7th & 8th grade competition unless otherwise noted.](#)

- All schools must be notified in advance of the change to the order of events per NFHS and OHSAA policy.
- Triple Jump must be competed following NFHS Rule 6
- Javelin and Hammer Throw are **PROHIBITED** during all competitions involving OHSAA member-school.
- **If an official is asked to allow an event that is not outlined in this section as an allowed event, they must prohibit that event from taking place and report the issue to the OHSAA using a game report.**
- “Special Events” must be competed under USATF Youth Rules as outlined in NFHS Rule 7 unless the OHSAA has stated otherwise below.
 - Decathlon, Pentathlon, Heptathlon, Steeplechase, & Race Walking shall follow the rules outlined in NFHS Rule 7 and USATF Youth rules.
 - Shuttle Relays, Specialty Relays, Team Field Events and Mixed (Gender) Relays shall follow the regulations outlined below. **Only the events as detailed below may competed at an competition involving OHSAA member-schools. The order of distances, exchange zones, starting lines, etc. CANNOT be adjusted. In addition, all OHSAA & NFHS competition rules apply.**
 - Shuttle Relays
 - Shuttle Hurdles
 - A maximum of four teams can be assigned to a section, with each team being placed in two lanes (1/2, 3/4, 5/6, 7/8).
 - Odd lanes will have hurdles set up in reverse position from the normal hurdles for runners 1 & 3 and will run in reverse direction.
 - Even lanes will have hurdles set up in normal position for runners 2 & 4 running in standard direction.
 - The incoming runners’ torso must cross the exchange line before the outgoing runner may start. This exchange line shall be 1 meter before the end line of the incoming runner.
 - Boys 4x110MHR
 - 30” hurdles shall be used and placed on the standard 110MH markings
 - Runners 1 & 3 shall start at the common finish, finishing at the standard 110MH starting line.
 - Runners 2 & 4 shall start at the standard 110MH starting line, finishing at the common finish.

- Girls 4x100MHR
 - 30" hurdles shall be used and placed at the standard 100MH markings.
 - Runners 1 & 3 shall start at a line 2.5 meters (8' 2 1/2") beyond the common finish line, ending at a line 2.6 meters (8' 2 1/2") before the normal 100MH starting line. (Note: The exchange mark would be 3.5 meters from the normal start)
 - Runners 2 & 4 shall start at the standard 100MH start, ending at the common finish.



- Specialty Relays
 - 4x1600MR
 - Start at the traditional 1600M starting line
 - Break at the one turn break line
 - All exchanges utilize the 4x800 exchange zone
 - Distance Medley (1200, 400, 800, 1600)
 - Start at the traditional 1600M start line
 - Break at the one turn break line
 - All exchanges utilize the same zone as the 4x800
 - Sprint Medley (100, 100, 200, 400)
 - Start at the traditional 4x100MR starting line.
 - 1st and 2nd exchanges use the traditional 4x100MR exchange zone.
 - 3rd exchange use the traditional 4x800MR exchange, extended on the front end of the zone to be 30 meters. The exchange zone will be the same as the traditional 4x200MR exchange FOR LANE ONE extended across all lanes.
 - 4th runner can break after receiving the baton when clear.

- Intermediate Medley (800, 400, 400, 800)
 - Start at the traditional 800M starting line using a two-turn break line.
 - All exchanges utilize the same zone as the 4x800MR.
- 1600 Meter Medley (200, 200, 400, 800)
 - Start at the traditional 4x200 starting line.
 - First & second exchange will be the traditional 4x200 exchange zones
 - Third exchange is at the 4x800 exchange zone.
 - Forth runner may break after receiving the handoff IN THEIR LANE
- Swedish Relay (100, 300, 200, 400)
 - Start at the 200M starting line
 - First exchange is the #3 4x100 exchange zone
 - The second runner breaks at one of the two options, as determined by the games committee, based on the layout of the track.
 - After the second runner has left the exchange zone or
 - At the 800M break line.
 - Second exchange is the #2 4x100 exchange zone for lane one SHORTENED TO 20 METERS– extended across all lanes
 - Third exchange is the 4x400 final exchange zone.
- Games Committees have the ability to run the same relay as multiple separately scored events. For example: A meet can run a traditional 4x100 and a csecond separately scored 4x100 for throwers only or jumpers only.
 - These events **must** follow all NFHS rules and items like pizza boxes, shot puts, discs, etc. cannot be used a relay batons.
- Mixed (Gender) Relays
 - A waiver must be obtained from sports administrator, **a minimum of 21 days in advance**, allowing the events.
 - The below competition rules are followed:
 - **ONLY** the 4x100, 4x200, 4x400, 4x800, 4x1600 may be competed as mixed gender events.
 - The races MUST contain an equal number of male and female athletes
 - Female athletes MUST be the 1st and 2nd leg
 - Male athletes MUST be the 3rd and 4th leg
 - Team Field Events
 - When throwing implements are used, they MUST follow NFHS and OHSAA competition regulations. Each gender much use the appropriate throwing implement.
 - 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**
- Team Field Events: 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 **rules** apply to Team Field Events and **shall be followed**.
 - 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.
- In the team pole vault or high jump, the following procedure **shall be used** in the case of a tie in team competition:
 - The team that has the competitor with the best performance of all competitors shall be awarded the higher place.
 - 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.
 - 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.
 - If the tie still remains, the team with the lowest total of unsuccessful trials throughout the competition shall be awarded the higher place.
 - If the above fail to break the tie, the result remains a tie.
- **In the team shot put, discus, or long jump the following procedure shall be used in the case of a tie.**
 - **The team that has the best overall throw is awarded the higher place.**
 - **If the tie remains, the team that has second best overall throw is awarded the higher place.**
 - **If the tie remains, the team that has the third best throw is awarded the higher place.**
 - **If the above fail to break the tie, the result remains a tie.**
- **In the discus, long jump and shot put, four trials with no final trials shall be used.**
- The 5,000M can be competed per the below regulations.
 - **The race shall be started using a properly measured waterfall start.**
 - **All NFHS & OHSAA competition rules apply**
 - The 5,000M and 3,200M cannot be competed at the same meet regardless of the number of days the meet spans.
 - **The 5,000M CANNOT be competed at the 7th & 8th Grade Level**
- Certified Officials may not officiate non-OHSAA approved events and should not allow events to take place in any manner not outlined in the rules (including safety cages).
- None of these additional events will be part of any tournament competition, only those events in the OHSAA order of events will be part of the tournament.

Updated: Allowable Events (Cross Country)

Relay events in Cross Country are prohibited. No events outside of the standard race are allowed.

Updated: Scoring & Ties (Track & Field & Cross Country)

All NFHS regulations must be followed for the breaking of ties. Additional information on determining qualifiers in the tournaments when ties occur can be found in the tournament regulations.

Cross Country Course (Cross Country)

The maximum length of a course is 5,000M. Shorter courses are allowed however their length must be disclosed in advance of the contest

Middle School Regulations

Updated: OHSA Standard Order of Events (Track & Field)

The following listed [OHSA Standard](#) 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 javelin and hammer are **NOT** approved events and are not permitted in 7th & 8th grade competitions.

Running Events

Girls

- 1 – Relay – 4 x 800 meter
- 3 - Hurdles - 100 meters (10 Hurdles) (30")
- 5 - Dash - 100 meters
- 7 - Relay - 4x200 meters[#]
- 9 - Run - 1600 meters
- 11- Relay - 4x100 meters[#]
- 13 - Dash - 400 meters^{\$}
- 15 - Hurdles - 200 meters (30")*
- 17 - Run - 800 meters
- 19 - Dash - 200 meters **^{\$}
- 21 - Relay- 4x400 meters

Boys

- 2 - Relay – 4 x 800 meter
- 4 - Hurdles - 110 meters (10 Hurdles) (33")
- 6 - Dash -100 meters
- 8 - Relay - 4x200 meters[#]
- 10 - Run - 1600 meters
- 12 - Relay - 4x100 meters[#]
- 14 - Dash - 400 meters^{\$}
- 16 - Hurdles - 200 meters (30")*
- 18 - Run - 800 meters
- 20 - Dash - 200 meters **^{\$}
- 22 - 4x400 meters

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

* 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.

**A rest period of at least 20 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 4x400 relay.

[#] The first heat of the girls 4 x 100M Relay may begin not earlier than 15 minutes after the start of the first heat of the girls 4x200M Relay when the 1,600 is not being contested in its normal order and when athletes are competing in both events.

^{\$} The first heat of the girls 200M may begin no earlier than 15 min after the start of the first heat of the girls 400M dash anytime the 800M is not competed in its normal order and when athletes are competing in both events.

The meet referee is responsible for determining if rest periods are needed per the information above, documenting the start times, and informing the clerks and starters of when they may begin.

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

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

Please review the high school section for this information as it also applies to middle school

Events Must Take Place Outdoors (Track)

All events must take place outdoors.

Updated: Allowable Additional Events (Track & Field)

Please see the high school section for allowable additional events.

Scoring & Ties (Track & Field)

Rule 2 - Scoring and Ties; exceptions to this rule are not permissible.

Cross Country Course (Cross Country)

The maximum course length may be 3,200M. Shorter courses are allowed; however their length must be disclosed in advance of the contest

NEW: Sportsmanship and Enforcement of NFHS Rules 4-6-1 & 4-6-2

Below is a list of items/actions that shall be considered a violation of NFHS Rules 4-6-1 & 4-6-2. The list is not all inclusive and items/actions not on this list may occur. When an item/action not on the list occurs a decision will need to be made by the meet referee on enforcement.

Items/Actions that shall be interpreted as a violation of NFHS Rule 4-6-1 resulting in disqualification from the meet (ejection).

- Intentional contact such as but not limited to: punching, slapping, pushing others, as well as hitting with any item such a baton, block, field event implement, etc.
- Vulgar language or profanity directed towards another individual.
- Encouraging the crowd to boo/chant at officials.
- Encouraging the crowd to boo/chant negatively at other athletes/teams.
- Continual failure to follow the direction of a meet officials, i.e. a second offense. This shall only be enforced after a disqualification from an event has been issued to the same athlete for the same offense or a coach has been warned previously that the behavior is not allowed.
- Falsifying identity or information to participate in an event under another person's name or number. Accidentally putting on the wrong number does not constitute falsifying identity; however competing with the wrong number is a violation of NFHS Rules 4-1-4 & 4-3-1b1.
- Taunting / Unsporting Conduct.
 - Spontaneous celebratory actions such as the below shall NOT be considered taunting or unsporting conduct.
 - High Fives with teammate(s) or competitors.
 - Jump & chest bumping with a teammate(s) after an event or attempt.
 - Simulate a cross on their chest at any time.
 - Pointing to the sky after winning or immediately prior to crossing the finish line.
 - Pointing their hand/arm in the air indicating # 1 after winning or immediately prior to crossing the finish line.
 - Yelling aloud (not using profanity or derogatory comments) that is not directed at any person.
 - Throwing a relay baton, not thrown at someone, even if bounces and hits someone. This, however, would be a violation of NFHS Rule 5-11-n.

- Finishing with their arms held horizontally to the ground like they are breaking through a “finish tape”. If this action causes interference to other athletes, appropriate penalties shall apply per NFHS Rule 5.
- Yelling, cheering, clapping, fist bumping, and any other method of encouraging other competitors both on their team and on other teams.
- Celebrations at their team camp.
- Actions such as the below **shall be** considered taunting.
 - The use of props of any kind in a celebration such as a wrestling championship belt, sledgehammer, fire extinguishers, etc. when they take place in any area other than their team camp.
 - Turning and running backwards before crossing the finish line.
 - Pointing or gesturing at athletes from other teams or the crowd both during and immediately following the conclusion of the race or trial. Including gesturing at others to be quiet, waving goodbye, etc.
 - The use of vulgar, profane or derogatory language toward another individual.
 - The use of violent gestures or simulations such as a throwing a spear, shooting bow and arrow or gun, sheathing a sword, etc. regardless of if they are directed at another.
 - Back or front flip during or immediately following the race or attempt.
 - Posing as if taking a selfie alone or with a teammate(s).
 - Any choreographed or pre planned celebratory displays.

Items/Actions that shall be interpreted as a violation of NFHS Rule 4-6-2 but NOT a violation of 4-6-1 resulting in disqualification from the event.

- Swearing or the use of vulgar language that is not directed at someone.
- Failure to follow the direction of a meet official.
- Throwing a baton in anger not at someone. This is also a violation of NFHS Rule 5-11-n.
- Intentionally kicking, hitting, or knocking over a cone, pilon, or other crowd control device.
- Other items as outlined in NFHS Rule 4-6-2.

OHSAA Track & Cross Country Regulation Information

Use of Video/Electronic Systems for Making Officiating Decisions (Track & Cross Country)

Video replay, [FAT equipment](#), or television monitoring equipment **shall not** be used to make decisions related to the competition except for finish line placement. Coaches and/or others associated with the team are prohibited from showing video to officials per NFHS Rule 3-2-8. Coaches and/or others associated with the team that show officials video or attempt to show officials video are subject to disqualification from the meet (ejection) per NFHS Rule 3-2-8. Disqualification from the meet does also bring administrative penalties including suspension from future competitions. Officials must follow the ejection process as outlined in this document.

Updated: Audio or Video Recording Devices

The use of GoPro (or similar) cameras, glasses with cameras in them, or audio recording devices **is prohibited**, as the use of electronic devices is prohibited by NFHS Rule 4-6. This differs from the carrying of a cell phone or wearing of a smart watch as the simple carrying of those devices does not constitute a violation, only the use of the prohibited technology in those devices. The use of these devices by officials is also prohibited per the OHSAA Handbook for Officials

Modified Scoring (Cross Country)

In accordance with NFHS Rule 8-2-3 the OHSAA has adopted modified scoring. Modified scoring is a scoring procedure that would allow teams with less than five runners to score in a regular season meet. It can only be used when approved by a meet's games committee and all participating schools have been notified in advance of the meet verbally, in writing, or in the contest contract. Modified scoring does not allow games committees to change/modify any other element of the scoring process. Modified scoring shall not be used in OHSAA tournament competitions. If modified scoring is used, it MUST follow the procedure outlined below:

After runners in excess of each team's allotted 7 athletes are removed and the remaining runners re-ranked, the next place in the ranking will be added to each team with 4 runners. The next 2 places will be added to each team with 3 runners, and so on to give each team 5 places to be scored. This means that all teams without 5 finishers shall be awarded the same position(s) for their next scoring position(s). Therefore, if there are 109 finishers (after removing those who are not in their team's top 7), ALL teams with fewer than 5 finishers will be awarded 110th place, ALL those with fewer than 4 finishers will also be awarded 111th place, etc. until 113th place is awarded to all teams having only one runner.

Obstacles & Water Crossings (Cross Country)

Per NFHS Rule 8-1-2c obstacles such as hay/straw bales, logs, hurdles, etc. are prohibited; additionally "Water crossings" are prohibited. When a course contains an obstacle or water crossing, the referee MUST suspend competition until the course can be altered to become compliant. If it cannot be made compliant, the meet shall not be allowed. A game report should be filed regardless of if the issue is corrected.

A referee that allows a meet to take place that is not compliant with NFHS 8-1-2c as outlined in this presentation, takes personal responsibility for any injuries that may occur and likely will not be covered by their liability insurance.

Standing Water <i>Not an issue or perceived violation</i>	Water Obstacles <i>Would be considered a violation</i>
Puddles	Creeks
Wet courses (from rain)	Streams
Low lying area that may have some ponding from recent rain.	Drainage ditches with or without water.
	Manmade water crossings
The above are EXAMPLES only and not an exhaustive list of what is legal or illegal. The list is meant to provide guidance as to what IS and IS NOT considered a violation of NFHS Rules. This is NOT a new rule	

Participation Limitation (Track)

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.
- 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 from each event and prohibited from further competition in the meet. The team shall forfeit all places and points achieved in events the disqualified athlete participates in. 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.
- Per Tournament Regulations an athlete who is disqualified for participation in more than four events shall be ineligible for further tournament competition. They cannot participate in future rounds of the tournament, even on a relay.

Note: For Middle School the above regulations apply with the limit being three events.

No Contest (Track)

When a meet/event is canceled (by the meet referee in council with the games committee) due to weather, darkness when no lights are available, damage to the venue after the beginning of warm-up, or other issues out of the control of the meet management that occur after the meet/event begins; the below must be followed:

Track Meet

- If 60% or more of the scheduled events have been completed and scored, the meet must be scored based on the completed events and will count the same as a fully completed meet. Any events not being scored per below would not be included in this score.
- If less than 60% of the scheduled events have been completed, the meet must not be scored and will be considered a "no contest". The meet shall not be included in won-lost records, shall not count toward a student/coach fulfilling any ejection consequence, shall not count toward a student fulfilling his/her transfer consequence, and shall not count toward the number of maximum allowable regular season contests permitted.

Individual Events

- In vertical field events:
 - If all competitors who have elected to participate at opening height have completed their trials at opening height, the event should be scored based on the performances at the last height completed by all competitors who have not been eliminated from competition. The event will count as one of the allowed events for each competitor. Competitors who have passed and have not yet entered competition will be excluded from the scoring and the event will not count toward their maximum events allowed.
 - If all competitors who have elected to participate at opening height have not completed their trials at opening height, the event should be scored as a no contest and the event will not count toward the competitor's allowed number of events.
- In horizontal field events:
 - If all competitors have completed 50% or more of their attempts (when four attempts are given) or two thirds of their preliminary attempts (when competing finals), the event shall be scored based on the performances through the last round completed by all competitors. The event will count as one of the allowed events for each competitor.
 - If all competitors have not completed 50% of their attempts (when four attempts are given) or two thirds of their preliminary attempts (when competing finals), the event should be scored as a no contest and the event will not count towards the competitor's allowed number of events.

- In any running event:
 - If all scheduled sections or preliminary heats have been completed for a running event, that event shall be scored. The event will count as one of the allowed events for each competitor.
 - If all scheduled sections or preliminary heats have not been completed for a running event, the event should be scored as a no contest and the event will not count towards the competitor's allowed number of events.

Any events canceled due to safety/facility issues before the start of competition shall follow NFHS competition rules. Related to tournament competition, all events must be completed; you cannot have a no-contest.

No Contest (Cross Country)

Any race not competed due to weather or darkness shall be scored as a no-contest. Related to tournament competition, all events must be completed; you cannot have a no-contest.

Active Flight AKA Five Alive (Track & Field)

In all OHSAA competitions, anytime nine or more participants are active at a given height, active flights shall be used. In active flights, five competitors constitute a flight. As a competitor clears a bar, passes a turn at a height or is eliminated, the next competitor in order will be moved up so that the number of competitors in the active flight remains constant. When the number of competitors remaining at a given height is fewer than nine, all competitors will be in a single continuing flight.

Notes

- If you start a height using Active Flight (Five Alive), you must use it through the completion of the height.
- Time between jumps is not determined by the number left at the height but rather by the number left in competition.
- **Active flights are mandatory at OHSAA tournaments and during the regular season.**

Referee's Jurisdiction (Track & Cross Country)

By rule, the referee shall remain available for 30 minutes after the conclusion of the 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. A meet is considered concluded once the referee has approved the final results.

Officiating Requirements (Track & Cross Country)

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.

Updated: Jury of Appeals in Ohio (Track & Cross Country)

There shall be **NO** jury of appeals during the regular season or at the OHSAA District or Regional Tournament. The games committee may advise the referee at the referee's request. **The referee shall have the final decision in all appeals. Refer to NFHS Rule 3-5 for additional information on the appeals process.**

A jury of appeals will be used at the OHSAA State Championship ONLY. Please see the tournament regulations for more information.

In all situations involving ineligible participation, the Executive Directors of the OHSAA retains final authority to rule on such participation. The Executive Director has the authority to disqualify participants who are ineligible under the Bylaws and Sports Regulations of the OHSAA.

Required Roster (Track & Field and Cross Country)

Each school must provide a roster of athletes.

- If the meet has been managed using software like MileSplit, Baumspage, etc., then the coach does not need to provide an additional roster as it has already been uploaded electronically.
- If the meet has not used registration software, a paper roster must be provided.
- Competition must be delayed until the roster is provided.

Event Entry Limitations (Track & Field)

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.

Due to the prohibition on exhibition competition, 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.

Sub- or Non-Varsity Competition (Track & Field and Cross Country)

There is no distinction between varsity and sub-varsity participation. All members of said team are subject to the same uniform rules. At the meet manager's discretion, a school may enter more than one team in the 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 & Cross Country)

Boys and girls' competitions may be competed simultaneously provided the head coaches unanimously agree **or** if the referee deems it necessary. When events are competed together, they **MUST** be scored separately.

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

Coaches must provide a signed verification of sporting conduct and legal equipment/uniforms to the referee prior to **ALL CONTESTS**. Verbal verification is no acceptable at any meet.

- For ALL meets using MileSplit, the verification form was signed during registration for the meet and NO additional form is needed.
- This new process should help eliminate waste and streamline the process for coaches and officials.
- For the OHSAA Tournaments, coaches will complete the verification form on MileSplit when registering for the District Tournament. The form will then follow advancers through to the State Tournament, and no additional forms will be necessary.

- If the meet was not hosted on MileSplit, a verification form **MUST** be completed and turned in. Electronic collection of these forms (Google Form, etc.) is allowed.

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.

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

"Scratch" or "exhibition" competition is not permitted under OHSAA Bylaws, all athletes must be eligible to score. When a student participates in a scheduled track and field competition, participation limitations do apply. **EXCEPTION:** The OHSAA Board of Directors may authorize exhibition competition in events within specific sports in order to accommodate students with disabilities without affecting team scoring in those sports. When authorized, a waiver from the OHSAA will be provided by the school/coach

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. If you feel exhibition competition has taken place, please notify the OHSAA office.

The Use of Lead Carts (Cross Country)

If the games committee authorizes the use of a lead vehicle, they **MUST** ensure that:

- Vehicle is operated by a responsible adult, no one under the age of 18
- No students, even if they are over the age of 18
- There is a safe distance maintained between the vehicle and the lead runners.
- Is fast enough not to cause a risk to the student athletes.
- No passengers are allowed unless approved by the referee.
- A time clock may be carried on the back of the vehicle if it is properly secured.
 - Time clocks on lead vehicles is **PROHIBITED** at tournament competition

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. The device shall be attached to the body in a manner fitting with the device that is safe for the athlete and does not cause danger to other athletes. Items may be carried by hand or in a pouch/fanny pack if they cannot be safely attached to the body in another manner. The medical statement shall be **shown** to the head contest official prior to the athletes being permitted to participate; this statement can be shown on paper or electronically. Examples of approved medical devices include but are not limited to EpiPens, inhalers, insulin pumps, glucose monitors, and heart monitors. Athletes participating with these devices are still subject to NFHS Rules if their medical device is dropped or becomes dislodged from the body and interferes with other athletes."

- **No waiver is needed from the OHSAA office.**
- Water cannot be carried in a bottle or camel back pack by an athlete; this is considered an aid.
- Water can be distributed by meet management to all runners as allowed by NFHS rules.
- 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.

Implements Used in Field Events (Track & Field)

- 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 Pole 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 requires that prior to competition the coach must verify that each of that school’s pole vaulters and poles meet NFHS requirements. Coaches must verify in writing, per the form attached in the Appendix of this document or an electronic format, the weight of each vaulter and the weight limits of each pole that will be used.

Finish Line Aids

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

Seated Athlete Guidelines (Track & Field)

Seated Athlete Competition Guide

Please visit ohsaa.org/sports/track for more information and to view the Seated Athlete Competition Guide.

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

Shoes

The shoes must be fastened securely to the foot with laces, zippers, Velcro or other closures. This is the ONLY regulation related to shoes.

In general, **the vast majority** of Crocs Brand “shoes” cannot be securely attached to the foot and, therefore, are not legal. The small movable strap on the back does not attach the shoe firmly to the foot. However, as Crocs is a brand name and not a style of shoe, it is possible that they do/will produce a style that would be legal or that there is another similar brand that can be securely attached. There is no universal one-size-fits-all answer; each official must make a judgment call based on what is worn at that particular meet.

Removal of Any Part of the Team Uniform

Excluding shoes, while in the area of competition as defined by the games committee, removing any part of the uniform is illegal. This shall lead to a warning and if repeated, to disqualification from the event.

Uniform Tops/One-Piece Uniforms

Each athlete must wear a full-length uniform top or a one-piece uniform issued **or approved by the school**. This can be a hoodie or any other item approved by the school pending it meets all other uniform rules

Uniform Bottoms/One-Piece Uniform

Each athlete shall wear bottoms and/or a one-piece uniform issued **or approved by the school**. This can be sweat pants or any other item approved by the school pending it meets all other uniform rules. **Rule 4-3-1 permits logos larger than 2 ¼ or multiple logos on the waistband of a uniform bottom ONLY.**

Uniform Numbers

Uniform numbers are no longer required on the back of contestants' uniforms. It is **NOT** a uniform violation if some members of team have numbers and some do not granted all other aspects of the uniform rule are met.

Misc. Uniform Topics

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

Jewelry

The prohibition of wearing jewelry has been removed from the rules for track and field and cross country competitions. 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.

Wristwatch

A wristwatch, secured to the person, may be worn in competition.

New: Athletes Carrying Cell Phone & Wearing Smart Watches

The carrying of a cell phone by athletes is NOT prohibited; no doctor's note or waiver is needed to carry the device. This means that cell phones should be treated much like a smart or GPS watch; the athlete can carry them, however, they cannot use the prohibited technology in the device.

Things that would be **allowed** per NFHS Rule 4-6 include:

- Use of the stop watch or standard watch features in a smart watch.
- Use of medical apps in the smart watch or cell phone to record and store medical data. The device may transmit this data, however, it cannot be used for immediate coaching.

Things that would be **prohibited** per NFHS Rule 4-6 include:

- The use of GPS functionality.
- The use of the devices to receive or send communication to a coach or other individual.
- The use of the device for audio or video recording.

Referees must be 100% certain that an athlete or coach has used the technology for a prohibited purpose before taking any punitive action. This means an official **MUST** see or hear it directly. Also, officials **MUST NOT** ask the athlete to demonstrate the device's capabilities.

If you encounter an athlete that is carrying a cell phone or wearing a smart watch, remind them that while those items can be carried or worn, the use of the communication and audio/video recording is prohibited.

Headgear, Hair Control Devices & Headbands

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 a 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 and 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 competitor.

Religious Apparel

Any athlete who presents that they need to wear headgear, skirts, pants, etc. for religious purposes must 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. Garments worn for religious reasons (e.g. dark skirts or pants) do not need to match the color and design of uniforms worn by other relay/cross country team members.

Important Officiating Reminders (Track & Field and Cross Country)

Officials Uniform Requirements (Regular & Post Season)

- Black, unadorned officiating slacks/shorts/skirts (no jogging suits, stretch/yoga or denim), plain (no stripes, designs, etc).
- Short sleeved or long-sleeved white polo shirt with the *OHSAA logo embroidered or sublimated on the right chest (3"x3"), optional US Flag on right sleeve. On left sleeve, "OHSAA Registered Track & Field Official" in black letters.
- When a jacket, pullover, vest or other outer garment is worn, it shall be black and unadorned except for the official *OHSAA logo on the left side (the local/state association initials, name and/or logo) may be on the right side) and the US Flag may be placed on the right sleeve, 4" down from the shoulder. The official's name may be on the right side.
- Jewelry may be worn and visible, including wedding rings and/or medical alert identification (bracelet or necklace). A religious medallion is permitted, provided it is not visible. A watch is permitted to be worn during a meet. In general, jewelry may be worn provided it is safe, tasteful, and not distracting. Meet management may request an official to remove jewelry if he/she deems it to be unsafe or a distraction.
- Rain suits/rain gear are not subject to OHSAA logo and uniform guidelines. However, they may not contain the initials, name and/or logo of other governing bodies.
- Hats are not required as part of the uniform. However, when one is worn, it must meet one of following criteria:
 - a) Be unadorned other than a manufacturer's logo
 - b) Include the *OHSAA logo
 - c) Include the initials, name and/or logo of your local official's association
 - d) Include the initials, name and/or logo of the Ohio Track and Field and Cross Country Officials Association
 - e) Include the initials, name and/or logo of a OHSAA level tournament or invitational.
- Name tags/badges are not a required part of the uniform. However, when one is worn, it must meet one of following criteria:

- a) Be unadorned other than a manufacturer's logo
- b) Include the *OHSAA logo
- c) Include the initials, name and/or logo of your local official's association
- d) Include the initials, name and/or logo of the Ohio Track and Field and Cross Country Officials Association
- e) Include the initials, name and/or logo of an OHSAA level tournament or invitational.
- No items containing the name, initials or logo of other governing bodies can be worn.
- Closed toe shoes **MUST** be worn

Any official out of uniform in the regular season must be asked to change. If they cannot make their uniform legal, they should be treated as a "non-official" for the meet. Any official who is out of uniform for a tournament must be asked to change. If they can't make their uniform legal, they should be sent home without pay.

Officials may only wear items with the "OHSAA Officiating Logo (old logo)" when officiating. Wearing anything with the "Administrative & Marketing Logo" (new logo), when officiating, is prohibited. For the purposes of this document, "OHSAA Logo" refers to the officiating logo.

Ejection Information

Please see Appendix B

Use of Starter Pistols

Per [O.R.C. §2923.161](#) & [O.R.C. § 2923.11](#). A firearm 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 official 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 by the O.R.C. **Officials are prohibited from using a "modified" firearm, that is a firearm that has been modified to prevent it from firing a projectile.**

In addition, schools and FAT contractors should give strong consideration to the purchase of an Electronic Starting Device (ESD) in light of the strong concerns about firearms.

Updated: Notes From the NFHS on 2026 Rules Changes

3-2-3k — The games committee has the authority to determine takeoff board placement in the horizontal jumps aligning with existing role in setting starting heights for vertical jumps. Athletes may still change which approved takeoff board to use during competition.

3-8-6 — The rule change recognizes the increasing cost and limited availability of .32 caliber blanks used in starting devices. By expanding the range of acceptable calibers, meet management is provided greater flexibility in selecting starting equipment, while maintaining the safety, reliability and functionality necessary for proper race administration. Electronic or gunless devices are also still permissible.

4-6-5 — The change affirms that the safety of student-athletes is a top priority and supports the use of appropriate health-care professionals to evaluate a downed competitor on the course when designated by the games committee. This evaluation may occur without resulting in disqualification, provided the competitor is not assisted in progressing along the course. This interpretation maintains the integrity of the competition while ensuring that timely medical evaluation can occur when necessary. It reinforces the balance between competitive fairness and the health and well-being of participants.

4-6-6c — The rule clarifies that athletes are not permitted to wear any audio or video recording or transmitting devices during a race, trial, or while in restricted areas. This restriction minimizes potential distractions and interference with performance. This language is consistent with policies found in other NFHS rules books and reinforces a uniform standard across interscholastic sports.

6-2-2 NOTES (3) NEW — The addition of the note clarifies changes made in previous years that the time limit for a consecutive attempt applies within a height and at a height change.

6-3-2b4(a) — The committee supports the continued inclusion of metric measurements alongside imperial units in the rules book to promote clarity and consistency in meet management. This approach acknowledges the increased use of metric measurements in field events. Standard metric progressions are typically 5-centimeter increments with 15 centimeters aligning closely to the traditional 6 inches. Including both units supports coaches, athletes and officials in conducting fair and accurate competition and ensures the rules book remains a practical resource for all users.

6-8-6 — In large competitions, the current rule allowing warm-up only after passing three consecutive heights can result in extended periods of inactivity, sometimes exceeding an hour, for athletes who enter later in the event. This can pose both a competitive disadvantage and a potential safety concern. The revised rule promotes fairness, consistency, and risk minimization. This change ensures that all athletes have an adequate opportunity to prepare, regardless of when they enter the competition.

6-9-21 and 6-9-28 — The rule change clarifies that the padding requirement applies specifically to hard and unyielding surfaces that are elevated relative to the ground. This refinement helps differentiate between surfaces that present a greater risk of impact during a fall (such as raised concrete, asphalt, wood, or platform extensions) versus ground-level areas that may already be accounted for with landing system setup.

6-10-5 — The addition of the implement construction specifications for the javelin ensures that all necessary information is readily available, specific to the high school level, and aligned with the intent of education-based athletics. This addition reinforces consistent equipment standards and enhances clarity and accessibility for high school coaches, athletes and meet officials.

9-1-1 — The addition of the 200-meter dash to indoor meets provides states with greater flexibility to structure events based on facility size, and meet goals.

9-6-1 — The rule change establishes a uniform 20-meter exchange zone for indoor relays

2026 Track and Field Editorial Changes

4-3-1b(8), 6-4-2, 9-1-1

Interpretations for the 2026 NFHS rule changes can be found on pages 4 and 5 of the 2026 NFHS Case Book.

2026 NFHS Points of Emphasis can be found on pages 4-6 of the 2026 NFHS Rules Book.

Updated: NFHS Permitted State Adoptions from Ohio

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 adoptions are as follows:

High School Modifications

Rule	Modification
Rule 1-3	Javelin and Hammer Throw are not permitted in competition or practice involving OHSAA member-school teams .
Rule 3-2-3a	In High School, the referee/starter is required to be a Class 1 registered official; In 7 th & 8 th Grade the referee/starter may be a Class 3 registered official.
Rule 3-2-6	Conferences may not adopt special rules for interrupted events
Rule 3-2-1 3-2-4k 3-5	No Jury of Appeals in Ohio for any regular season, district or regional meet . A Jury of Appeals will be used ONLY at the state championship following the regulations outlined in the tournament regulations
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. For events run as “open pit” the start of their flight is the start of competition.
Rule 4-2-1	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	Modification
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.
Rule 5-3-4	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 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 6-8-2	In all OHSAA competitions, anytime nine or more participants are active at a given height, active flights shall be used.
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 7-2-2	1) The 5,000M is an allowable special event per the regulations listed in this document. 2) Decathlon, Pentathlon, Heptathlon, Steeplechase, & Race Walking shall follow USATF Youth rules. 3) Shuttle Relays, Specialty Relays, Team Field Events and Mixed (Gender) Relays shall follow OHSAA Regulations as listed in this document. 4) No other events may be competed that are not outlined in this manual.
Rule 8-1-41	Starting boxes shall be exactly 5ft wide.
Rule -8-2-3	The OHSAA has accepted modified scoring as detailed in this document.

Middle School Modifications

Order/Events: A revised order of events is specified in this manual. This revised order shall be used unless schools otherwise agree.



2026 Mechanics Manual

Respect
THE
GAME

Introduction & Expectations

Consistency and uniformity in mechanics are key elements to officiating. Ensuring all officials are following the same mechanics helps ensure that:

- Officials are in the positions needed to effectively officiate and administer the event.
- Ensure no officiating duties are overlooked.
- Each official working the event knows, before arriving on site, what processes will be followed.
- Tournament-level officials, who typically do not work together during the regular season, can work as a cohesive group.
- New officials have clearly defined expectations.
- Non-certified officials working events have a clearly defined set of responsibilities.
- Student athletes have the best possible experience with uniform and constant application of rules.

This Mechanics Guide is made to supplement the NFHS Officials Manual & **MUST** be followed for all regular and postseason events. Parts of this guide mirror the information provided in the NFHS manual, while some information reflects state-specific mechanics. Any item in this manual supersedes that in the NFHS Manual. Mechanics information from this document will be included in the Regional Tournament & State Meet Officiating Guides. That information will be customized to match the number of officials assigned at the state meet and the maximum number of officials allowed at the regional.

The positioning of officials as outlined in this guide is mandatory and shall be followed. Positions may need to move slightly, however, unless a “Position Adjustment Note” is included in the instructions for a specific position, it shall not be adjusted.

THANK YOU in advance for your work in reviewing, understanding, and implementing these standards in every meet all season long.

This document is subject to change as new best practices are identified and formalized into OHSAA mechanics. Some of the information in this guide has been taken directly from the 2025-26 NFHS Officials Manual.

Field Event Information

General Notes For All Field Events

- For the Long Jump, Discus, & Shot Put the minimum number of officials that can work an event is 2 (two). Keep in mind that any person (coach, parent, volunteer, student) takes on the responsibility of an official when working in the positions indicated. The recognition that two officials are needed to manage these events does NOT indicate that they both must be licensed officials, and all OHSAA regulations on officiating apply.
- None of the images in this section is to scale and does not reflect the correct dimensions or layouts of any safety devices, such as landing pads or safety cages.
- Officials will almost always need to do additional non-officiating tasks at events, such as pulling the tape, leveling sand in the long jump, adjusting standards, or putting up the bar. These additional tasks are not covered in this mechanics guide.
- There will be actions an official must take that fall outside of this mechanics guide, including but not limited to enforcement of all NFHS and OHSAA Contest Rules. Pre-event safety inspections, etc.
- Officials, Local Associations, Meet Managers, Conferences, etc. shall not alter these mechanics, as they shall not modify or set aside any rule.

- Unless a “Position Adjustment Note” is listed in the event staffing, officials MUST use the positions as indicated.
- Flags shall be used to signal fair and foul attempts
- Event officials shall rotate between different officiating positions throughout the event. Rotation should take place between genders, not between flights; this ensures all athletes of the same gender have identical officiating.

Pole Vault

Officiating Positions

Pit Boss: This position shall be standing and be mobile. It is responsible for:

- In conjunction with the Head Field Judge/Field Referee ensure the event venue is set up properly & safely.
- Ensuring all pole have been inspected and verified. This is the responsibility of the head event official.
- Ensuring the standards are set at the correct height and the bar is measured as needed.
- Ensuring the box is free of debris and that the box collar and landing pad are not hindering the movement of the pole.
- Timing for the attempt by providing a time warning with a yellow flag or verbally to the athlete per NFHS regulations. The red flag shall be raised if a time violation occurs.
- Signaling with a red or white flag appropriately based on the result of the jump and feedback from the pit observer.
- Standing on the runway until ready for the next jumper; stepping off, signaling with the white flag, and starting the time when ready.
- All Pit Observer roles when one is not used.
- Shall ensure a measuring tape is placed along the runway, verifying its accuracy, leaving the tape for the duration of competition.

Flight Coordinator: This position may be seated. This position is responsible for:

- Identifying in advance of the event who is participating in other events, what each of the athlete’s starting heights will be and managing coaches’ verification cards.
- Correctly documenting makes, misses, and passes.
- Managing the athlete’s order of competition, ensuring that Active Flights are used when appropriate. The call shall be Up, On Deck, On Hold and then calling the athlete up a second time when the pit is ready indicating the time shall start. Optionally, when active flights are used, calls of "Alive" for the other two competitors in the flight are allowed, as is a single call of "Alive" when adding a competitor to the rotation. One of the two Alive options must be used.
- Managing the check in and check out process for athletes participating in other events.
- Responsible for recording the start time and end time of the event.
- Managing the warmup process for those entering later in the event per NFHS regulations.
- Verify all poles used have the legal mark of the day, before each attempt, and ensure athletes do not warm up without completing the verification and pole inspection process.

Pit Observer: This position shall be standing and be mobile. This position is responsible for:

- Ensure the standards are correctly positioned and zeroed out with the bases marked and remain in place during the competition.
- Ensuring an athlete properly releases/pushes the pole in regard to a pole dislodging the cross bar.
- Ensuring the cross bar is positioned against the standard and even on the pegs.
- Ensuring coaches remain in approved coaches’ areas.

- Ensuring all meet workers are in proper position.
- Signaling with red flag after each attempt & verbally when needed.

One Person Staffing

When working the event as the only official, the official shall position themselves at **1** and will be responsible for all officiating responsibilities.

Position Adjustment Note: The official should position themselves on the opposite side of the runway from the athletes, allowing them to be facing the athletes for enhanced communication.

Two Person Staffing (Used at Regional Meet)

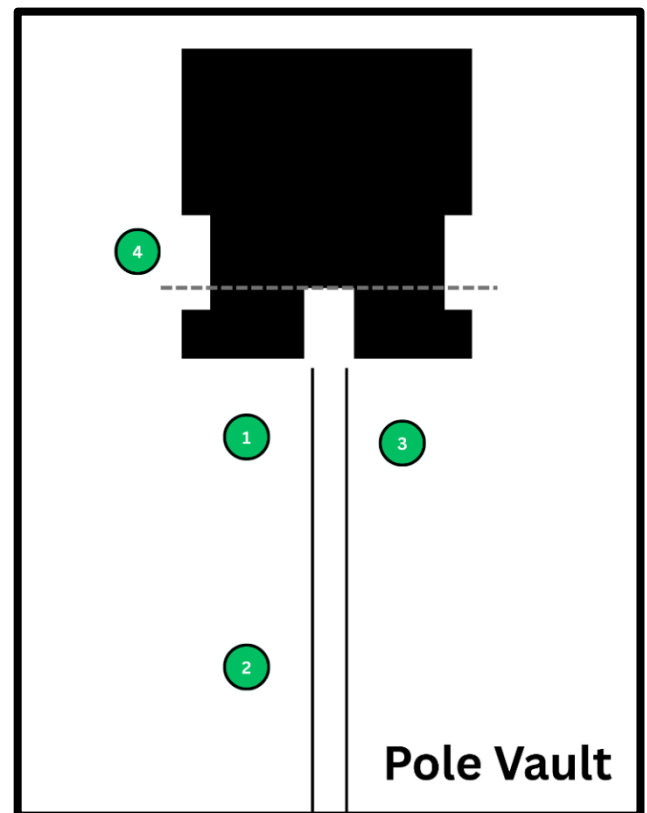
When working with two person, staffing, the officials shall work as Flight Coordinator in position **2** and Pit Boss in position **3**. The Pit Boss shall assume all Pit Observer duties.

Position Adjustment Note: The Flight Coordinator shall position themselves on the opposite side of the runway from the athletes, allowing them to be facing the athletes for enhanced communication. The Pit Boss shall be positioned on the opposite side of the runway as the Flight Coordinator.

Three Person Staffing (Used at State Meet)

When working with three person staffing, the officials shall work as Flight Coordinator in position **2**, Pit Boss in position **3** and Pit Observer in position **4**. The Flight Coordinator shall position themselves on the opposite side of the runway from the athletes, allowing them to be facing the athletes for enhanced communication. The Pit Boss shall be positioned on the opposite side of the runway as the Flight Coordinator. The Pit Observer shall be positioned behind the zero plane next to the pit on the same side as the Flight Coordinator.

Position Adjustment Note: The positions of the officials may be adjusted from the diagram to ensure the above stated locations can be followed.



High Jump

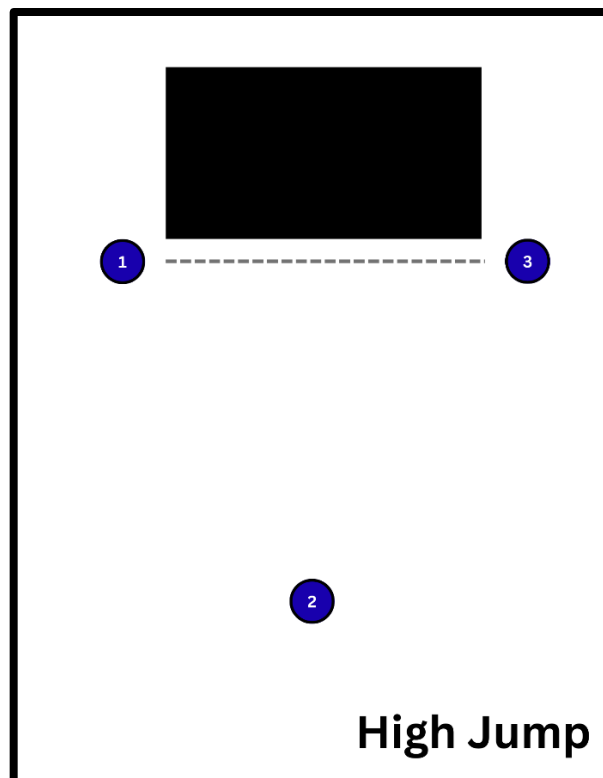
Officiating Positions

Pit Boss: This position shall be standing and be mobile. It is responsible for:

- In conjunction with the Head Field Judge/Field Referee ensure the event venue is set up properly & safely
- Ensuring the standards are set at the correct height and the bar is measured as needed.
- Signaling with a red or white flag appropriately based on the result of the jump and feedback from the pit observer.
- Standing in front of the crossbar until ready for the next jumper; stepping aside and signaling with the white flag when ready.
- Placement of a 2in wide indicator line directly below the crossbar, if desired. The material used for the line (tape or chalk) will vary based on facility restrictions.
- All Pit Observer roles when one is not used.

Flight Coordinator: This position may be seated. This position is responsible for:

- Identifying in advance of the event who is participating in other events and what each of the athlete's starting heights will be.
- Correctly documenting makes, misses, and passes.
- Managing the athletes' order of competition, ensuring that Active Flights are used when appropriate. The call shall be Up, On Deck, On Hold and then calling the athlete up a second time when the pit is ready indicating the time shall start. Optionally, when active flights are used, calls of "Alive" for the other two competitors in the flight are allowed, as is a single call of "Alive" when adding a competitor to the rotation. One of the two Alive options must be used.
- Managing the check in and check out process for athletes participating in other events.
- Responsible for recording the start time and end time of the event.
- Managing the warmup process for those entering later in the event per NFHS regulations.



Pit Observer: This position shall be standing and be mobile. This position is responsible for:

- Ensuring the standard bases are properly marked and remain in place during the competition.
- Ensuring the cross bar is positioned against the standard and even on the pegs.
- Ensuring coaches remain in approved coaches' areas.
- Ensuring all meet workers are in proper position.
- Signaling with a red flag when a foul occurs.
- Timing the event by providing a time warning with a yellow flag or verbally to the athlete per NFHS regulations and shall indicate to the Pit Boss to single with a red flag if a time violation occurs.

One Person Staffing

When working the event as the only official, the official shall position themselves at **1** and will be responsible for all officiating responsibilities.

Two Person Staffing (Used at Regional Meet)

When working with two person staffing, the officials shall work as Flight Coordinator in position **2** and Pit Boss in position **1**. The Flight Coordinator shall position themselves in the center on the far edge of the take off area, allowing them to effectively communicate with the athletes. The Pit Boss shall be positioned on side of the crossbar. With two people, the Pit Boss shall handle all Pit Observer duties.

Three Person Staffing (Used at State Meet)

When working with three person staffing the officials shall work as Flight Coordinator in position **2**, Pit Boss in position **1** and Pit Observer in position **3**. The Flight Coordinator shall position themselves in the center on the far edge of the take of area, allowing them to effectively communicate with the athletes. The Pit Boss shall be positioned on one side of the crossbar with the Pit Observer on the opposite side.

Long Jump

Officiating Positions

Pit Boss: This position may be seated, but will need to stand up and move as needed. It is responsible for:

- In conjunction with the Head Field Judge/Field Referee ensure the event venue is set up properly & safely.
- Ensuring the pit has been leveled properly by the Pit Observer and has received an indication from them and any support staff that they are ready.
- Ensuring the take off point is safe.
- Signaling with a red or white flag appropriately based on the result of the jump and feedback from the Pit Observer and Take Off Judge.
- Indicating the runway is closed through the holding out horizontally of a red flag or placing a cone on the runway. Then indicate when the runway is open and the pit is ready by removing the cone/moving the red flag and signaling with a white flag held out horizontally.
- Measuring the jump per NFHS regulations. Read the distance loudly so all can hear, and wait for the flight recorder to repeat the measurement. Confirm it to be correct, then notify the Pit Observer they can release the mark. If incorrect, with the mark still held, make the needed correction.
- All Flight Coordinator & Take Off Judge responsibilities when those positions are not used.
- Shall ensure a measuring tape is placed along the runway, verifying its accuracy, leaving the tape for the duration of competition.

Flight Coordinator: This position must be mobile as they must move along the runway. This position is responsible for:

- Identifying in advance of the event who is participating in other events.
- Correctly documenting performances. Upon hearing the measurement from the Pit Boss, recite the measurement to them for confirmation.
- Managing the athletes' order of competition. The call shall be Up, On Deck, & On Hold and then calling the athlete up a second time when the pit is ready indicating the time shall start.
- If open pit is used, each athlete shall have a number placed on their hand that corresponds with their name on the event sheet; or another method to quickly and easily identify the athletes. No order is called when open pit is used, however, you must identify the athlete after each attempt.
- Managing the check in and check out process for athletes participating in other events.
- Responsible for recording the start time and end time of the event.

Pit Observer: This position shall be standing and be mobile. This position is responsible for:

- Marking the jump correctly per NFHS rules and holding the mark until told to release it by the Pit Boss. You may also need to measure two marks if it is unclear what one is best.
- Ensuring the pit is leveled correctly and the sand is even with the top of the pit with no marking before each jump.
- Ensuring coaches remain in approved coaches' areas.
- Shall use a red flag to indicate a pit foul. In addition to the mandatory use of the flag, they shall verbal indicate a "foul" or "no mark" as appropriate.
- Ensuring all meet workers are in proper position.

Take Off Judge: This position may be seated, but will need to stand up and move as needed. This position is responsible for:

- Ensuring the take off point is safe.
- Signaling with thumb up or down appropriately based on the result of the jump.

- Upon indication that the runway is open for each jump, the white flag has shown, and the athletes has been called up for a second time, start the time.
- Timing the event by providing a time warning with a yellow flag or verbally to the athlete per NFHS regulations and shall indicate to the Pit Boss to signal with a red flag if a time violation occurs.

Two Person Staffing

When working with two person staffing, the officials shall work as Pit Boss in position **1** and Pit Observer in position **2**. The Pit Boss shall position themselves on the side of the take off point with a clear view of the foul line. This position shall be opposite the side of the runway where the coaches' box is located offering coaches a clear view of the takeoff board. The Pit Observer shall position themselves on the opposite side of the sand pit as the Pit Boss in a position to view the athlete moving down the runway and their attempt. With two people, the Pit Boss shall be responsible for all Takeoff Judge and Flight Coordinator duties.

Position Adjustment Note: The Pit Boss and Pit Observer may be located opposite of the diagramed position based on the location of the coaches' box.

Three Person Staffing (Used at Regional Meet)

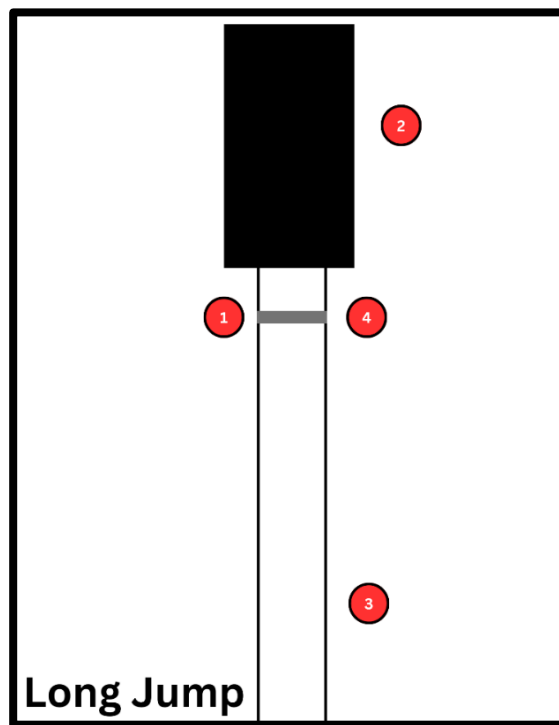
When working with three person staffing, the officials shall work as Pit Boss in position **1**, Pit Observer in position **2**, and Flight Coordinator in position **3**. The Pit Boss shall position themselves on the side of the take-off point with a clear view of the foul line. This position shall be opposite the side of the runway where the coaches' box is located offering coaches a clear view of the takeoff board. The Pit Observer shall position themselves on the opposite side of the sand pit than the Pit Boss in a position to view the athlete moving down the runway and their attempt. The Flight Coordinator must move from a position at the midpoint of the runway to the take off board to record each attempt. The Flight Coordinator shall be on the opposite side of the runway as to where the athletes are staged between jumps. With three people, the Pit Boss shall be responsible for all Take Off Judge duties.

Position Adjustment Note: The Pit Boss and Pit Observer may be located opposite of the diagramed position based on the location of the coaches' box. The Flight Coordinator may be on the opposite side of the diagramed position based on the location of the staged athletes.

Four Person Staffing (Used at State Meet)

When working with four person staffing, the officials shall work as Pit Boss in position **1**, Pit Observer in position **2**, Take off Judge in position **4**, and Flight Coordinator in position **3**. The Pit Boss shall position themselves on the side of the take off point with a clear view of the foul line. The Take Off Judge shall position themselves opposite the Pit Boss. The Pit Observer shall position themselves to the side of the sand pit. Opposite the Pit Boss, in a position to view the athlete moving down the runway and their attempt. The Flight Coordinator must move from a position at the mid point of the runway to the take off board to record each attempt. The Flight Coordinator shall be on the opposite side of the runway as to where the athletes are staged between jumps.

Position Adjustment Note: The Pit Boss and Pit Observer may NOT be adjusted when using four officials as both sides of the board are blocked. The Flight Coordinator may be on the opposite side of the diagramed position based on the location of the staged athletes.



Note For All Staffing Levels: The wind gauge shall be located near position **3** with its own dedicated individual recording wind readings if the gauge is not integrated into the computers. The operator should ensure the device is not blocked with someone standing directly adjacent. For the tournaments the wind gauge operator shall not be an official.

Discus

Officiating Positions

Ring Boss: This position shall be standing. It is responsible for:

- Ensuring the landing area is clear and has received an indication from the support staff that they are ready.
- In conjunction with the Head Field Judge/Field Referee ensure the event venue is set up properly & safely.
- Ensure the ring is safe.
- Ensure no one is in the cage at any time other than during measurements.
- Signaling with a red or white flag appropriately based on the result of the throw and feedback from the Flight Coordinator and Sector Judge
- Indicating the circle is closed by standing directly in front of it during the measurement and until the landing areas are clear.
- Measuring the throw per NFHS regulations. Read the distance loudly so all can hear, and wait for the Flight Coordinator to repeat the measurement. Confirm it to be correct, then single the Sector Judge they can release the mark. If incorrect, while still holding the mark, make the correction.
- Ensure the implement inspection process has been followed by the Implement Inspector & verify each implement used for each attempt has the mark of the day by having the athletes show you before each attempt.
- Timing the event by providing a time warning with a yellow flag or verbally to the athlete per NFHS regulations, and shall indicate with a red flag if a time violation occurs.
- All Flight Coordinator responsibilities when the position is not used.

Flight Coordinator: This position shall be standing. It is responsible for:

- Identifying in advance of the event who is participating in other events.
- Correctly documenting performances. Upon hearing the measurement from the Ring Boss, recite the measurement to them for confirmation.
- Managing the athletes' order of competition. The call shall be Up, On Deck, & On Hold and then calling the athlete up a second time when the circle is ready indicating the time shall start.
- Managing the check in and check out process for athletes participating in other events.
- Responsible for recording the start time and end time of the event.
- Indicate appropriately with a red flag when a foul is observed from their position & verbally when needed.
- Ensuring coaches remain in approved coach areas.

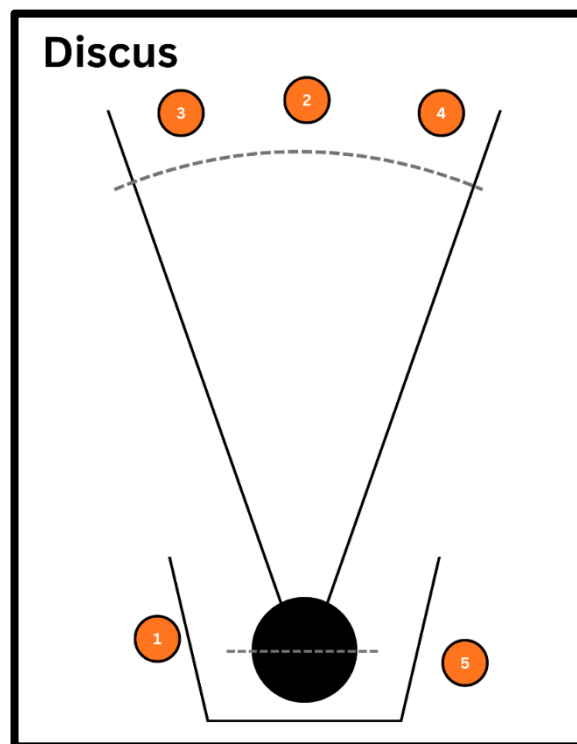
Sector Judge: This position shall be standing and be mobile. This position is responsible for:

- Marking the throw correctly per NFHS rules and holding the mark until told to release it by the Ring Boss.
- Ensuring all sector officials and workers are behaving safely.
- Shall use a red flag to indicate a sector foul. In addition to the mandatory use of the flag, they shall verbally indicate a "sector foul" or "no mark" as appropriate.

- Hustle to the mark on each throw, no walking.
- Position yourself **a safe distance beyond** the expected distance of the throw (indicated by the dashed arch in the diagram), facing forward, with full view of the throw.

Two Person Staffing

When working with two person staffing, the officials shall work as Ring Boss in position **1** and Sector Judge in position **2**. The Ring Boss shall position themselves on the side of the circle, outside of the cage, slightly in front of the center line of the circle with a view of the front of the circle. The Sector Judge shall position themselves roughly at the middle of the sector edge lines in a location that is **a safe distance beyond** the expected mark of the athlete ensuring they always have vision of the throw. The Ring Boss will assume all Flight Coordinator duties.



Three Person Staffing

When working with three person staffing, the officials shall work as Ring Boss in position **1** and two Sector Judges in positions **3 & 4**. The Ring Boss shall position themselves on the side of the circle, outside of the cage, slightly in front of the center line of the circle with a view of the front of the circle. The Sector Judges shall position themselves with even spacing between themselves and the edge lines of the sector in a location that is **a safe distance beyond** the expected mark of the athlete ensuring they always have vision of the throw. They shall each cover one half of the width of the sector. The Ring Boss will assume all Flight Coordinator duties.

Four Person Staffing (Used at Regional Meet)

When working with four person staffing, the officials shall work as Ring Boss in position **1**, Flight Coordinator in position **5**, and two Sector Judges in positions **3 & 4**. The Ring Boss shall position themselves on the side of the circle, outside of the cage, slightly in front of the center line of the circle with a view of the front of the circle. The Sector Judges shall position themselves with even spacing between themselves and the edge lines of the sector in a location that is **a safe distance beyond** the expected mark of the athlete ensuring they always have vision of the throw. They shall each cover half of the width of the sector. The Flight Coordinator shall be located opposite the Ring Boss, outside of the cage, slightly behind the center line of circle watching the back half of the circle.

Five Person Staffing (Used at State Meet)

When working with five person staffing, the officials shall work as Ring Boss in position **1**, Flight Coordinator in position **5**, and three Sector Judges in positions **2, 3, & 4**. The Ring Boss shall position themselves on the side of the circle, outside of the cage, slightly in front of the center line of the circle with a view of the front of the circle. The Sector Judges shall position themselves with even spacing between themselves and the edge lines of the sector in a location that is **a safe distance beyond** the expected mark of the athlete ensuring they always have vision of the throw. They shall each cover one third of the width of the sector. The Flight Coordinator shall be located opposite the Ring Boss, outside of the cage, slightly behind the center line of circle watching the back half of the circle.

Shot Put

Officiating Positions

Ring Boss: This position shall be standing. It is responsible for:

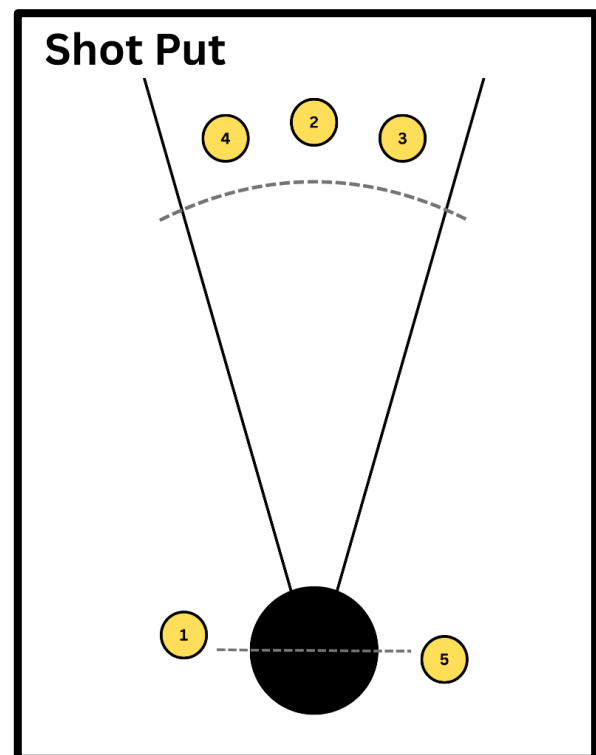
- In conjunction with the Head Field Judge/Field Referee ensure the event venue is set up properly & safe.
- Ensuring the landing area is clear and has received an indication from the support staff that they are ready.
- Ensuring the ring is safe.
- Signaling with a red or white flag appropriately based on the result of the throw and feedback from the Flight Coordinator and Sector Judge
- Indicating the circle is closed by standing directly in front of it during the measurement and until the landing area is clear.
- Measuring the throw per NFHS regulations. Read the distance loudly so all can hear, and wait for the Flight Coordinator to repeat the measurement. Confirm it to be correct, then signal the Sector Judge they can release the mark. If it is incorrect, with the mark still held, correct the error.
- Ensure the implement inspection process has been followed by the Implement Inspector & verify each implement used for each attempt has the mark of the day by having the athletes show you before each attempt.
- Timing the event by providing a time warning with a yellow flag or verbally to the athlete per NFHS regulations and shall indicate with a red flag if a time violation occurs.
- All Flight Coordinator responsibilities when the position is not used.

Flight Coordinator: This position shall be standing. It is responsible for:

- Identifying in advance of the event who is participating in other events.
- Correctly documenting performances. Upon hearing the measurement from the Ring Boss, recite the measurement to them for confirmation.
- Managing the athletes' order of competition. The call shall be Up, On Deck, & On Hold and then calling the athlete up a second time when the circle is ready indicating the time shall start.
- Managing the check-in and check-out process for athletes participating in other events.
- Responsible for recording the start time and end time of the event.
- Indicate appropriately with a red flag and verbally when a foul is observed from their position.
- Ensuring coaches remain in approved coaches' areas.

Sector Judge: This position shall be standing and be mobile. This position is responsible for:

- Marking the throw correctly per NFHS rules and holding the mark until told to release it by the Circle Boss.
- Ensuring all sector officials and workers are behaving safely.
- Shall use a red flag to indicate a sector foul. In addition to the mandatory use of the flag they shall verbal indicate a "sector foul" or "no mark" as appropriate.
- Hustle to the mark on each throw, no walking.
- Position yourself **a safe distance beyond** the expected distance of the throw (indicated by the dashed arch in the diagram), facing forward, with full view of the throw.



Two Person Staffing

When working with two person staffing, the officials shall work as Ring Boss in position **1** and Sector Judge in position **2**. The Ring Boss shall position themselves on the side of the circle slightly in front of the center line of the circle with a view of the front of the circle. The Sector Judge shall position themselves roughly at the middle of the sector's edge lines in a location that is **a safe distance beyond** the expected mark of the athlete ensuring they always have vision of the throw. The Ring Boss shall handle all Flight Coordinator duties.

Three Person Staffing (Used at Regional Meet)

When working with three person staffing, the officials shall work as Ring Boss in position **1**, Sector Judge in positions **2**, and Flight Coordinator in position **5**. The Ring Boss shall position themselves on the side of the circle slightly in front of the center line of the circle with a view of the front of the circle. The Sector Judge shall position themselves roughly at the middle of the sector's edge lines in a location that is **a safe distance beyond** the expected mark of the athlete ensuring they always have vision of the throw. The Flight Coordinator shall be located opposite the Ring Boss slightly behind the center line of circle watching the back half of the circle.

Four Person Staffing (Used at State Meet)

When working with four person staffing the officials shall work as Ring Boss in position **1**, Sector Judges in positions **3 & 4**, and Flight Coordinator in position **5**. The Ring Boss shall position themselves on the side of the circle slightly in front of the center line of the circle with a view of the front of the circle. The Sector Judges shall position themselves with even spacing between themselves and the edge lines of the sector in a location that is **a safe distance beyond** the expected mark of the athlete ensuring they always have vision of the throw. They shall each cover one half of the width of the sector. The Flight Coordinator shall be located opposite the Ring Boss slightly behind the center line of circle watching the back half of the circle.

Inspection of Throwing Implements

The implement inspector shall weigh, measure, and then certify, all implements to be used in warmups and competition. For OHSAAs tournaments, the implement inspector is the Head Field Judge, assisted by the head event officials from both throwing events. Illegal implements shall be impounded until the competition in that event is concluded. The inspector of implements shall choose a mark of the day, different for each gender, to represent an implement that passes inspection. This mark shall be communicated to the head event judges.

- Inspect the shot or discus for weight, size, and shape.
- The shot should be a solid sphere made of any metal but no softer than brass. The surface shall be smooth void of indentations. Prior to Inspection, the implement should be cleaned. If the shot has a plug, inspect the plug to movement and mark the plug to help verify it has not been removed.
- The discus may be made of wood or other suitable material with a smooth rim attached. Any plates shall be smooth to the surface in the exact center of the implement. The plates are to be five (5) centimeters or two (2) inches in diameter. A discus may also be constructed of rubber, plastic, or metal alloys as long as they meet size, weight and shape specifications. Inspectors should be looking for nicks or gouges that are a safety hazard or a finger hold, and should make a mark across the top center and bottom when there is a plug.
- Devices needed for inspection:
 - Towel for cleaning.
 - Scale calibrated with a known weight.
 - Device on the scale to hold the implements without rolling off. The scale should be calibrated with this device on it.
 - Templates and/or tools to measure shot & discus.
 - Tape measure (for discus).

- Marking device(s) for implements
- Flight sheets to ensure all athletes have had implements inspected
- All implements brought to weights and measures should have a mark of the day.
 - A mark used to represent a valid implement.
 - There shall be separate marks for boys and girls events.
 - “X” and a school identification if determined not legal, and impound the implement.

Inspection of Vaulting Poles

The vaulting pole inspector shall verify all pole are legal and safe ensuring the athlete’s weight is not above the pole rating. For OHSA tournaments, the inspector will be the head event official. Illegal poles shall be impounded until competition in that event is concluded. The inspector shall mark the pole with a label or colored band of tape approximately 18 inches from the bottom of the pole. Athletes cannot warm up until the full inspection & verification process is complete.

- Inspect the pole for:
 - A legal top hand hold band
 - Cracks or breaks
 - Gripping tape above the top hand hold band. Tape used for identification is allowed.
 - Ridges / areas in the gripping tape that would provide a finger hold (refer to NFHS regulations).
 - Ensure the pole has a plug. At times, a team may have one plug for multiple poles, which is allowed.
- Ensure that:
 - All poles checked in are or below the weight of the athletes
 - All athletes have a signed (in paper form or electronically) vault verification form indicating their weights.
- Items needed for inspection:
 - Towel for cleaning.
 - Marking material(tape or label) for poles.
 - Vault verification forms.

Safety Notes For Field Events

Safety should be a top priority. The below list is NOT all inclusive but outlines the minimum expectations. The NFHS Manual includes additional diagrams outlining safety and venue set up.

- Throws
 - Take steps to keep spectators in the safety zone (i.e., flag off the area).
 - Never turn your back from the circle or runway.
 - Athletes are to NEVER be in the sector.
 - Do not allow implements to be used outside of the venue and official supervision.
 - Only the up and on-deck person should have an implement in their hands
 - No one should ever be in the cage, have their hands on the cage, or their fingers through the fence/netting while an attempt is taking place.
 - Any damage to the safety cage such as openings in the fence/netting must be repaired before warmups can begin.
 - Implements should be walked back to the athlete, not thrown or tossed. A retrieval system may be used.
 - While measuring, **every effort** should be made to avoid stepping in the circle to reduce the amount of debris and moisture brought into the circle.

- Horizontal Jumps
 - Take steps to avoid potential runway collisions (i.e., flag off the runways, if possible).
 - Make sure that the area surrounding the landing area is free of clutter and hazards.
 - Make sure that rakes are placed tines down and stored in a safe location.
 - Make sure that the sand is at least 12 inches deep and freshly turned over.
 - Ensure the take off board is safe and even with the runway.
- Vertical Jumps
 - Does the pit meet minimum specifications?
 - Are all pad sections connected together?
 - Is there one common cover for the whole pit?
 - No separation between the sections.
 - The area around the pit is clear of all things that might cause injury.
 - There is not any platform of any type exposed.
 - Any hard surface near the pit is removed or covered by dense foam.
 - Are the goal post and play clock too close?
 - Is the foam in the pit no longer functioning as it should
 - Ensure there is no actual or potential overlap between event venues. If there is, make a coordination plan to minimize risk.
 - High Jump
 - Ensure access to the apron and pit areas are flagged, coned, or marshaled to keep persons not in the event outside the venue.
 - Ensure the apron has no cracks, tears, or holes - anything that could snag a spike.
 - Pole Vault
 - Does the collar meet ASTM Specifications? Is it installed correctly?
 - Is the box void of foreign material including water?
 - Are the standard box pads in place?
 - Do the athletes meet weight for their poles?
 - Is zero on the standards lined up with the back of the box?
 - Are the standards able to travel from 18 to 31.5 inches?

Pre Event Meeting

A brief pre-event meeting shall be held with all athletes, coaches shall be invited to attend also. This meeting shall review the below information.

- General Information
 - Welcome & introduction of all officials working.
 - The check-out process. You should have already identified who is in other events during the check-in process for the event.
 - The use of electronic devices, use of video for coaching, showing video to officials.
 - Uniform regulations.
 - Safety information.
 - Weather related information.
 - Location of coaching boxes.
 - Instructions on time limits and passing.
- Throws
 - Advancement to finals: 3 and 3 or 4 with no finals.
 - Warm up times between flights.
 - How to retrieve implements.

- Horizontal Jumps
 - Open pit information if used.
 - Advancement to finals: 3 and 3 or 4 with no finals.
 - Warm up times between flights.
- Pole Vault
 - Process for setting standards
 - Reminders about aborted attempts

Head Field Judge / Field Referee

The role of a Head Field Judge and a Field Referee are the same with the main difference being a Field Referee has the final say for issues falling under their responsibility, while a Head Field Judge must report to the Meet Referee for final decisions. The Head Field Judge/Field Referee shall:

- Inspect all field event venues and ensure any needed modifications take place. You will need to reference the NFHS Rule Book and OHSAA Officials Manual to ensure venues meet all competition and safety specifications.
- Ensure all field event officials are aware of their roles and responsibilities.
- Overseeing, with the assistance of head event judges, the inspection of implements.
- Ensure all field events start on time and that all events have adequate warm-up time.
- Ensure safety is the front of mind for all officials.
- Continually rotate between field events
- Verify measurements for all records.
- Verify the results before the calling of athletes to the finals.
- Verify the results before all events are finalized.

Running Event Information

Track Umpire Positions

Head Umpire

- This position must be mobile and standing and located at the middle of the infield. In order to effectively officiate from this positions, you will need to work with the games committee to have the infield deemed a restricted area.
- The head umpire shall have general supervision over the Umpires, Zone Chiefs and Marshalls and shall be responsible for assigning these officials to positions from which the umpire may clearly carry out official responsibilities.
- A map indicating location shall be provided to all umpires, zone chiefs and marshals The referee shall approve the umpire locations prior to the start of the meet.
- Shall move toward the break line to get a wide view of the break during those parts of the races and then moves back toward the center of the infield. The same for each exchange zone, moving closer during the exchange to get a wide view before returning to the center. This also needs to be done for hurdle races when minimum staffing is used.
- The Head Umpire is also responsible for general Umpire responsibilities.

Position Adjustment Note: If field event venues are located on the infield, adjustments will need to be made to the position of the Head Umpire

Zone Chief

- This position must be mobile and standing but can sit between races as needed.
- The Zone Chief shall have general supervision over a group of Umpires/ the Marshall in a given area or zone.

- They are responsible for indicating their exchange zone is ready and coordinate the reporting of issues to the Head Umpire.
- Ensures markers are placed appropriately at breaklines.
- The Zone Chief is also responsible for general Umpire responsibilities.

Umpire

- This position must be mobile and standing but can sit between races as needed.
- Responsible for viewing all races from their assigned position and indicating with a yellow or white flag if a possible violation has occurred. They must signal each time runners pass. Please see the general notes section for procedures used for relays when multiple officials are at the exchange.
- They must be knowledgeable of all regulations related to running races and are responsible for the positive identification of violations.
- When reporting a violation, they must report the lane (when appropriate), team name, uniform color, number, and a detailed description of the possible violation.
- Umpires should have a whistle to signal if there is an issue and you need to hold the start of a race.

Position Adjustment Note: Umpires will need to adjust their position slightly, on the same side of the track as indicated, to ensure they see what is needed for each race.

Marshall

- This position must be mobile, standing, and located at the finish line as indicated by the “M”
- The Marshall is responsible for indicating to the starters with a red or white flag when the timers are ready and the track is ready for the next race to begin. The Marshall shall hold a red flag until both the timers are ready and the head umpire has signaled with a white flag.
- They are responsible for ensuring the starters do not start early when a time schedule is used.
- In addition the shall give instructions to athletes as they finish the race on the appropriate actions and where/when to exit.
- The Marshall is also responsible for general Umpire responsibilities.
- Marshalls should have a whistle to signal if there is an issue and you need to hold the start of a race.

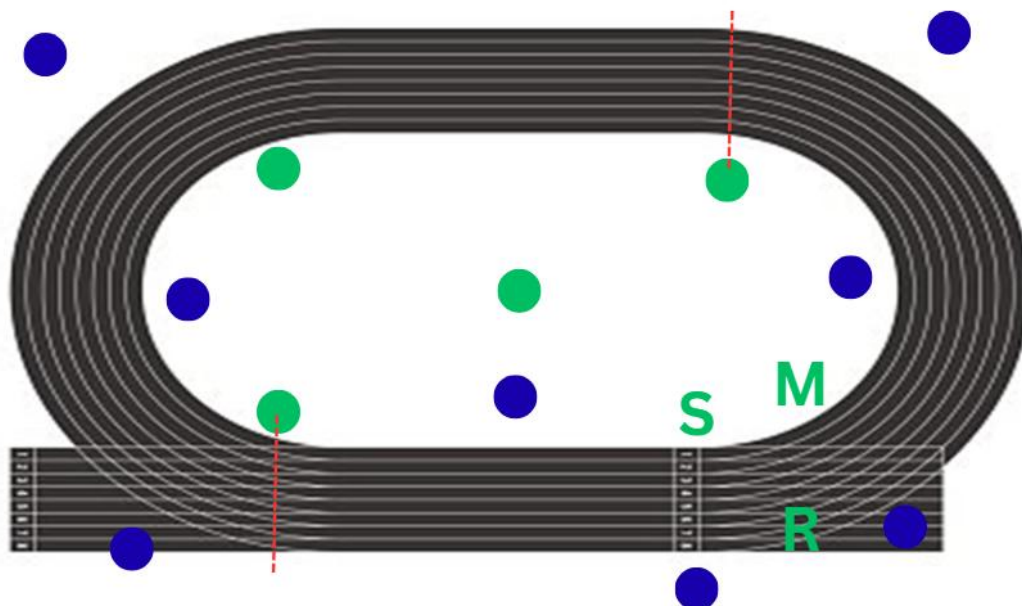
General Umpiring Notes For All Running Events

- When a limited number of umpires are available, the green circles indicate the most important positions, and the starter(s) should be used as indicated by the green ‘S’.
- At times the referee will need to serve as an umpire to ensure track coverage.
- The use of flags is **required**, officials **MUST** signal with a flag each time runners pass their position.
- Umpires **MUST** be standing during the entire race. They may sit between races but must be in position, standing by “on you marks” and must remain standing until the final athlete finishes.
- When more than one umpire is positioned at an exchange zone, only the zone chief shall signal with a white flag when ready. Umpires should signal with a thumbs up for a clean exchange and with a yellow flag when they have something to report.
- Umpires **MUST** pay attention to the races and not be distracted talking with other officials, coaches or athletes. While talking to others is allowable, it must be done at appropriate times.
- Umpires **MUST NEVER** discuss decisions with coaches or athletes, they shall direct all questions about decisions to the Head Umpire or Referee.

- Umpires **must** report all possible violations per the details above to ensure the Referee has the information needed to make a final decision. The umpire's role is to report information, not determine if a disqualification will be issued. **The mantra of "If you think you saw it, it didn't happen" is not the standard that shall be used for what is reported by umpires. Umpires must report all information they have on possible violations and allow the referee to make the decision.** The referee will ensure you are 100% in what you saw and if you are not, they likely will not issue a disqualification, that is the referee's decision. The concept of "If you think you saw it, it didn't happen" is a referee responsibility, not an umpire responsibility.
- In all events, preventative officiating shall be used. Instructions related to where the legal exchange zone starts/ends, to "stay off the line", to run past the break line before cutting in, etc. must be given.
- Per Rule 5-10-8 "The relieved competitor shall stand still or jog straight ahead and step off the track when clear". Officials at the finish line should NOT be yelling or instructing athletes to "get off the track", the athlete owns their position. Instructions should be given to the athletes prior to the race, by the clerks, on the proper protocol.
- At no point, including during the 4 x 800 and 4 x 400, should an umpire touch an athlete or tell them where they should position themselves inside of the legal exchange zone. While we should be ensuring the athletes know where the legal exchange zone is, we should not move kids around. It is their responsibility to take the appropriate position, relative to the incoming runner, within the exchange zone.
- If a runner falls to the track surface, step between the fallen runner and oncoming runners facing the oncoming runners to prevent a possible collision with another runner. Protect the downed athlete, but do not assist unless the situation is life threatening. In order to protect yourself, refrain from the tendency to assist a downed competitor. There are trainers, EMTs and physicians present for that purpose. When blocking the competitor, please also raise your yellow flag to indicate there is an issue.

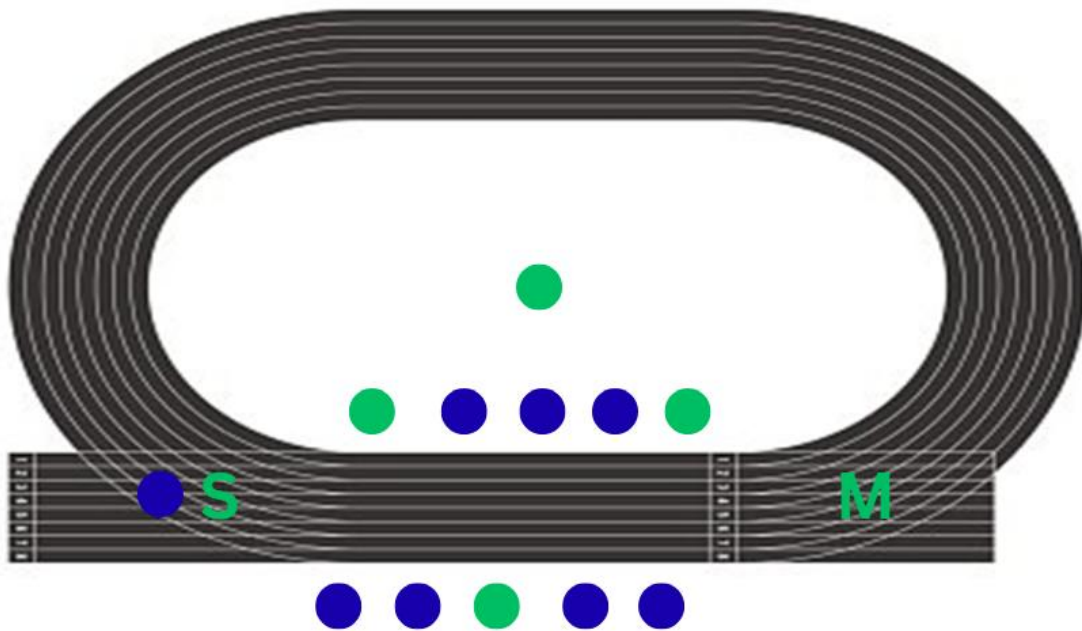
Track Umpire Positioning

4x800 & 4x400



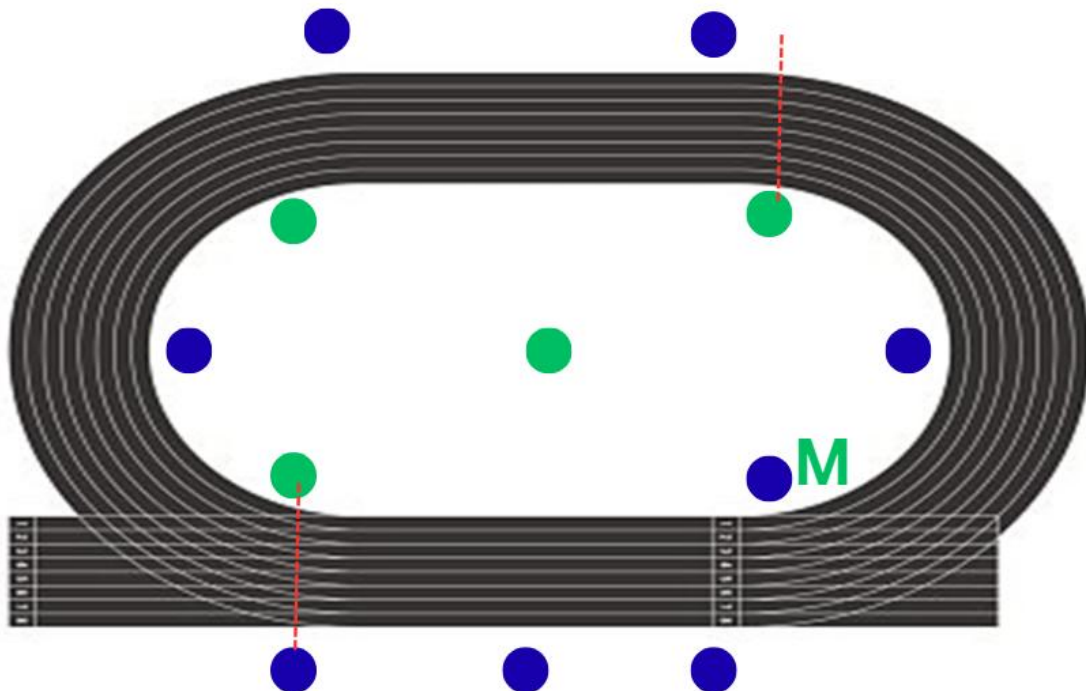
When a limited number of umpires are available, the Starters shall umpire the exchange zone with the assistance of the meet referee and the Marshall

100 Dash, 100/110 Hurdles

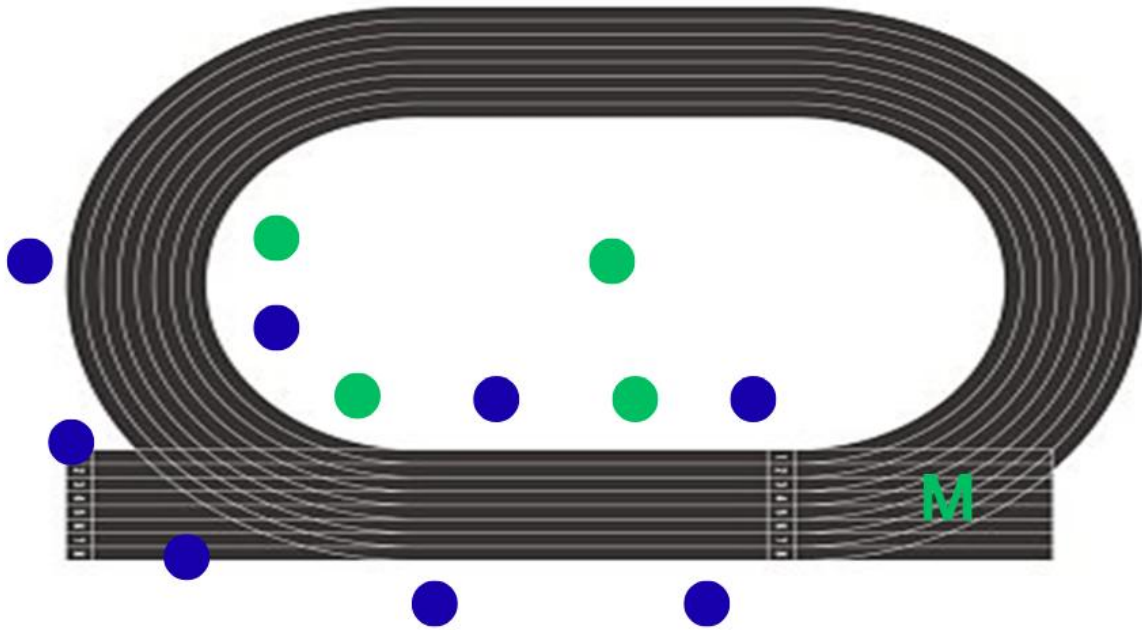


- When not enough umpires are available, the starters shall watch the runners from behind for lateral movement.
- When enough umpires are available, an umpire shall be assigned to each flight on alternating sides of the track.

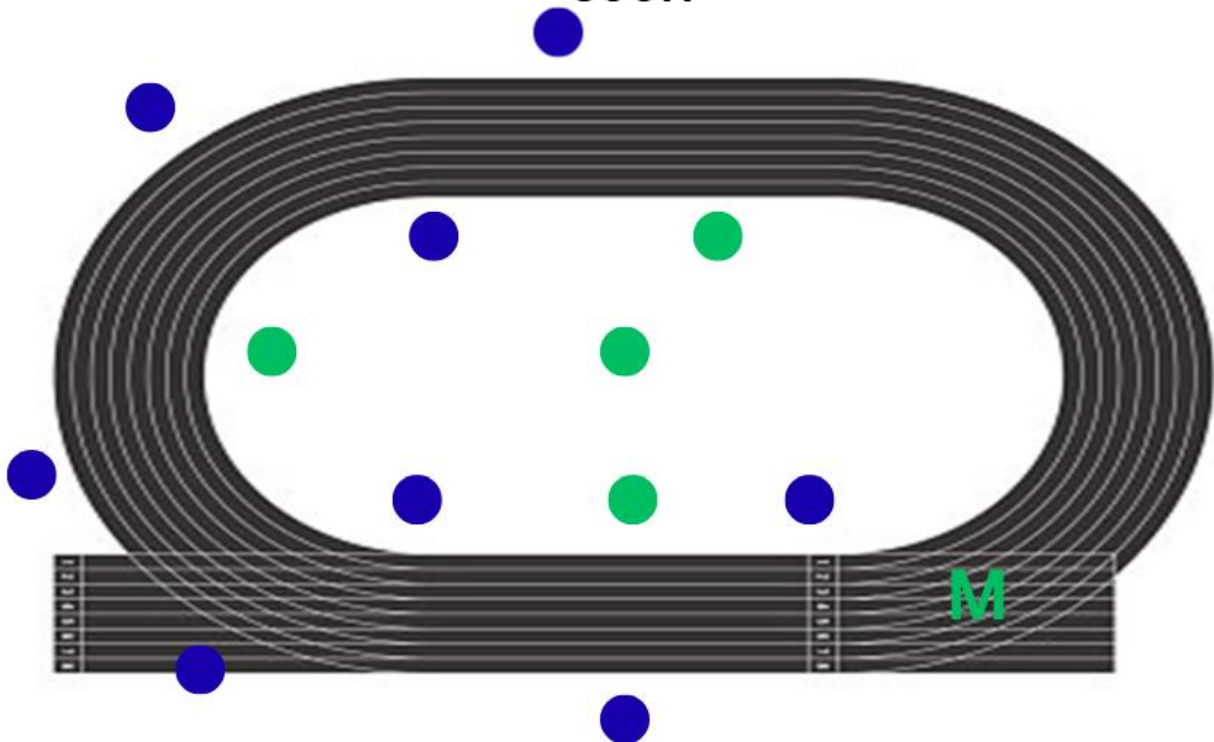
400, 800, 1600, 3200



200D

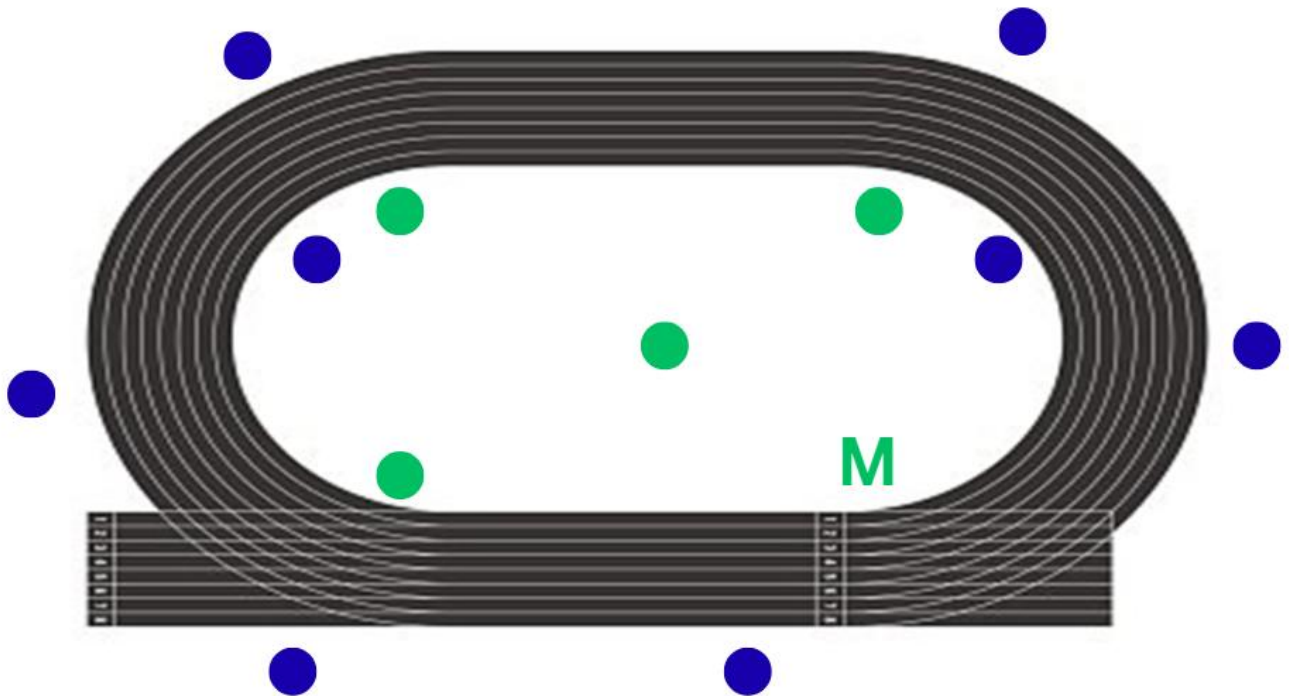


300H



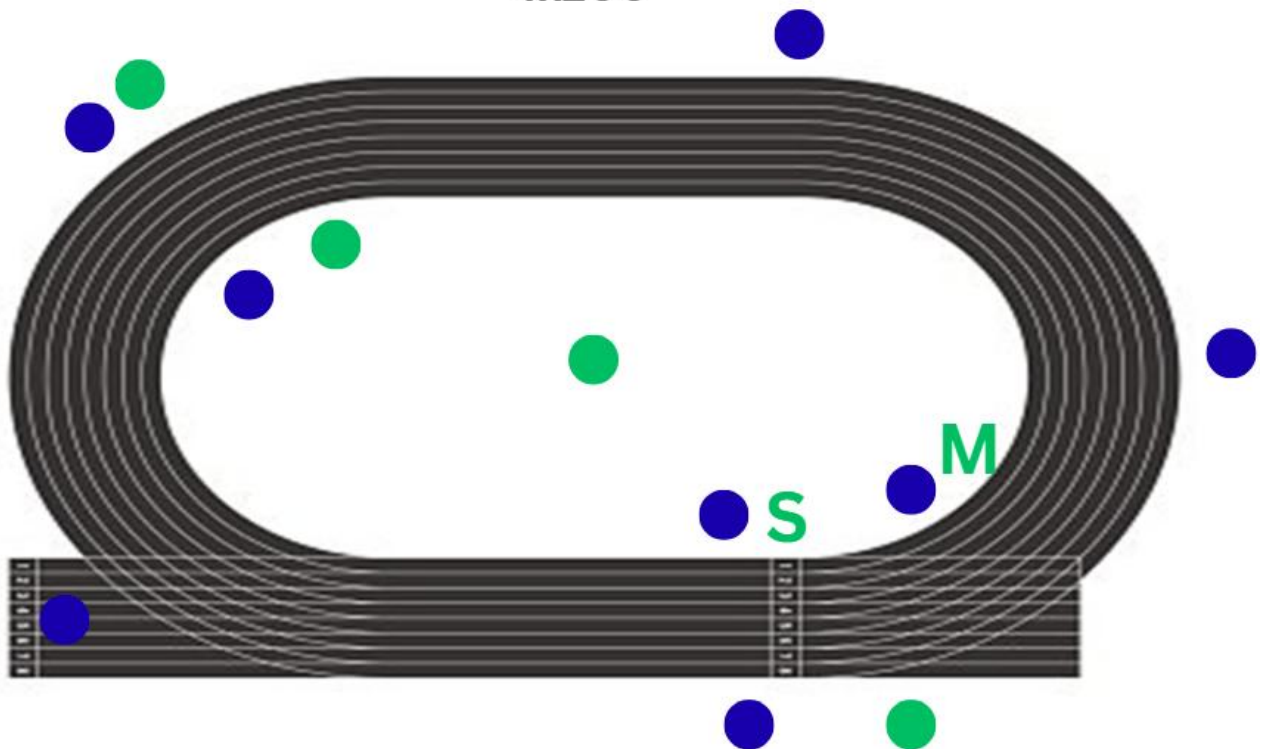
When enough umpires are available, an umpire shall be assigned to each flight on alternating sides of the track with additional umpires watching the race, not specific flights of hurdles.

4x100



When enough umpires are available, umpires should be assigned to view the race in general not given specific exchange zone responsibilities.

4x200



When enough umpires are available, umpires should be assigned to view the race in general not given specific exchange zone responsibilities.

Track Starter Positions

Starter

- The starter shall have full responsibility for the competitors on the starting line and during the start.
- The starter and backup starter(s) shall decide, without protest, whether a start is fair and legal, or if competitor(s) shall be charged with a false start.
- The starter is responsible for avoiding unnecessary delay in the continuance of events, and shall start the track events promptly after the competitors have been assigned positions and given appropriate information by the clerk.
- The race shall be recalled by firing/sounding the recall device or air horns when ESDs are used.
- The starter or backup starter shall be responsible for counting laps and signaling final laps as outlined in the NFHS Regulations. Counting laps is a Referee responsibility that has been delegated to the starters for all meets in Ohio.

Backup Starter

- The backup starter shall assist the starter and has the same responsibility as the starter to ensure a fair start.
- The use of a backup starter is especially recommended for sprints and staggered starts where it is difficult for one starter to observe all competitors.
- The backup starter may stop the race and recall the competitors if there is a false start or an unfair start. The race shall be recalled by firing/sounding the recall device or air horns when ESDs are used.
- The starter or backup starter shall be responsible for counting laps and signaling final laps as outlined in the NFHS Regulations. Counting laps is a Referee responsibility that has been delegated to the starters for all meets in Ohio.

Track Starter Procedure

The starting commands for races or opening relay legs of less than 800 meters shall be: "On your marks." At this signal, the competitors will immediately take their proper positions behind the starting lines. After all competitors have taken their positions and are steady on their marks, the starter then shall instruct the competitors, "Set." At this command, all competitors shall at once, and without delay, assume their full and final set position in such a manner that no part of their bodies touches on or over the starting line. When all competitors are set and motionless, the starter shall fire the starting device. The interval between the set command and the firing of the starting device is approximately two seconds. After a starter gives the order "Set," if any competitor is in motion, the starter shall not fire the starting device. The starter may, for any reason, either before or after the "Set" command, cancel a start by directing all competitors to "Stand up." After making the appropriate adjustments, a new start will be made. Please see the NFHS Rule Book for what constitutes a false or unfair start.

The starter shall wear a brightly colored sleeve on the arm holding the starting device. A different colored sleeve may be worn on the opposite arm.

While not all-inclusive, the following are some examples of when an Starter should halt the starting process.

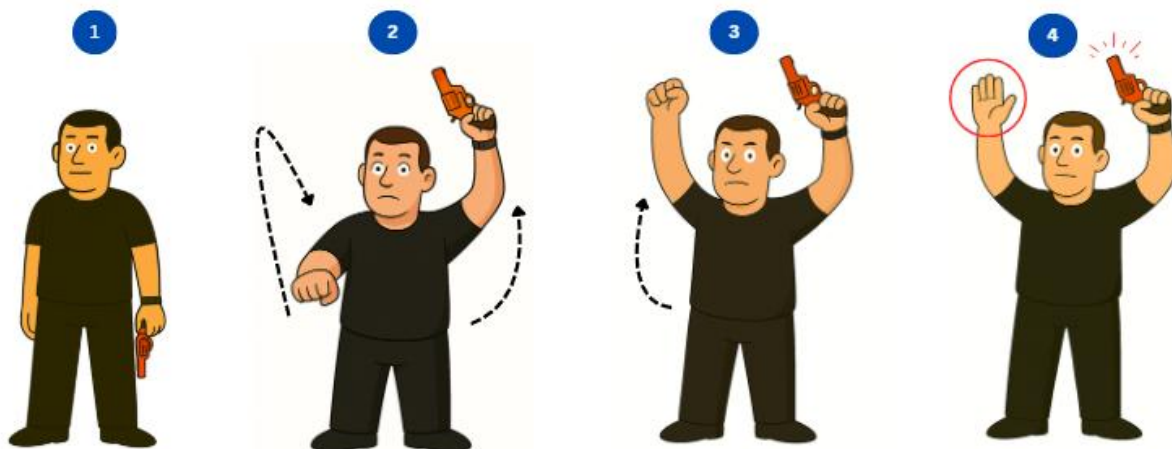
- Distractions in the starting area.
- A sound which might simulate a start such as a clicking camera, exploding paper cup, loud banging noise, etc.

- Incorrect starting line.
- Starting block problems.
- Person(s) or an object coming onto the track.
- The starter moving ahead in the starting sequence when all competitors are not ready.
- Runner(s) having difficulty holding the set position because of balance or strength, but not because of rolling through the set position.
- Late technical problems: incorrect lane position, timing or meet official difficulties, or announcer interference.
- Red flag from the finish line or FAT operator.
- One or more competitors false starting before the starting device has been fired. When this occurs, the competitors should immediately be called up in a relaxed manner rather than firing the starting device and then firing the starting device a second time to indicate a false start. This procedure must never be used to “save” a competitor using a rolling technique from committing a false start

In individual races or relays with legs 400M and shorter / Starting from a crouched position:

After signaling the head finish judge and the head timer that the race is about to begin, and upon receiving the “Ready” signal, the starter shall

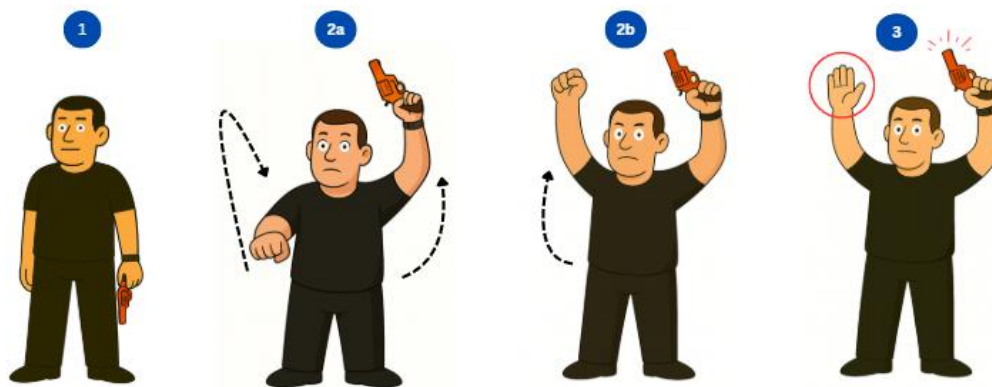
- Start from a standing position with arms at their sides (1). The command “stand in your lanes” shall be given.
- Raise the starting device to the proper over-the-head position and give the command, “On your marks.” At the same time, swing the other arm, starting with the elbow straight and hand at side, backward and upward over the head, and then down in front, ending with the hand in a fist in front of them (2).
- After a reasonable length of time sufficient to allow all competitors to become comfortable and motionless and after getting the ready signal from Backup Starters: Give the command, “Set,” and at the same time quickly raise the free hand above the head with the hand still fisted (3).
- The starter shall fire the starting device only after the starter is certain all competitors are set and motionless, approximately 2 seconds. At the same time open their fist (4). If this interval is too long the competitors should be called up and the race restarted.



In individual races or relay legs of 800M and longer / Starting from a standing position:

After signaling the head finish judge and the head timer that the race is about to begin, and upon receiving the “Ready” signal, the starter shall:

- Start from a standing position with arms at their sides (1) the command of “stand in your lanes” shall be given.
- Raise the starting device to the proper over-the-head position and give the command, “On your marks.” At the same time, swing the other arm, starting with the elbow straight and hand at side, backward and upward over the head, and then down in front, ending with the hand in a fist in front of them. (2a)
- Pause for half a second and as the athletes are moving to the line raise your fist over head (2b).
- The starter shall fire the starting device only after the starter is certain all competitors are set and motionless and after getting the ready signal from Backup Starters. At the same time open their fist (3). If this interval is too long, the competitors should be called up and the race restarted.



Backup starter mechanics for all races:

After taking the proper position for the race.

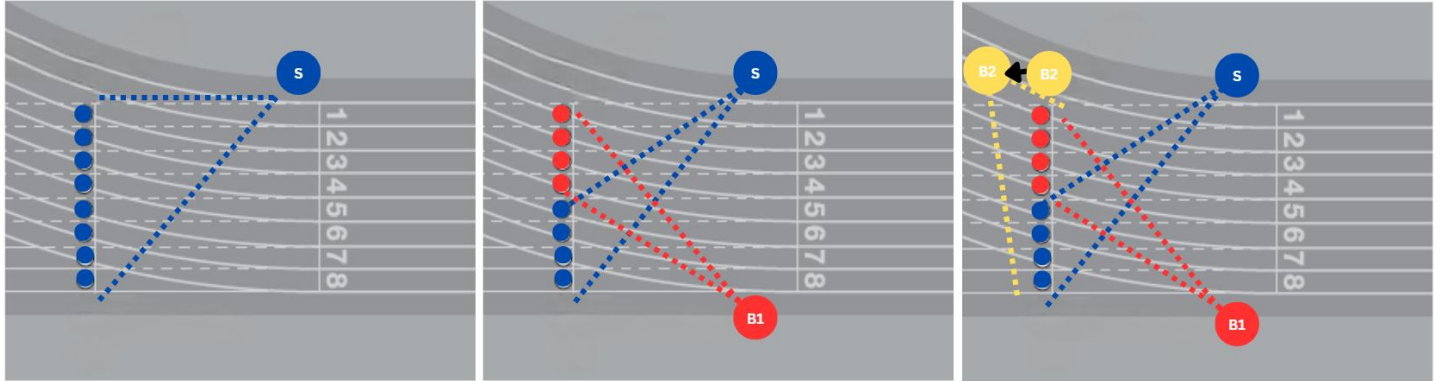
- Start from a standing position with arms at their sides (1).
- As the Head Starter gives the “On Your Mark” command, raise the free arm to be horizontal to the ground (2).
- When all athletes have achieved their mark, drop the free arm to the original position next to their leg (3).
- When multiple Backup Starters are used and the Starter cannot clearly see both, the Backup Starters will report in series. The Backup in view of the starter shall not signal as ready until the Backup out of view of the Starter signals they are ready.



Track Starter Positioning

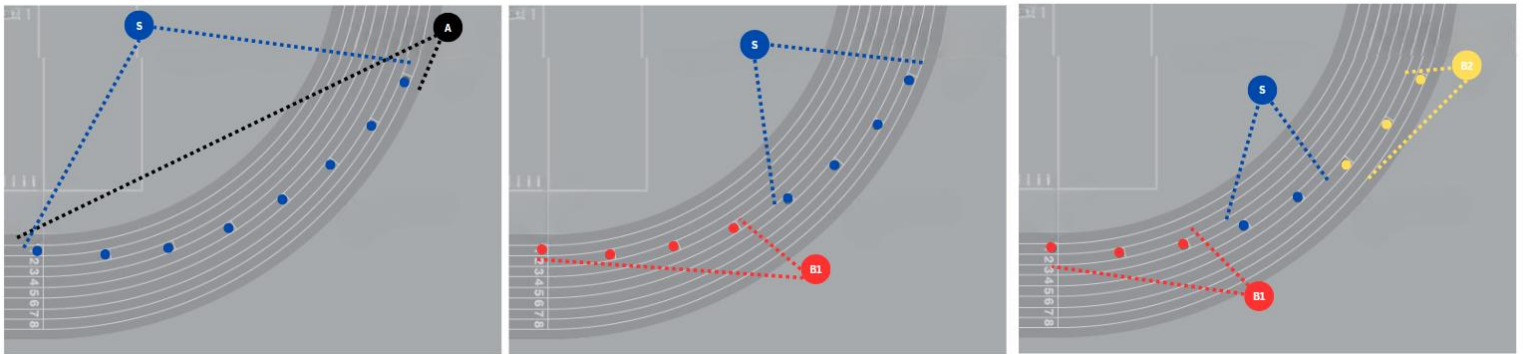
The positions outlined in this section are based on having sightlines as indicated by the dashed lines; starters may need to shift slightly to see their area of responsibility/sightline and the use of ladder may also cause slight modifications. Outside of a slight adjustment, these positions shall be followed. Physical barriers such as band shells may affect starter placement; this scenario is not covered in this manual.

100 & 110



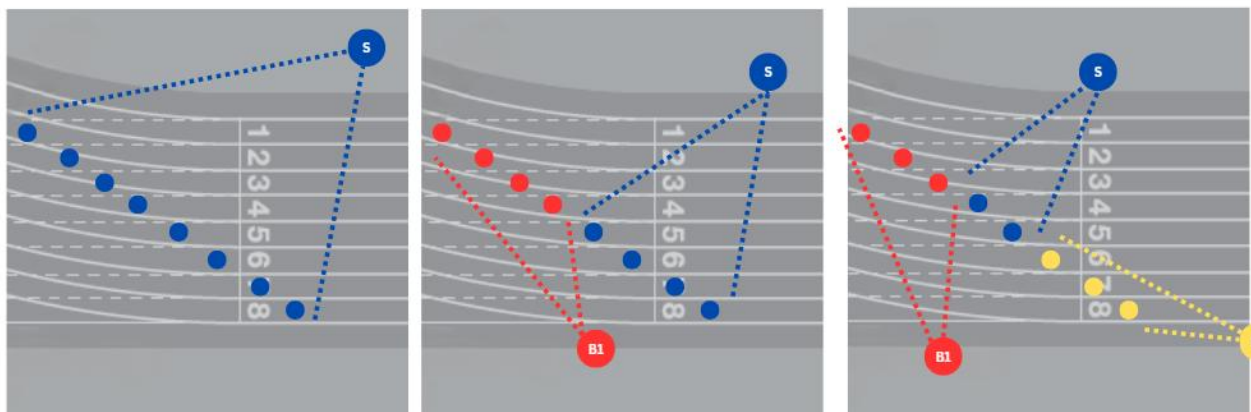
When three starters are available, B2 (orange) shall ensure that all runners' hands/fingers are behind the line and then move to view the start from behind to check for slipping blocks; they shall watch all lanes.

200, 400, 800, 1600, 3200, 4x100, 4x200, 4x400



When only one starter is available, they should use the blue position when no sound amplification is available; this ensures everyone can hear the commands at the same time. If sound amplification is available or hearing is not an issue the black alternative location shall be used as it has the best line of sight.

300 H



Track Clerking Positions & Responsibilities

Check-In Clerk

The Check-In Clerk can work from a seated or standing position and will be located at a central location. They shall:

- Check the athlete or relay team into the race.
- Check the names and numbers of each athlete(s) participating, ensuring they match what has been provided and working with the referee or designated individual to make corrections.
- Perform a full uniform inspection, ensuring all parts of the uniform are compliant with all regulations. No uniform rules may be ignored or set aside.
- Check the athletes' spikes for compliance with the Games Committee specifications.
- Provide the athlete/relay team with their heat and lane assignment.
- Provide information on when and where to meet the Line Clerk.
- Inform the athlete what hip number they shall request from the Hip Number Clerk
- For relays, confirm what athletes are competing in the race and indicate on the clerk sheets or relay cards as appropriate. Pass along those relay cards or clerk sheets to the Line Clerk.

When no Line Clerk or Hip Number Clerk is available, the Check-in Clerk will perform those duties. When no Line Clerk is available, the Check-in Clerk and Starter(s) may share the Line Clerk responsibilities and shall clearly define who is responsible for each during a pre meet meeting

Line Clerk / Expediting Clerk

The Line Clerk shall be mobile taking athletes from the check-in clerk to the starting line. They shall

- Gather the athletes and review all relevant information, including:
 - Starting line colors
 - Exchange zone colors and rules
 - Starting commands, including the three-meter step back line when appropriate
 - The use of ESD and recall procedures
 - Verify all athletes remember their lane and heat assignments.
 - Dismiss relay runners to go to their exchange zone when appropriate.
- Following the brief meeting, walk all athletes to the starting area and:
 - Line the athletes up at the correct starting line or three-meter step-back line.
 - Inform the starters what lanes are empty.
 - Formally turn the athletes over to the starters (indicating athletes may no longer check-in and changes can no longer be made to relay teams) by saying a phrase such as “they are all yours madam starter.”

Note: Per Rule 5-10-8 “The relieved competitor shall stand still or jog straight ahead and step off the track when clear”. Officials at the finish line should NOT be yelling or instructing athletes to “get off the track”, the athlete owns their position. Instructions should be given to the athletes prior to the race, by the clerks, on the proper protocol.

Hip Number Clerk

The Hip Number Clerk often will be a non-official assistant to the clerking team. They are responsible for providing the required hip number(s) and instructing athletes where to place them on the uniform.

Referee (Both Track & Cross Country)

The role of the referee is to have overall supervision and responsibility for the meet. The referee shall perform all responsibilities as outlined by the NFHS including:

- Inspect all field event venues and ensure any needed modifications take place. You will need to reference the NFHS Rule Book and OHSAA Officials Manual to ensure venues meet all competition and safety specifications.
- Ensure all officials are aware of their roles and responsibilities.
- Ensure FAT & EDM operators are aware of their responsibilities and the limits of their authority.
- Hold an effective coaches meeting prior to the start of the meet.
- Ensure all teams have completed a verification form.
- Ensure safety is the front of mind for all officials.
- Move as needed, visiting each field event and viewing each running event from high-impact areas. The referee DOES NOT sit at the finish line or in any single area.
- Verify the order of finish as needed.
- Verify measurements/performances for all records.
- Rule on all reported infractions and document as appropriate.
- Ensure the time schedule, if used, is followed.
- Ensure appropriate rest times per the order of events are followed (i.e. 20min between 200 & 4x400).
- Ensure the starters are aware of their responsibility to count and signal laps for the appropriate races.
- Sign the results of the meet. If results are not printed, review and verbally approve the results before they are posted as final and awards are given.

Cross Country Information

Cross Country Starting Procedure

The starter shall wear a brightly colored sleeve on the arm holding the starting device. A different colored sleeve may be worn on the opposite arm.

While not all-inclusive, the following are some examples of when a Starter should halt the starting process.

- Distractions in the starting area.
- A sound which might simulate a start such as a clicking camera or exploding paper cup.
- Person(s) or an object coming onto the course
- The starter moving ahead in the starting sequence when all competitors are not ready.
- Runner(s) having difficulty holding the set position because of balance or strength, but not because of rolling through the set position.
- Late technical problems: incorrect position, timing or meet official difficulties, or announcer interference.
- Red flag from the finish line or FAT operator.
- One or more competitors false starting before the starting device has been fired. When this occurs, the competitors should immediately be called up in a relaxed manner rather than firing the starting device and then firing the starting device a second time to indicate a false start. This procedure must never be used to “save” a competitor using a rolling technique from committing a false start

3-5 Minutes Before the race

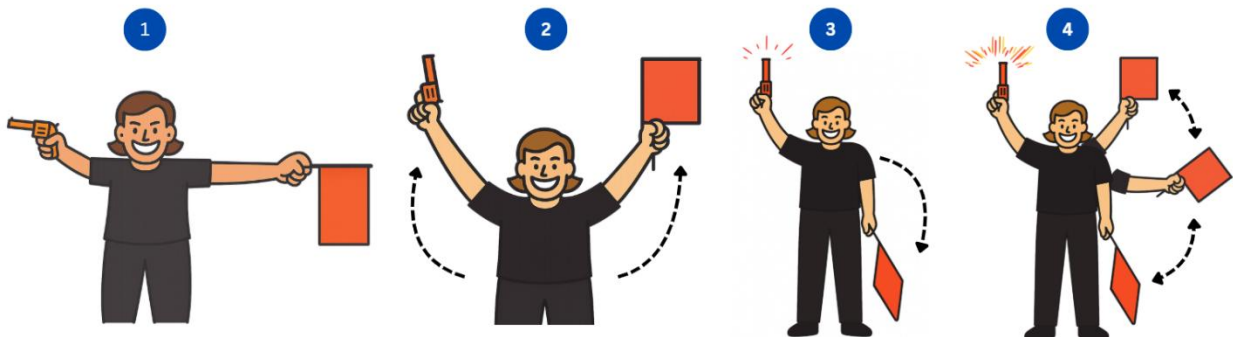
Final instructions are given (including uniform warning), and athletes should remove warm-ups upon return.

Runners to the line

- Once runners return to the line, no additional run-outs are allowed.
- Runners line up 3 meters behind the line and wait for starting commands.
- Clerks/Backup Starters may walk the starting line to ensure athletes are ready BEFORE the long whistle blast ONLY, if they are not able to confirm athlete readiness verbally.

The Start

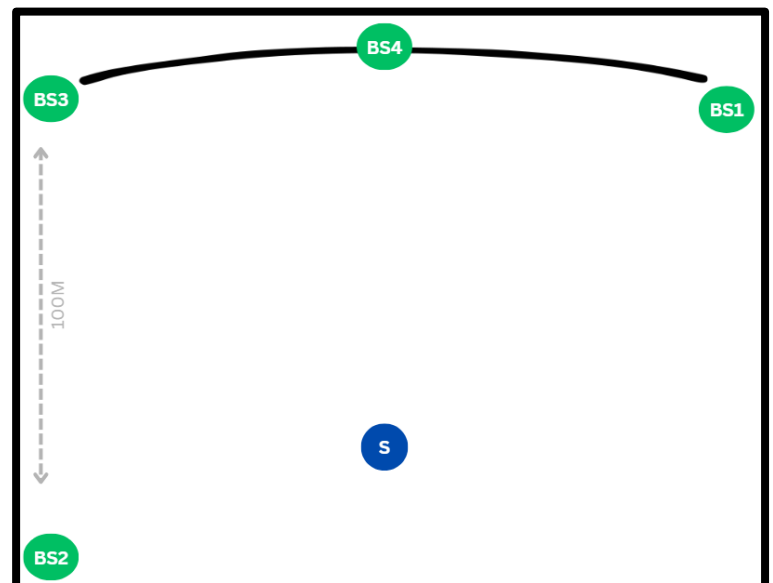
- Hold the red flag and starting device parallel to the ground (1)
- Signal with one long whistle blast. The red flag and starting device are slowly raised overhead at the same time (2)
- Runners step up to the line and become motionless
- The Backup Starters, positioned on the ends and/or behind the line signal with a white flag when all runners are motionless
 - The starting device must not be fired until receiving the white flag from the Backup Starters. A recall should be issued by the assistant if the starting device is fired before they signal with the white flag.
- The Starter fires the starting device and drops the red flag at the same time. (3)
- Move to the side as quickly as possible
 - If moving to the side is not possible, please stay motionless and let the runners know you will not be moving in your instructions.
- Fire the starting device again if a recall is needed within the first 100M and repeatedly wave the red flag up and down. (4)



Cross Country Start Officials Positioning

When Backup Starters are not available, the clerks and referee or finish line officials shall serve as Backup Starters. For the tournaments, clerks and the Referee will be assigned as Backup Starters

When a limited number of Backup Starters are available, they should be added in the order of importance as indicated by the numbering in the diagram.



Cross Country Clerking Positions & Responsibilities

Clerk

The Clerk shall perform their duties at the starting line, meaning they must be mobile and move along the line. They will be assigned a section of the starting line/designated boxes to check in. They shall:

- Check the athlete into the race.
- Check the names and numbers of each athlete(s) participating, ensuring they match what has been provided and working with the referee or designated individual to make corrections.
- Perform a full uniform inspection, ensuring all parts of the uniform are compliant with all regulations and all teams are dressed appropriately. No uniform rules may be ignored or set aside.
- Check the athletes' spikes for compliance with the Games Committee specifications.
- Provide the athlete/team with starting box positions.
- Count the number of athletes who check-in and report that to the Head Clerk. The Head Clerk will total the athletes from all clerks and report that information to the Referee or designated official.

The Clerks will serve as Backup Starters as appropriate.

Cross Country Umpire Positions & Responsibilities

Head Umpire

The head umpire shall have general supervision over the Umpires and Marshals and shall be responsible for assigning these officials to positions from which the umpire may clearly carry out official responsibilities. A map indicating location shall be provided to all umpires and marshals. The referee shall approve the umpire locations prior to the start of the meet. The Head Umpire is also responsible for general Umpire responsibilities. In larger meets, when the Head Umpire is not needed to officiate in a set position, they shall follow the final runner, checking in with each umpire as they pass.

Umpire

- Umpires are responsible for viewing all races from their assigned position and reporting any possible violations. Cross Country Umpires DO NOT need to utilize yellow and white flags. They must be knowledgeable of all regulations and are responsible for the positive identification of violations. When reporting a violation, they must report the team name, uniform color, number, and a detailed description of the possible violation.
- Umpires **must** report all possible violations per the details above to ensure the Referee has the information needed to make a final decision. The umpire's role is to report information, not determine if a disqualification will be issued. **The mantra of "If you think you saw it, it didn't happen" is not the standard that shall be used for what is reported by umpires. Umpires must report all information they have on possible violations and allow the referee to make the decision.**
- The referee will ensure you are 100% in what you saw, and if you are not, they likely will not issue a disqualification; that is the referee's decision. The concept of "If you think you saw it, it didn't happen" is a referee responsibility not that of an umpire.

Marshall

The primary role of a Cross Country Marshall is crowd control. While Marshalls primarily focus on their priority area of crowd control, they are responsible for all the duties of an Umpire. Common locations where Marshalls will be used are at the finish line to ensure athletes keep moving, or in the area immediately before the finish line to ensure no spectator interference. The assignor or meet manager will assign specific areas of responsibility for a Marshall.



Ejection Information

Respect
THE
GAME

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 through Dragonfly.
- The official must call or email 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.
- 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 may have additional penalties
- Ejected **COACHES** are required to LEAVE the premises immediately. If no assistant coach is present, that team must leave the meet; if no other teams are at the meet, the meet ends.
- 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.

After an Ejection	
<u>PLAYERS</u>	<u>COACHES</u>
<ul style="list-style-type: none">• Remain supervised in team area• Ineligible for all remaining play that day• Ineligible for next two or more contest• May travel to or sit with team	<ul style="list-style-type: none">• LEAVES the facility• Ineligible for all remaining play that day• Ineligible for next two or more contest• May not travel to or sit with team• Pays \$100 fine• Completes NFHS Course



Health & Safety Information

Respect
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General Message on Health & Safety (Track & Field and Cross Country)

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 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

Concussion Management (Track & Field and Cross Country)

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 OHSA'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

State law states 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 OHSA 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 OHSA 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.)

Quick Links From The Ohio Department Of Health

[Ohio Department of Health Concussion Information Sheet](#)

[Online Concussion Management Training](#)

[Ohio's Return to Play Law: Frequently Asked Questions](#)

[Ohio's Return to Play Law: What Coaches and Referees Need to Know](#)

[Ohio's Return to Play Law: What Parent/Guardians Need to Know](#)

Additional Concussion Resources

[ODH Violence and Injury Prevention Program](#)

[Nationwide Children's Concussion Information Toolkit](#)

[CDC Information on Returning to Schools](#)

[Brain Injury Association of Ohio](#)

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 (Track & Field and Cross Country)

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>

Heat Stress & Athletic Participation

The following information should be reviewed with coaching and sports medicine staff prior to any interscholastic practice where there is a risk of exertional heat illness. While the sport of volleyball does not have a required acclimatization period, please keep the following in mind when dealing with hot gyms and any outdoor activities. *Acclimatization is a period when players can become accustomed to the heat and humidity.*

All coaching and medical staff personnel shall observe the following precautions for **all sports competed outdoors and/or in a hot, humid environment.**

- **Stress to participants the importance of properly hydrating** during the day leading up to the contest/training, and to drink 8-to-12 ounces of water or sport drinks 20 minutes prior to the contest or any training session. This procedure can help prevent problems during practice and contests.
- **Schools shall have unlimited amounts of water** and sport drinks on hand during practices and contests, and coaches in team sports should be prepared to play a lot of players rather than just the starters.
- **Contest officials are permitted to establish predetermined breaks** during contests, such as halfway through each period. At that time, players can drink water and remove their equipment, which should also take place at halftime (the more skin that is exposed, the more cooling that can take place). **This provision also applies to all sports.**
- **Contest managers are advised to monitor conditions** for others affiliated with the contest, like cheerleaders, band members, coaches, officials and especially spectators.
- **Know both the Temperature and Humidity.** The greater the humidity the more difficult it is for the body to cool itself. Test the air prior to practice or a game using a wet bulb, globe, temperature index (WBGT index) which is based on the combined effects of air temperature, relative humidity, radiant heat and air movement and is the recommended standard of care for assessing risk of exertional heat illness.

The wet bulb temperature should be measured prior to practice, every 30 minutes at minimum during practice, and the intensity and duration of practice adjusted accordingly. Recommendations are as follows:

Under 79.7 F Normal activities – three separate 3-minute breaks per hour

79.8-84.6 F	Three separate 4-minute breaks per hour
84.7-87.6 F	Maximum practice time of 2 hours; four separate 4-minute breaks per hour; consider postponing practice to later in day
87.8-89.7 F	Maximum of 1 hour of training with four separate 5-minute breaks; no additional conditioning; consider postponing practice to later in day
89.8+ F	No outdoor workouts and no indoor workouts unless air conditioned

The OHSAA advises careful monitoring of the weather and plans to modify training and competition including:

- 1) Modification of equipment, if applicable to the sport
- 2) Allowance for more frequent rest breaks and the use of shaded areas for those breaks
- 3) Modification of practice time
- 4) Availability of water always
- 5) Availability of cold water immersion tubs for onsite cooling
- 6) If exertional heat stroke is suspected, immediate onsite cooling using cold water immersion before transport by EMS
- 7) *Review and practice of the OHSAA's recommended Emergency Action Plan, "Anyone Can a Save A Life," or similar plan for all sports teams with special emphasis on the heat illness section.*

Lightning and Inclement Weather (Track & Field and Cross Country)

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.
- **Reputable Weather Apps** – Up to the second radar and weather forecasting are available on many phone apps. Only ones from reputable sources such as The Weather Channel, local news stations, etc. should be used

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.

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.



Forms



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GAME



OHIO HIGH SCHOOL ATHLETIC ASSOCIATION

4080 Roselea Place, Columbus, Ohio 43214

(p) 614.267.2502

(f) 614.267.1677

Web site: ohsaa.org

OHSAA TRACK & FIELD and CROSS COUNTRY

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

SCHOOL NAME _____

DIVISION _____ BOYS _____ GIRLS _____

HEAD COACH'S NAME _____ (printed)

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!

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

4080 Roselea Place
Columbus, Ohio 43214
(p) 614.267.2502
(f) 614.267.1677
Web Site: 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

Uniform Warning Report

Name: _____ Number: _____

School: _____ Event: _____

Violation: ____ (1) Illegal Logo ____ (2) Uniforms do not match
____ (3) Removal of uniform in competition area ____ (4) Other

Date: _____ Time: _____ Reporting official: _____

Referee's Decision

____ (1) Warning ____ (2) Disqualification from: ____ (a) event ____ (b) meet

Referee's Signature: _____

Uniform Warning Report

Name: _____ Number: _____

School: _____ Event: _____

Violation: ____ (1) Illegal Logo ____ (2) Uniforms do not match
____ (3) Removal of uniform in competition area ____ (4) Other

Date: _____ Time: _____ Reporting official: _____

Referee's Decision

____ (1) Warning ____ (2) Disqualification from: ____ (a) event ____ (b) meet

Referee's Signature: _____

OHSAA

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BJ Duckworth

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