



Respect
THE
GAME™

COACHES' MANUAL



2025 OHSA Track & Field Coaches' Manual

Updated 2-8-2025

A Note From The OHSAA Sport Administrator

Coaches and Administrators,

Thank you for the work you do for our student-athletes in your role as coach or administrator. Without our coaches, administrators, and officials we would not be able to give our student-athletes the fantastic experiences they receive.

This manual is designed to be a guide and first stop for information; **changes for 2025 are reflected in red text in this document.** **Items in blue are editorial changes or text changes for clarification.** In addition to this manual, regular communication will be sent to coaches and school administrators addressing the most frequently asked questions and important updates.

Please utilize the below steps for finding information before reaching out to the OHSAA; this helps ensure a timely response to inquiries.

1. Coaches should review this document for answers. For competition rule-related questions, coaches should also review the NFHS Rule Book that was provided to your school or the OHSAA Officials Manual that can be on the OHSAA webpage.
2. Manuals on Seated Athletes & Electronic Starting Devices as well as uniform tutorial can be found on the OHSAA webpage.
3. Reach out to your schools' athletic administrator.
4. Review the [Track & Field Webpage](#); this page has additional information including tournament regulations, sport regulations, uniform guidance, and seated event information.
5. Contact the sport administrator via email after exhausting the above options.

All rules governing OHSAA Track & Field come from the National Federation (NFHS) and the OHSAA. The NFHS governs the majority of the competition rules, with OHSAA Sports Regulations and GSRs managing the sport's administration. Additionally, the OHSAA has made some adoptions to competition rules as approved by the NFHS; those can be found in this document. No coach, administrator, league/conference, games committee, DAB, or contest official has the authority to modify or set aside these rules.

Thank you for the important role you play in our sport and in the experiences of our student-athletes.

Sincerely,

BQ Duckworth

Sport Administrator & Director of Officiating Development
Track & Field and Cross Country

Important Dates

State Meeting Window: February 10
First Day of Coaching: February 24
Regular Season Begins: March 29
State Meeting Late Fee Begins (\$50): March 30
Tournament Entry/Withdrawal: April 21
State Meeting With Late Fee Closes: April 21
Tournament Draw/Seeding: May 4
Non-Interscholastic Date: May 5
7th & 8th Grade State Championship: May 17
District Tournaments: May 19 – May 24
Regional Tournaments: May 28 – May 31
State Tournament: June 6 – June 7
Season Ends: June 7

OHSAA Track & Field and Cross Country Contact Information



BJ Duckworth

**Sport Administrator &
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Track & Field and Cross-Country Support Personnel



Bob Meuleman

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Steve Hurley

Assistant State Rules Interpreter
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Josh Bodnar

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Additional OHSAA Contacts

Kristin Ronai | Associate Executive Director | kronai@ohsaa.org

Beau Rugg | Director of Officiating | brugg@ohsaa.org

Dr. John Kronour | Director of Sport Administration | jkronour@ohsaa.org

Ronald Sayers | Senior Manager of Eligibility | rsayers@ohsaa.org

Lizzy Wilson | Manager of Eligibility | lwilson@ohsaa.org

Alexis Holderman | Manager of Membership | aholderman@ohsaa.org

Full OHSAA Staff List With Photos & Biographies | [Click Here](#)

Who To Contact

Eligibility Questions | Kristin Ronai, Ronald Sayers or Lizzy Wilson

Appeals (Student Eligibility) | Alexis Holderman

Custody Change | Kristin Ronai

International Exchange Students | Kristin Ronai

Self-Supporting Students | Kristin Ronai

Moves Into the District | Ronald Sayers

Transfer Back to Residential District | Ronald Sayers

Non-School Team / Sport Specific Regulation Questions | BJ Duckworth

Officiating Issues | BJ Duckworth

Rule Interpretations | BJ Duckworth, Bob Meuleman, Steve Hurley, or John Daubenspeck

Track & Field Informational Links

OHSAA Track & Field Webpage: ohsaa.org/sports/track

NFHS Track & Field Webpage: nfhs.org/activities-sports/track-fieldcross-country/

2025 OHSAA Track & Field Sports Regulations: ohsaaweb.blob.core.windows.net/files/Sports/Track-Field/Track&FieldRegs.pdf

Coaches Education: nfhslearn.com

Coaches Tool Chest: coachestoolchest.com

Ohio Association of Track & Cross-Country Coaches: oatccc.com

Ohio Officials/Rules Manual: [Located on OHSAA Track & Field Webpage](#)

2025 Tournament Regulation: [Located on OHSAA Track & Field Webpage](#)

Ohio Association of Track & Cross Country Coaches

President

Anjanette Whitman, Beaumont
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Treasurer

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

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

OATCCC District Contact Information Can be Found at:

<https://www.oatccc.com/Contact-Us/>



Track & Field and Cross Country Officials Association

President

Tony Mollica
Tony.mollica@yahoo.com

President-Elect

Jeff Polhemus
jbpscuba@yahoo.com

Assistant Secretary & Treasure

Harold Grice
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Secretary & Treasurer

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

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

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

The Official OT&F&CCOA website can be found at:

<https://otfcco.wixsite.com/ohiotrackofficials>



Coaches Code of Ethics

From the NFHS Track & Field Rules Book



The function of a coach is to educate students through participation in interscholastic competition. An interscholastic program should be designed to enhance academic achievement and should never interfere with opportunities for academic success. Each student should be treated with the utmost respect and his or her welfare should be considered in decisions by the coach at all times.

Accordingly, the following guidelines for coaches have been adopted by the NFHS Board of Directors.

The Coach shall be aware that he or she has a tremendous influence, for either good or ill, on the education of the student and, thus, shall never place the value of winning above the value of instilling the highest ideals of character.

The Coach shall uphold the honor and dignity of the profession. IN all personal contact with students, officials, athletic directors, school administrators, the state high school athletic association, the media and the public, the coach shall strive to set an example of the highest ethical and moral conduct.

The Coach shall take an active role in the prevention of drug, alcohol and tobacco abuse.

The Coach shall promote the entire interscholastic program of the school and direct the program in harmony with the total school program.

The Coach shall master the contest rules and shall teach them to his or her team members. The coach shall not seek an advantage by circumvention of the spirit or letter of the rules.

The Coach shall exert his or her influence to enhance sportsmanship by spectators, both directly and by working closely with cheerleaders, pep club sponsors, booster clubs, and administrators.

The Coach shall respect and support contest officials. The coach shall not indulge in conduct which would incite players or spectators against the officials. Public criticism of officials or players is unethical.

The Coach should meet and exchange cordial greetings with the opposing coach to set the correct tone for the event before and after the contest.

The Coach shall not exert pressure on faculty members to give students special consideration.

The Coach shall not scout opponents by any means other than those adopted by the league and/or state high school athletic association.

Professionalism

Your professionalism is of the utmost importance. Your athletes and fans will follow your lead. If you are respectful of the game and the officials, your athletes and fans are more likely to do the same. If you are disrespectful of the game and the officials, it will be reflected in the words and actions of your athletes and fans. Officials aren't perfect and mistakes will be made, but it is all part of the learning process for our young student-athletes. So please take those disappointments and turn them into positive learning experiences. What you permit, you promote.

Sportsmanship

As we prepare for the upcoming seasons, the Ohio High School Athletic Association (OHSAA) wishes to emphasize to each of you the importance of your leadership role in the promotion of sportsmanship, ethics and integrity. The professional manner in which officials and coaches conduct themselves prior to, during and following a contest unquestionably impacts the behavior of others who may be involved.

The OHSAA has joined the National Federation of State High School Associations (NFHS) in its quest to improve sportsmanship, ethics and integrity. We are involved in an ongoing campaign in every sport to do just that. Printed below is the mission statement of the NFHS concerning sportsmanship, ethics, and integrity. Please take the time to read and digest this statement and then carefully consider your impact upon students, officials, coaches, and fans. Thank you and have a great season!

The Ohio High School Athletic Association challenges all of us in the Track community to take positive steps toward the goal of attaining the high ideal of good sportsmanship. It is the responsibility of each of us to serve as a positive role model and set high expectations for others.

The OAT&CCC and Sportsmanship

The Ohio Association of Track & Cross Country Coaches stands tall in its commitment to good sportsmanship. The school-based experience is one that affords tremendous opportunities to student-athletes that they will remember for a lifetime. Those experiences are dependent on the role model the head coach provides. The OAT&CCC encourages all coaches to exhibit behavior that serves as a role model for the student-athletes we serve. In conjunction with the OHSAA's Sportsmanship, Ethics and Integrity (SEI) Committee, the OAT&CCC annually selects recipients of the SEI Award that is recognized at the state tournament.

The Administrator's Role in Sportsmanship

Athletic departments are comprehensive, pre-eminent teaching departments with a subject matter all their own: self-confidence, leadership, teamwork, discipline, perseverance, respect for others, strategic thinking, dedication, the importance of rules, and sportsmanship. These are true life lessons and participation in athletics provides another forum for learning. Coaches and Officials are responsible for promoting sportsmanship and positive behavior on the field. Administrators, we need your continued assistance in promoting sportsmanship and controlling fan behavior in the stands! Let the parents and fans know what you expect!

The Coach's Role in Sportsmanship

Your athletes will demonstrate the attitudes and behaviors they have learned from you, either through direct instruction or through observation of your actions. ***Never underestimate the influence you have on participants!*** You must:

- Abide by and teach the rules of the game in letter and in spirit.
- Set a good example for players and spectators to follow.
- Respect the integrity and judgment of game officials. Treating them with respect, even if you disagree with their judgment, will serve to create a positive impression of you and your team.
- Display modesty in victory and graciousness in defeat.
- Develop a program that rewards participants and spectators for displaying proper sportsmanship and enforces penalties on those who do not abide by sportsmanship standards.

It is difficult to develop a great pitcher, a great catcher or a great outfielder. That is true. However, your greatest challenge is to develop mature young adults who will become great citizens and role models in your community.

The Student-Athlete's Role in Sportsmanship

You serve as a role model for your younger siblings, young fans in the stands, your teammates, and your classmates. Set high expectations for everyone and help them follow-through! You must:

- Accept and understand the seriousness of your responsibility, and the privilege of representing your school and the community.
- Live up to the standards of sportsmanship established by the school administration and the coaching staff.
- Learn the rules of the game thoroughly and discuss them with others. This will assist everyone in the achievement of a better understanding and appreciation of the game.
- Treat opponents as you would like to be treated with respect.
- Respect the integrity and judgment of game officials. Treating them with respect, even if you disagree with their judgment, will serve to create a positive impression of you and your team.

The Official's Role in Sportsmanship

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

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

The National Association of Sports Officials (NASO) conducted a survey of 550 sports officials and asked "*what is the number-one problem in our games today?*" Not too surprising, the number one response was "Poor Sportsmanship." As a result, the NASO brought together some of the best and brightest in youth, high school, collegiate and pro sports

to examine the issue and explore the official's role in promoting positive on-field behavior. The results were published in the book at the right and identified 3 critical ideas:

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

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

1. 65% of respondents indicated their respective associations do not do *enough* to help improve sportsmanship.
2. 89% of officials responding consider themselves PARTNERS with players, coaches and

administrators in improving sportsmanship.

3. 54% of officials responding indicated they felt they DO have the training, authority and knowledge to make an impact.

Sportsmanship for Parents

The NFHS has made a NO COST online course available to PARENTS to help them understand their role in their son/daughter’s athletic career. The course is titled “The Role of the Parent in Sports” and is easily accessible through the “Learning Center” at www.nfhslearn.com. And, again, it is FREE and a good tool for coaches to use in dealing with parents.

Conclusion

Good sportsmanship is everyone’s responsibility. It is the essence of interscholastic athletics. Remember, some may question an official’s call or a coach’s substitution, but no one can question the value of good sportsmanship.

Rules Interpretation Meetings

The annual, mandatory Track & Field State Rules Meeting will take place per the chart below; it will only be available online. Failure to complete the meeting by the due date **will result in your team being ineligible for the postseason**. More information on how to view the meeting will be shared at a later date.

Meeting Starts	Late Fee (\$50) Starts	Meeting Closes
February 10, 2025	March 30, 2025	April 21, 2025

If you are a coach AND an official, you must complete both State Rules Meetings. While the content in both is similar, each is customized to its specific audience. Please remember that completion of the Rules Interpretation Meeting is **MANDATORY** for coaches and officials.

While the meeting has been available in MyOHSAA in the past, the meeting is migrating to a new platform this spring. More information on how to access the meeting will be sent directly to coaches & administrators

Scheduling & Out-of-State Contests

The first date your team can participate in a **REGULAR SEASON CONTEST** is **March 29, 2025**.

End of Season Date

Relative to regular season “in-state” contests: Teams may schedule contests right up until the board adopted “Season End” date of **June 7, 2025**. This means that, even though you are in the OHSAA tournament or eliminated from the OHSAA tournament, you may still schedule (usually ‘make up’) a contest until this date. Keep in mind that playing this date also eliminates any opportunity for an athlete to participate in non-interscholastic track & field until the school season is complete.

School Team Participation in Competition After Season

It is a violation of the regulation that prescribes the school season for a school to schedule competition after the final day of the season listed in the sport regulations. Individuals may compete non-interscholastically, but school team competition must cease as of the end-of-season date.

Scheduling Conflicts / Over Scheduling

Scheduling conflicts are going to arise. **Please coordinate with your athletic administrator to ensure that officials are notified in advance of any changes.** When dates, times and/or locations are changed, it not only affects the officials scheduled for that game, but also other games they are scheduled to work. Scheduling more contests than the sport's regulations permit in any sport is **NOT PERMITTED**. Overscheduling will lead to contract disputes and, if not settled, could result in financial penalties being levied by the OHSAA even if there is no financial clause listed on the contract.

Scrimmages or Previews

According to the definitions adopted and printed in the Sports Regulations, scrimmages and previews are **not permitted** in cross country. Track & Field is considered a sport of individuals with accumulative scoring applications resulting in a team score. Any type of interscholastic competition is considered a contest and subject to contest limitations.

Scheduling Two Meets in One Day

This is permissible, but each meet must be listed on the school's schedule and counts in the maximum of 16 permitted **for each individual competing**.

Athlete Limitation

A high school athlete may **NOT** participate in two meets in one day.

Scheduling & Out-of-State Contests

Teams may travel out-of-state to compete in contests in states OR provinces in Canada that border Ohio regardless of distance, including:

- Indiana, Kentucky, Michigan, Pennsylvania, West Virginia, Ontario

Teams may travel to a non-bordering state **ONE TIME ONLY** per season only and must ask the OHSAA permission by using this form:

<https://ohsaaweb.blob.core.windows.net/files/Eligibility/forms/NonBorderingStateApproval.pdf>

- In all contests competed outside Ohio, each school shall follow all Ohio eligibility standards, general and sport-specific regulations as well as the playing rules (NFHS or national governing body) as adopted by the host state association.
- The penalty for schools that participate in a regular season contest before the official start of the season or travel to a non-bordering state more than one time per season shall be **INELIGIBILITY FOR THE OHSAA TOURNAMENT!**

NFHS Sanctioning of Contests

Whether a contest/event is in Ohio or outside of Ohio but still within the United States, the host of the event must secure a sanction through the National Federation of State High School Associations for competition by a member school in any of the following contests:

- (a) ANY event which includes an Ohio AND an out-of-state school that is co-sponsored by or titled in the name of an organization outside the school community;
- (b) Events involving non-bordering states where five (5) or more states are involved;
- (c) Events involving non-bordering states if more than eight (8) schools are involved;
- (d) Events involving two (2) or more schools that includes a team from a foreign country, with the exception of Canada and Mexico.

NOTE 1: In (b) and (c) above, no sanction is required if the contest(s) only involve Ohio schools and/or schools which border Ohio. NOTE 2: If the contest is taking place outside of the United States, no NFHS sanction is required even if any aforementioned criteria are met.

OHSAA Regulations Points of Emphasis

10 Practice Acclimation Period

- There is **NO** 10 practice acclimation period for high school.
- Each 7th & 8th grade competitor **must** practice a minimum of 10 days under supervision of the individual or coach authorized by the Board of Education before competing in a contest. This practice must be specific to track & field.

Non-Interscholastic Participation

General Sports Regulation 7 prohibits a member of the school team from participating (i.e., trying out, practicing, training, or competing) with any non-interscholastic program while a member of the school team. Please remind your student-athletes of this rule, as penalties shall apply if this Regulation is violated. Anything outside of high school season—practice, workouts or contests (including college tryouts/workouts) are considered **non-interscholastic**.

An athlete officially becomes a member of the school team once they have participated in a contest with the school team. With that being said, OHSAA Regulation would permit a student-athlete to participate with a non-interscholastic program up until that student participates in their first contest for the school. As soon as they participate in a contest for the school team, they may no longer participate with a non-school program.

Non-Interscholastic Date

Though participation in any form of non-interscholastic Track & Field while a member of a school team is prohibited, any participation in a non-interscholastic contest **on or after this date** for a student who has not yet joined your interscholastic program results in the individual being ineligible for the OHSAA tournament in addition to any other possible penalties.

Bylaw 4-7-1 – Transfer

In the referendum vote which took place in May 2018, the member high school principals voted to change the transfer consequence, for those students who change high schools and do not meet a transfer exception, from the first half of the season to the second half of the season plus the OHSAA tournament. Once the first 50% of the maximum allowable regular season contests have been competed, the student becomes INELIGIBLE for the remainder of the regular season plus the OHSAA tournament. **The current regulation in track & field** is that the student becomes ineligible at **Meet 9**.

We urge your athletic administrator to direct any questions they might have about this transition and the application of the transfer consequence to a member of the compliance team.

Ensure Your Students are Eligible

Coaches, parents, and student-athletes are strongly encouraged to review online the OHSAA Athletic Eligibility Guide, which is written to explain the rules to coaches and student-athletes and their parents. Simply go to the OHSAA website (www.ohsaa.org) and click on “Eligibility.” There you will find a variety of links to help answer numerous questions.

Pre-Season Meeting

The OHSAA mandates that all coaches conduct pre-season orientation meetings for student-athletes and their parents. These meetings afford the coach the opportunity to present information pertaining to school policy, athletic codes of conduct, OHSAA eligibility rules and details concerning the program. The eligibility guides could be presented at this time. Please remember that when parents sign their consent for their student’s participation in interscholastic athletics on the OHSAA authorization form, they also indicate that they have

read and understood the OHSAA rules for eligibility. **Please also use this meeting to ensure parents understand:**

- The role they play in good sportsmanship
- The important role officials play in high school sports
- They should contact the coach or athletic administrator, NOT the OHSAA office, with any questions.

During your pre-season preparations, invite a local official(s) to meet with your squad during pre-season workouts or at your parents' meeting. This allows the officials to meet your athletes and discuss new rules. It also gives your athletes an opportunity to ask questions and discuss them prior to competition days. If you would like assistance in this area, please contact BJ Duckworth at bjduckworth@ohsaa.org.

Preseason Requirements – Pole Vault Education

By Board of Directors action, all schools that intend to compete in the pole vault (**high school and 7th and 8th grade schools**) must send a coach to a pole vault coaching clinic sponsored by the OATCCC or another governing body. Coaches may also complete an approved online training course, approved courses can be found at www.pvscb.com or www.nfhslearn.com.

Physical Fitness or Conditioning Programs Prior to the Outdoor Season

There are no restrictions for pre-season conditioning in this sport except programs are limited to calisthenics, weight training and running. The running shall consist only of jogging with no sprint or interval training or any activity where coaching and instruction are involved. No implements or equipment used in track and field competition may be used in the physical fitness program prior to the opening day of interscholastic outdoor track and field practice.

Practice of Individual Events Prior to or After the Outdoor Season

Individual skill/coaching instruction by the school coaching staff may take place prior to the opening day of outdoor track and field practice per General Sports Regulation 7.11. Members of a school's outdoor track & field coaching staff may coach athletes from the school during the school year outside the track and field season.

Opening up a gym or an outdoor facility for athletes to practice track and field events without the instruction and direct supervision of a qualified coach **is not a recommended practice**. Of particular concern are the events of pole vault, shot put and discus. Schools should not permit student-athletes to practice these events outside the season of the sport without the direct supervision of a coach.

There are also no restrictions regarding individual athletes attending clinics or instructional programs prior to or after the interscholastic track and field season.

Comments to News Media

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

Videotaping Regulations

Regular Season Contests

- It is permissible for a school or a school representative to videotape or photograph regular season contests of the team or individuals from one's own school. Such videotapes or photographs may be used for "in-game" coaching purposes only if it is specified in the national playing rules of the sport or in the specific sport regulations.
- It is permissible for a school or a school representative to videotape or photograph regular season contests (including previews, scrimmages and/or practices) of teams or individuals **not** from one's own school **only with the written consent of all schools participating in the contest(s)**.

OHSAA Tournament Contests

Videotaping and Photographing by Participating Schools

- Videotaping OHSAA tournament contests of the team or individuals from one's own school participating in the contest is permitted provided prior arrangements are made with the tournament manager, and it is done at the expense of the school involved. A maximum of two individuals per school are permitted to videotape.
- All photographs and videos taken by school representatives of the team or individuals from one's own school at OHSAA tournament contests are for school use ONLY. The use of photographs or videos taken by school representatives for commercial purposes is strictly prohibited. Such videotapes or photographs may be used for "in-game" coaching purposes only if it is specified in the national playing rules of the sport or in the specific sport regulations.
- It is permissible for a school or a school representative to videotape or photograph tournament contests (including practices) of teams or individuals **not** from one's own school **only with the written consent of all schools participating in the contest(s)**.
- It is permissible for a school or school representative to *utilize* video and photographs of tournament contests (including practices) of teams or individuals **not** from one's own school **only with the written consent of all schools participating in the contest(s)**.

Communication to Coaches

The OHSAA will continue to send information to member school superintendents, principals and athletic administrators electronically with timely updates and reminders on a variety of topics through the *OHSAA Administrator Update* & monthly memos to coaches.

What is Coaching?

The definition of coaching is providing instruction or being present with a team or individual during contests, tryouts, training and practices—*this applies to any school coach, volunteer or paid*. Specific activities include, but are not limited to, practice or other instructional situations in which the coach conducts specific drills, teaches skills, supervises competition-like activities or in any other way supports the instructional environment; competition situations in which the coach sits on the team bench, is in the direct vicinity of the competition in areas reserved for coaches and/or delivers instruction to athletes while they are competing.

Coaches Must Have Pupil Activity Permit & Coaches Tool Chest

Per Ohio Administrative Code, any high school or middle school coach (volunteer or paid) must have a valid Pupil Activity Permit (PAP) issued by the Ohio Department of Education (ODE). Athletic Administrators are responsible for maintaining records of compliance for each of the following:

1. Completed background checks
2. Completed course from an approved First Aid for Coaches provider
3. Completed course from an approved Concussion provider
4. Completed course from an approved Sudden Cardiac Arrest Training provider, including Lindsay's Law
5. Completed course from an approved Coaching Fundamentals provider
6. Completed training course in CPR from a course approved by your school or District
7. Completed mental health course from an approved provider



The OHSAA has partnered with Coaches' Tool Chest (www.coachestoolchest.com) as a single source, online provider for each of the courses needed to obtain a PAP. CTC helps ensure coaches have the knowledge they need to best serve their student athletes. This annual course is updated with current best practices and training and provides a single certificate for all the coaching requirements in Ohio.

Specific information about alternative single source courses, additional details and application information can be found: <https://sboe.ohio.gov/educator-licensure/apply-for-a-new-license/pupil-activity-coaching-permits>

Concussion Legislation as it relates to Coaching Requirements

Though the entire law is explained later, all coaches today must complete one of two (2) approved Concussion Education programs online upon renewal of their Pupil Activity Permit any time after April 26, 2013. Individual student-athletes removed from contests with a suspected concussion are no longer permitted to return to play on the same day of the contest, regardless of the diagnoses. If they are removed by one of the individuals given this authority, they simply cannot return to play the same day. Written authorization is required to return anytime thereafter and must be kept on file with the school athletic administrator indefinitely.

Receiving Outside Private Instruction

While it is not the position of the OHSAA to encourage outside instruction during the school Track & Field season, Individual skill/coaching instruction may be received by a member of an interscholastic team at any time from either school or non-interscholastic coaches or instructors, provided that these individual skill instructions do not violate any Board of Education, school administrators' or coaches' policies.

Inclement Weather

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

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

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

***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.

Indoor Track & Field

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

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

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

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

- a. Authorization/approval/recognition of indoor track MUST BE GIVEN by the appropriate Board of Education.
- b. Approval/recognition of assigned coaches by the appropriate Board of Education.
With the change in Sports Regulation 7.11.1 Individual Skill/Coaching Instruction, “Individual skill/coaching instruction may be received by a member of a school team at any time from either school or non-school coaches or instructors.
- c. Schools must determine the length of the season (i.e., a beginning date and ending date) and have a legitimate schedule identifying the number of contests to be competed. It is mandatory that schools compete in at least one indoor competition during the season in order to be considered an interscholastic program. It is no longer necessary to register the sport with the OHSAA.
- d. The OHSAA does not provide catastrophic insurance for participants in indoor track and field on the OHSAA catastrophic insurance policy. For schools that wish to sponsor the sport and maintain this insurance, there may be a way to continue that coverage for a fee. The OHSAA will continue to work to provide schools with information about this option over the next school year.

- If the Board of Education does not recognize and sponsor indoor track and field, what alternative is there for athletes interested in competing indoors? - Those individuals may participate as non-interscholastic participants without school affiliation. The OHSAA catastrophic insurance shall not apply in such cases. The decision regarding whether to permit these athletes to wear school uniforms and/or use school equipment is a local school decision.
- However, member schools should note that the OHSAA has endorsed Loomis & LaPann (an AIG Company) to offer schools the opportunity to purchase catastrophic insurance coverage at a very reasonable cost for students who participate in sports not recognized by the Association. Contact Information: Greg Joly (gjoly@loomislapann.com), Karen Boller (kboller@loomislapann.com), 1.800.566.6479 or <http://www.loomislapann.com/>

May athletes who are NOT planning to compete in indoor track and field receive coaching during the indoor season? Yes, "Individual skill/coaching instruction may be received by a member of a school team at any time from either school or non-school coaches or instructors." (Sports Regulation 7.11.1). This regulation applies to the individual sports and includes cross country and track and field.

Additional OHSAA Regulations

Regulations governing the sport of track and field are divided into two basic categories: **GENERAL Sports' Regulations** and **TRACK & FIELD Regulations (sport specific)**. These are reviewed annually and approved by the OHSAA's Board of Directors. They can be found on the OHSAA Track & Field Page.

Changing the Order of Events or the Actual Events Competed

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.

Events Must Take Place Outdoors

All events must take place outdoors.

Prohibited Events

Javelin and Hammer Throw are PROHIBITED in Ohio.

High School

Participation Limitation

- **A competitor may compete in a maximum of four track and field events.** The four events may be any combination of track and field events, including relays, or may be four track events or four field events. **This regulation applies to all competitions – regular season and OHSAA tournaments. NOTE: Once an athlete has been “checked in,” this is officially one of his/her four (4) allowable events even if he/she changes their mind at the last moment.**
- The maximum number of regular season contests permitted for individuals is 16.
- An athlete who exceeds the participation limitation shall be disqualified. The forfeiture bylaws apply as written in Bylaw 11. In support of this, NFHS Rule 4-2-PEN specifies that a competitor who participates in more than the four allowable events shall forfeit all places and points and shall be disqualified from further competition in the meet/tournament. In relay events, the team’s relay points and places shall also be forfeited.
- **The four-event limitation applies to single and multi-day competition – regular season and tournaments.** An athlete who has competed in an event and qualifies for the semi-finals or finals of that particular event may not withdraw from that event to compete in another event unless he/she still remains under the maximum of four allowable events.

Order of Events

The order of events 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. Rule 2 - Scoring and Ties; exceptions to this rule are not permissible.

Running Events

Girls

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

Boys

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

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

****Anytime the 3200M is not being competed or is being competed at a different point in the meet, a rest period of 20 minutes from the beginning of the girls 200 M to the start of the first heat of the girls 4x400M MUST be given if athletes competing in the 200M are also in the 4x400 relay.**

Field Events (order is optional)

Girls

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

Boys

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

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

Ninth Grade Students/Students Below Ninth Grade

Ninth grade students in all schools are high school students and shall compete in athletics in accordance with high school bylaws and regulations. Ninth grade students are not permitted to compete in interscholastic competition on the same team or squad with students below ninth grade. Students below the ninth grade are not eligible to compete in athletics with high school students unless they meet an exception as outlined in Bylaw 4-2, Age Limitation.

Allowable Additional Events

In addition to events outlined in the approved OHSAA 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 from the previous slide must be communicated per the below section.

- Triple Jump must be competed following NFHS Rule 6, 7&9
- Javelin **and Hammer Throw are** PROHIBITED in Ohio.
- “Special Events” must be competed under USATF Youth Rules as outlined in NFHS Rule 9 unless the OHSAA has stated otherwise (mixed gender relays).
 - Mixed Gender Relays must follow the rules as outlined in this manual.
- * In addition to the above, the 5,000M can be competed per the below regulations.
 - All schools have been notified in advance of the change of order of events.
 - USATF Youth Rules are followed.
 - The 5,000M and 3,200M cannot be competed at the same meet regardless of the number of days the meet spans.
- Any event not found in NFHS Rule 1 & 7, with the exception of the 5,000M, CANNOT be competed in Ohio.
- Certified Officials may not officiate non-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.

7th & 8th Grade

Participation Limitation

In any one track and field contest, a 7th or 8th grade participant may compete in a maximum of **three (3) events**. The three events may be any combination of track and field events including relays, or may be three track events or three field events. **PARTICIPATION LIMITATION PENALTY:** An athlete who exceeds the participation limitation shall be disqualified. The forfeiture bylaws apply as written in Bylaw 11. Individual competitors and squads are limited to a maximum of **12 meets** per season **plus** one league championship meet (team and individual) **plus** the OHSAA-sponsored state meet.

Students Below Ninth Grade

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

Order of Events

The following listed Order of Events shall be used for grade 7-8 girls and boys involving Ohio schools. This bulletin supersedes the Order of Events in the NFHS Track and Field Rules Book. The javelin **and hammer are NOT** approved events and are not permitted in high school competitions. Rule 2 - Scoring and Ties; exceptions to this rule are not permissible.

Running Events

Girls

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

Boys

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

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

* 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.

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

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

Allowable Additional Events

In addition to events outlined in the approved OHSAA Order of Events, schools in Ohio may compete in additional events as outlined in NFHS Rules 1 & 9. All changes to the standard OHSAA order of events from the previous slide must be communicated per the below section.

- Triple Jump must be competed following NFHS Rule 6, 7&9
- Javelin **and hammer are** PROHIBITED in Ohio.
- "Special Events" must be competed under USATF Youth Rules as outlined in NFHS Rule 9 unless the OHSAA has stated otherwise (mixed gender relays).
- **The 5000M is prohibited in 7th & 8th grade.**

- Any event not found in NFHS Rule 1 & 7, CANNOT be competed in Ohio.
- Certified Officials may not officiate non-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.

Regular Season Contest Procedure

Use of Video/Electronic Systems for Making Officiating Decisions

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

Event Entry Limitations

Modifications to NFHS Rule 4-2-4

Part A – Individual Events

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

Part B – Relay Events

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

Note: No conferences, leagues or individual schools have the authority to set aside these modifications made to event entry limitations.

Required Roster

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

Boys and Girls Competing Simultaneously

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

Mixed Gender Relays (Administration & Scoring Requirements)

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

- Waiver is obtained from sports administrator allowing the events.
- All schools have been notified in advance of the change to the order of events per NFHS and OHSAA policy.
- The below competition rules are followed:
 - 4x100MR, 4x200MR, 4x400MR, 4x800MR, 4x1600MR, Distance Medley, Sprint Medley
 - Female athletes MUST be the 1st and 2nd leg
 - Male athletes MUST be the 3rd and 4th leg
 - Team Field Events
 - MUST contain an equal number of male and female athletes
 - When throwing implements are used, they MUST follow NFHS and OHSAA competition regulations
 - Mixed Gender Shuttle Hurdles are now PROHIBITED
 - 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

No Contest

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 towards a student/coach fulfilling any ejection consequence, shall not count towards a student fulfilling his/her transfer consequence, and shall not count towards 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 towards 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 towards 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.

Changing the Order of Events or the Actual Events Competed

Section 9 lists the adopted order of events for high school and Section 10 lists the adopted order for 7-8th grade interscholastic track and field competition. In dual, triangular and quadrangular meets, the listed events must be competed unless the changes are listed on the contest contract signed by the school administrators or certified OHSAA assignor. If there is no contractual exception, schools shall expect to compete in each of the events as listed. If some events are not offered or cannot be competed, the offending school, in accordance with the following procedure, will forfeit the points unless there is mutual consent of the coaches to change or delete an event or events.

Dual - forfeit points to opponent.

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

Invitational - forfeited points divided equally among the opposing schools.

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.**

Multiple Day Meet

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.

Double & Triple Dual Meets

Participation in a double dual counts as two contests, a triple dual counts as three contests.

Officiating Requirements

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

Sub- or Non-Varsity Competition

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.

No Jury of Appeals in Ohio

In 1999, the NFHS rules changed thereby eliminating the choice of using the Jury of Appeals either as a final arbiter or in an advisory capacity. Therefore, in OHSAA track and field and cross country competition, regular season and tournament, no Jury of Appeals shall be appointed. The games committee, as per rule, may serve in this capacity but may only advise the referee. **The referee shall have the final decision in all appeals. Refer to NFHS Rule 3-5 for additional information on the appeals process.**

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

Required Roster

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.

Pre-Meet Conference and Coaches Verification

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.

Team Competition in 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 interpretations are made to apply to **"Team Competition in Field Events."** Invitational Meets sponsoring team field events shall determine the number permitted to participate for each team (2 or 3 or 4).

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

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

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

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

Scratch or Exhibition Competition

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

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.

Schools and athletes who participate in and/or host scratch/exhibition/non-scored competition are subject to fines and possible suspension from the post season. Please see the sport regulations and OHSAA GSR for more information

Implements Used in Field Events

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

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

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

Pole Vault Verification - NFHS Rule 6-5-3 requires that prior to competition the coach must verify that each of that school’s pole vaulters and poles meet the requirements specified in the article that pertains to protecting the safety of the vaulter. Each state association is authorized to determine its own procedure regarding coach’s verification. For several years, Ohio has used a procedure requiring the coach to stipulate to the head pole vault event judge the weight of each vaulter and the pole rating of each pole submitted for competition for each vaulter. See Section 19 for a sample document that fulfills this requirement. **Each school that conducts the pole vault event shall adopt this form or develop its own form to maintain compliance with this important rule.**

Use of Infield Areas during a Track Meet

To ensure ongoing safety & fairness, the use of infield areas for warmups, coaching or congregating is **strictly prohibited during the tournaments!** Sites must provide coaching boxes for coaches at any field events located in the infield area. **It is strongly recommended that this be followed during the regular season.**

Medical Devices

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 athlete’s 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.

Safety In Field Events

Data on injuries in track and field indicate that the field events represent the greatest risk to the student athlete as well as to officials and spectators who may be in the area of an event. The following items are required of all event judges who are supervising competition in the field events. In addition, coaches and contest administrators shall make note of these items and instruct student-athletes about the safety protocol for these events in practice as well as all competitions.

- Be certain the competition area is properly prepared and ready for warm-ups. Remember, warm-ups are not permitted unless supervised by an event official or the athlete's coach.
- Prior to the event, review the assignments of judges and other workers.
- Inspect the jumping and vaulting areas, making sure all hard and unyielding surfaces around high jump/pole vault landing pads are properly padded, non-metal cross bars are being used and vaulting standards are securely fastened.
- Use traffic control ropes, flags or fences around the competition area.
- Keep the competition area clear of all non-participants.
- Keep competitors out of the impact area during warm-ups and competition.
- Implements shall be carried out of the landing sector by an official and then carried by the competitor to the waiting area.
- At the conclusion of each event, permit no practice, have all implements removed from the area and place a traffic cone in a position to indicate the area is closed.
- Remember, warming up without a coach or an event official at the venue shall lead to a warning and, if repeated, disqualification from the event. If the incident reoccurs, the athlete shall be disqualified from the competition and considered ejected from the meet for unsporting conduct. Such disqualification shall require a two-meet denial of participation in accordance with OHSAA sports regulations.

Seated Athlete Guidelines

Please review the seated athlete guide for all information related to seated events. It can be found on the OHSAA Track & Field Webpage.

Uniform Regulations

Shoes

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

Removal of Any Part of the Team Uniform

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

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. Tops must be full-length (i.e., either tucked into the bottoms or hanging BELOW the waistband of the bottoms when the athlete is standing erect). Shirts are not required to be tucked in unless they obscure a hip number. Bare midriff tops are not allowed. The top shall not be knotted or have a knot-like protrusion. Numbers are no longer required on the back of the uniform top.

Uniform Bottoms/One-Piece Uniform

Each athlete shall wear bottoms and/or a one-piece uniform issued or approved by the school. The loose-fitting boxer-style shorts are permitted for boys and girls. The waistband of a competitor's bottom can be rolled but must be worn above the waist as per Rule 4-3-1b4.

Legal Items on School Uniforms

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

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.

Visible Undergarments

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

Misc. Uniform Topics

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

Additional Restrictions for Relay Races and Cross Country Competition

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

NFHS Rule 4-3-2: All relay and cross country team members must wear uniforms clearly indicating, through predominant color, school logo and color combination of all outer garments worn as a uniform, that members are from the same team. The official should be able to observe that all members are from the same team. For examples of legal and illegal uniforms, please refer to the state rules interpretation meeting. Manufacturer logos do not need to match.

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.

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. While the wearing of a GPS or Smart Watch is **not** prohibited; the use of use GPS and electronic communication on the watch is prohibited per NFHS Rule 4-6-5.

Religious Apparel

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

Athletic Districts

Representation to the regional tournament (the number of Regional 'qualifiers') from district winners is determined by a formula based upon the number of teams participating in the previous year's tournament. With a few exceptions, most schools in the counties listed below are assigned sites from the respective District Athletic Boards. You are encouraged to visit their websites for additional information.

Central District: www.ohsaa.org/cdab

East District: www.ohsaa.org/edab

Northeast District: www.ohsaa.org/nedab

Northwest District: www.ohsaa.org/nwdab

Southeast District: www.ohsaa.org/sedab

Southwest District: www.ohsaa.org/swdab



Notes From the NFHS on 2025 Rules Changes

3-6-3, 5-7-6 — Adjusts the recall distance to within the first 50 meters.

5-10-1, 5-10-11, 5-11 — Clarifies the distinction between the rules for conducting relay races and the infractions for those races.

5-13-1 — Clarifies how to determine if an infraction occurred when an athlete leaves the track on a straightaway.

6-2-2f (NEW) — Offers guidelines on how to notify athletes in field events to the time remaining while still providing various options for flexibility.

6-2-2 CHART — Defines field event time limits for all competitors.

6-3-2 NOTES 1 — Clarifies the starting height in a jump-off with athletes at varying heights.

6-8-2 — Further defines an active flight and continuing flight in vertical jumps.

6-9-22 — Establishes a standard placement of the high jump crossbar and standards.

2025 Track and Field Editorial Changes

3-1-1c, 3-2-7, 3-2-8, 3-4-2, 4-3-1b, 6-10-6

Interpretations for the 2025 NFHS rule changes can be found on pages 4 and 5 of the 2025 NFHS Case Book.

2025 NFHS Points of Emphasis can be found on pages 4-6 of the 2025 NFHS Rules Book.

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
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Rule 1-3	Javelin and Hammer Throw are not permitted in Ohio.
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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.
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Rule 3-2-6	Conferences may not adopt special rules for interrupted events
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Rule 3-2-1 3-2-4k 3-5	No Jury of Appeals in Ohio
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Rule 3-4-1	Referee MUST be Class 1 registered official for high school meets (recommended for middle school)
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Rule	Modification
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 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	The 5,000M is an allowable special event per the regulations listed in this document.
Rule -8-2-3	The OHSAA has accepted modified scoring.

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.

Ejection Procedures

ALL ejections REQUIRE a report to be completed and filed with the OHSAA.

- **Ejection Reports are completed and submitted electronically. This automatically sends the report to the school.**
- In the event of a coach or player ejection, he/she is ejected from ALL GAMES for the remainder of the day of the ejection PLUS all contests at all levels until two regular season/tournament contests are played at the same level of the ejection or disqualification. Ejected coaches must also pay a \$100.00 fine and complete the National Federation of State High School Association's (NFHS) "Teaching and Modeling Behavior" online course within 30 days of the ejection. The responsibility for compliance rests with the school's administration.
- Ejected **COACHES** are required to LEAVE the premises immediately. If no assistant coach is present, the game is over and the score stands 'as is'.
- Ejected **PLAYERS** are to remain in the BENCH AREA under the supervision of the coach.
- As of 2001 – Any player or coach ejected for fighting is ejected from ALL GAMES for the remainder of the day of the ejection and will be ineligible for all contests at all levels until **FOUR** regular season/tournament contests are played at the same level as the ejection or disqualification.
- **ALL EJECTIONS ARE FINAL AND NOT PERMITTED TO BE APPEALED** per the OHSAA's Board of Directors.
- Though every ejection has its own story, do not call the OHSAA office asking for an appeal of the ejection. It will not and cannot be overturned. The circumstances surrounding the ejection can and should be expressed on the "School Response Form" that will be received by the school after the ejection occurs.

General Message On Health & Safety

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

- Heat Stress and Athletic Participation
- Recommendations for Hydration to Prevent Heat Illness
- Suggested Guidelines for Management of Head Trauma in Sports
- Communicable Disease Procedures (can also be found in the NFHS 2008-09 Rules Book)
- Disordered Eating
- Information on Nutritional Supplements

Concussion Management

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

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

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

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

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

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

Return to Play Protocol

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

- 1.) The student's condition is assessed by either of the following:
 - a. A physician, who is a person authorized under Chapter 4731 of the Ohio Revised Code (OCR) to practice medicine and surgery or osteopathic medicine or surgery (M.D. or D.O.)
 - b. Any other licensed health care provider that the school district board of education or other governing authority of a chartered or non-chartered nonpublic school, authorizes to assess the student who has been removed from practice or competition.
- 2.) The student receives **written authorization** that it is safe for the student to return to practice or competition from a physician or other licensed health care provider authorized to grant the clearance. Click here <http://ohsaa.org/medicine/AuthorizationToReenter.pdf> to retrieve the OHSAA's Medical Authorization to Return To Play (RTP) form.

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

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

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

Coaches Requirements

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

Contest Officials Requirements

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

Student and Parent Requirements

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

NFHS Suggested Medical Clearance Return to Play Protocol

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

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 Procedure

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 & Weather

Recognition

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

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

Management

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



OHIO HIGH SCHOOL ATHLETIC ASSOCIATION

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

OHSAA

Respect
THE
GAME

BJ Duckworth

Sport Administrator & Director of Officiating Development
OHSAA Track & Field and Cross Country
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