

OHIO HIGH SCHOOL ATHLETIC ASSOCIATION 2021



TRACK & FIELD MANUAL

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A Message from the OHSAA Sport Management Team

As we near the start of the track & field season, we look forward to continuing to work with the sport and with each of you. Communication is key in the successful administration of any of our sports. We encourage you to ask questions or seek assistance from the OHSAA sport management team or your athletic administrator. We will continue to try to keep you informed of changes and current information with periodic memos emailed directly to you as well as various informative documents on our website. **Please** take the time to review the information within this manual.

Rules meetings remain **mandatory** for Varsity Head Coaches and again this year will be required **online**. This is addressed in the early pages of this Coaches Guide. We hope you'll encourage your assistant and junior high coaches to view this also. The purpose of the Rules Interpretation Meetings is to give everyone a thorough understanding of the interpretations of OHSAA Regulations as well as the changes and "points of emphasis" to the national playing rules written by the NFHS.

Rules governing OHSAA track & field stem from the National Federation (NFHS) *and* the OHSAA. NFHS Rules govern all playing rules, while OHSAA Sport Regulations govern specific rules to Ohio as well as the various administrative regulations and interpretations. Our elected Board of Directors approve these regulations annually and serve as the basis for ALL schools playing by the same rules. This guide should serve to provide all coaches with clear answers and interpretations to the many regulations governing grades 7-12 track & field in Ohio.

With the support from the NFHS Track & Field Rules Committee, the Ohio Department of Health and the Ohio Governor's Office, there are 2021 rules modifications and rules recommendations and general requirements and general recommendations that are meant to decrease potential exposure to the COVID-19 coronavirus. Those modifications, recommendations and requirements are not an exhaustive list and there might be additional steps in each school, city and state to help prevent the spread of the virus. Even when taking all precautions, there will still be risk of transmitting illnesses. Everyone should stay vigilant about the health of members of their teams. Lastly, the situation with COVID-19 is rapidly changing. The modifications, recommendations and requirements may quickly become outdated. We will keep you updated with any changes as they occur, but please also keep up with the latest from the CDC and other health officials in your area.

We wish each of you a successful season and many thanks for the great work you do with the student-athletes at your school.

The Ohio High School Athletic Association Mission Statement

To serve our member schools and enrich interscholastic opportunities for students.

Coaches Publications

- 2021 NFHS Track and Field Rules Book – Available for 2020.
- These may be purchased at www.nfhs.com/c-235-track-field.aspx.

Officials Publications

- 2021 NFHS Track and Field Case and Rules Books – Received under separate mailing every other year (i.e. 2021)
- 2021 NFHS Track and Field Rules Book

Important Dates and OHSAA Contact Information

Practice May Begin on February 22, 2021

Online Meeting was Activated February 10 at 9:00 a.m.

First Day of Coaching: February 22, 2021

March 27, 2021: FINAL Day for Completion of Rules Meeting before LATE Fee

Regular Season Contests May Begin: March 27, 2021

Non-Interscholastic Date: May 3, 2021

April 26, 11:59 p.m. – FINAL DAY for Completion of Rules Meeting with LATE Fee
(team cannot enter the OHSAA tournament if meeting not completed by this time)

Tournament Draw Meeting: May 2, 2021 2:00 p.m.

District Tournaments: May 17 – May 22, 2021

Regional Tournaments: May 26 – May 29, 2021

State Tournament: June 4 – June 5, 2021

Track & Field Non-Interscholastic Date

The OHSAA establishes a "non-interscholastic" date for each sport that is on the date that regular season competition is permitted to commence. That date for 2021 is May 3. Any student-athlete that violates this rule on or after the established 'non-interscholastic date' loses his/her eligibility for the OHSAA tournament at all levels. Please continue to remind your athletes of the non-interscholastic rule throughout the season.

OHSAA Staff Contacts for 2021

Dale Gabor, OHSAA Sport Management Staff and OHSAA Director of Officiating Development dgabor@ohsaa.org

- Primary daily contact to answer questions emailed from coaches, administrators and officials; **Ph:** 216-281-5395
head rules interpreter; oversees regional and state tournament sites and management

Beau Rugg, OHSAA Director of Officiating

- Oversees officiating program and officials meet assignments

Bob Meuleman, OHSAA Tournament Officiating Liaison/State Rules Interpreter

- Assists in tournament assignments; assists with rules inquiries

Steve Hurley, OHSAA State Rules Interpreter

- Assists with rules inquiries

brugg@ohsaa.org

Ph: 614-267-2502, ext. 111

bob@meuleman.us

Ph: 419-737-2681

stevenhurley@hotmail.com

Ph: 937-768-1963

Track & Field Informational Links

OHSAA Track & Field Webpage:

<https://www.ohsaa.org/sports/track>

NFHS Track & Field Webpage:

<https://www.nfhs.org/activities-sports/track-fieldcross-country/>

OHSAA Track & Field Sports Regulations:

<https://ohsaaweb.blob.core.windows.net/files/Sports/Track-Field/2021/TrackFieldRegs.pdf>

OHSAA General Sports Regulations:

https://ohsaaweb.blob.core.windows.net/files/Sports/GeneralSportRegs2020_21.pdf

Track & Field Uniform Regulations:

<http://www.ohsaa.org/SchoolResources/uniform/track&field>

Coaches Education:

www.nfhslearn.com

Ohio Association of Track & Cross Country Coaches:

<https://www.oatccc.com>

United States Track Coaches Association

www.ustrackcoaches.org

USA Track and Field

www.usatf.org

OATCCA

Ohio Association of Track & Cross Country Coaches

OATCCC Officers

President

Doug Joy, John Glenn HS
djoy@eastmschools.org
740-704-5463

Vice President

Andy Cox, Thomas Worthington HS
acox@wsccloud.org
614-450-6225

Past President

Diane Krumpak, South Range HS
dkrumpak@southrange.org
330-501-3215

Secretary

Julie Cole, Chardon HS
jmcole013@gmail.com
440-223-4636

Treasurer

James Dingus, Olentangy Liberty HS
james_dingus@olsd.us
614-301-7761

Other Assignments

Wayne Clark, Track Clinic Chair
Carson Cheek, Cross Country Clinic Chair
Neal Charske, Hall of Fame Chair and Mid-East CC
Bob Karl, Scholarship Chair
Lori Robinson, Midwest Meet of Champions
Diane Krumpak, Awards Chair
Carson Cheek, Historian
Dave Kirk, Editor, The Runner
Andy Cox and Ed Lidderdale, Website Chairs
Jesica Rudolph, Longevity
Donna Joseph, Track & Field Clinic Registrar
Vern Kiehl, Constitution
Kris Boey, College Liaison

Ohio Association of Track & Cross Country Coaches

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

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

OATCCC District Contact Information Can be Found at:

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

District Leaders

District 1 – Robert McQuoid, Geneva HS	District 9 – Jack Lintz, Northmont/Tippecanoe HS's
District 2 – Anjanette Whitman, Lutheran West HS	District 10 – Ryan Beck, Gahanna Lincoln HS
District 3 – Steve Lias, Firelands HS	District 11 – Bart Smith, Granville HS
District 4 – Michael Laubacher, Massillon Perry HS	District 12 – Matt Paxton, Unioto HS
District 5 – Ed Lidderdale, Sandy Valley HS	District 13 – Randy McKinney, Eaton HS
District 6 – Matt Schock, Seneca East HS	District 14 – James Vanatsky, Loveland HS
District 7 – Jim Epperly, Waynesfield-Goshen HS	District 15 – Paul Barney, Toledo Notre Dame Acad
District 8 – Dugan Hill, Caldwell HS	District 16 – Al Riffey, Warren HS

OT&F&CC Officials Association

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

Officers

President – Cynthia Beacham	cbeacham2012@gmail.com	216-392-9602
Past President – Mick Harris	harris@ohio.edu	740-448-2222
President Elect – Gretchen Acker	gacker@westholmes.org	330-465-4520
Secretary – Dennis Sabo	sabes@woh.rr.com	419-271-5055

Rules Interpretation Meetings

Please remember that completion of the Rules Interpretation Meeting of the meeting is **MANDATORY** for coaches and officials.

The **ONLINE Rules Meeting link was activated February 10 at 9:00 a.m.** The last day for completion of the online version for coaches and officials is **March 27 at 11:59 p.m.** After that time, a \$50.00 late fee is charged for access to the meeting. The FINAL deadline WITH PENALTY, will be Monday, April 26 at 11:59 p.m.

For Coaches: Rules meetings are ONLY available through the coach's individual myOHSAA account.

IF you do not already have your account, you will obtain your myOHSAA account in this way:

1. Your Athletic Administrator adds the staff member's name by using the "Add New Staff" button.
2. Your AD follows the prompts to add the:
 - a. New Staff Member's FIRST NAME
 - b. New Staff Member's LAST NAME
 - c. New Staff Member's EMAIL ADDRESS
 - d. Check box(es) to assign the appropriate roles/positions
 - e. Click the "INVITE NEW STAFF" button
3. The invited staff member (you) receives an email from info@myohsaa.org. Please check junk and spam folders for this email if you don't see it in your inbox.
4. Once the new staff member (you) opens the email,
 - a. Click the link inside and follow the prompts to either 'login' or 'create an account'

Once you login to your myOHSAA profile, click on the "Rules Meetings" tab and then Find a State Rules Meeting. Please do not use a Chromebook to watch the meeting as there have been issues with the meeting freezing. When you access the Rules Meeting, **MAKE SURE the email address tied to your myOHSAA account matches the email used in the school's staff management. If not, the school will not receive credit for the meeting.** All screens of the presentation must be viewed for attendance credit to be provided. PLEASE note that attendance credit is NOW INSTANTANEOUS, and you can check your myOHSAA account for attendance. Go to the Rules Meetings Tab and "My State Meeting Attendance" on the left-hand side. There will be a date and time stamp indicating completion of the meeting. If you do not see your attendance in your account after completing the meeting, please email me so I can make the proper adjustment.

Additional Notes for 2021

Due to restrictions imposed by the Ohio Department of Health and the COVID-19 pandemic, there will be **NO IN-PERSON RULES MEETINGS** in track and field in 2021. All rules meetings will be held online.

Also, the four local officials association meetings will not be held in 2021 and therefore are not required. However, all officials **ARE REQUIRED** to view the online state rules meeting beginning February 10. Officials who fail to take the online rules meeting will be suspended the following year. Taking the online meeting is also required in order to be eligible for district, regional or state tournament assignments.

Scheduling & Out-of-State Contests

The first date for REGULAR SEASON CONTESTS is **Saturday, March 27, 2021**. This could impact a team that was planning on a 'southern trip' to a non-bordering state.

- You may not participate in a regular season contest prior to Saturday, March 27, 2021.
- Teams may not travel out of state **JUST to practice**.
- Teams may travel out of state to compete in contests in states OR provinces in Canada that border Ohio regardless of distance. The states are Indiana, Kentucky, Michigan, Pennsylvania and West Virginia and the province is Ontario in Canada.
- Teams may travel to a non-bordering state ONE TIME ONLY per season only.
- Teams may also practice while participating out of state so long as the practices do not result in loss of school time.
- 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 March 27 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, schools 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 interstate tournament in which four or more schools participate ANY event which includes either an Ohio or 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;
- b.) Events involving non-bordering states if more than eight (8) schools are involved;
- c.) Events involving two (2) or more schools that includes a team from a foreign country, with the exception of Canada and Mexico. NOTE: In b.) and c.) above, no sanction is required if the contest(s) only involve Ohio schools and/or schools which border Ohio.

Schools desiring to participate in an event covered under the aforementioned scenarios must visit <https://www.nfhs.org/Sanctioning/> in order to obtain the sanction.

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 5, 2021**. 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.

Scheduling Conflicts

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.

Over Scheduling

Scheduling more contests than the sport's regulations permit in any sport is **NOT PERMITTED**. Overscheduling will lead to contract disputes and, if not be settled, could result in financial penalties being levied by the OHSAA even if there is no financial clause listed on the contract.

OHSAA Regulations Points of Emphasis

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: Kristin Ronai (kronai@ohsaa.org) or Ronald Sayers (rsayers@ohsaa.org).

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. 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 track and field 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 are indicating that they have read and understood the OHSAA rules for eligibility.

Inclement Weather

The NFHS has added a new note to the inclement weather policy which reads:

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

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

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

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

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OHSAA Regulations Points of Emphasis

Sports Regulations 8.2, Individual Skill Instruction (Non-School Coaches During the Season)

MANY questions arise regarding players receiving individual instruction **during the season** from individuals not associated with the school's softball program. These include (but not limited to) instruction from private hitting instructors and pitching instructors. The OHSAA's Sports Regulation 8.2 addresses the specifics of Instruction DURING the season by 'outside individuals.' Sports Regulation 8.2.3 reads:

"Non-school coaches or instructors may provide individual skill/coaching instruction to a member of a school team at any time provided the individual skill/coaching instruction does not violate any Board of Education (or similar governing body), school administrators' or school coaches' policies or the Ohio Revised Code."

The language of this regulation provides the latitude to a school's administration OR coach that may NOT want to allow players to obtain "outside instruction" during the season. Within this regulation, you are given the authority to do so within your own athletic/team policies.

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. Please see the OATCCC website or the OHSAA website for additional information. **Any coach who attended a pole vault education clinic after the June 2018 season shall be considered in compliance with this regulation for the 2021 season.**

Preseason Preparations

During your pre-season preparations, invite a local official(s) to meet with your squad during pre-season workouts. It allows the officials to meet your athletes and discuss new rules. It gives your athletes an opportunity to ask questions and have a discussion prior to competition days. We would also recommend inviting an official to a pre-season meeting with your parents. Again, it provides a forum for healthy discussions and an opportunity for your parents to learn more about the game. If you would like assistance in this area, please contact Dale Gabor at dgabor@ohsaa.org.

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 Sports Regulation 8.4. 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.

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OHSAA Regulations Points of Emphasis

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)**.

See the 2020-21 OHSAA Handbook (pages 83-84) for additional regulations on use of unmanned aerial vehicles (drones) and regulations on videotaping and photographing by spectators

Pre-Season Meetings

Pre-season meetings with parents are **mandatory** and will most likely occur along with other spring sport teams. This is determined by each school's athletic administrator. This is the time to cover such things as eligibility requirements, individual school policies, individual sport policies, sporting behavior issues and expectations, travel plans for away contests, etc. Also, a course titled "The Role of the Parent in Sports" has recently been offered by the NFHS and is FREE to parents. Encourage them to watch this very informative video course. This and other appropriate courses are available through the www.nfhslearn.com website. Once we return to "normal" after COVID, schools are encouraged to invite local umpires to meet with their team and parents at these meetings. This allows the umpires to meet the athletes and discuss new rules and gives athletes an opportunity to ask questions and have a discussion prior to game days. Again, it provides a forum for healthy discussions and an opportunity for parents to learn more about the game.

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OHSAA Regulations Points of Emphasis

Coaches Must Have Pupil Activity Permit

All Coaches of Middle School/Jr. High and High School teams **MUST** have a Pupil Activity Permit issued by the Ohio Department of Education to coach in the state of Ohio. The application process can begin here: <http://education.ohio.gov/Topics/Teaching/Licensure/Audiences/Coaching-Permits>. The application requires: 1.) completion of a background check; 2.) completion of the NFHS' "Fundamentals of Coaching" course; 3.) completion of CPR training through a course approved by your school or district; 4.) completion of First Aid for Coaches requirements; 4.) completion of Concussion training, and 5.) completion Sudden Cardiac Arrest training.

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*. These bulletins are usually sent weekly and are also posted on the OHSAA website. Additional communication with track and field-specific information will be emailed periodically to head coaches and athletic administrators as needed and will also be posted on the OHSAA website.

Indoor Track and 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 (2/22/21) for coaching to begin in Outdoor Track and Field apply to schools sponsoring indoor track and field? No. The regulation adopted applies only to track and field as an outdoor sport. Indoor track and field is a non-recognized (non-tournament) sport. This means that schools sponsoring the sport must set their own dates for the season length and for number of contests permitted.

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

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

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

May athletes who are NOT planning to compete in indoor track and field receive coaching during the indoor season?

Yes, “Individual skill/coaching instruction may be received by a member of a school team at any time from either school or non-school coaches or instructors.” (Sports Regulation 8.4). This regulation applies to the individual sports and includes cross country and track and field.

More on OHSA Regulations

Regulations governing the sport of softball are divided into two basic categories: **GENERAL Sports' Regulations** and **TRACK & FIELD Regulations (sport specific)**. These are reviewed annually and approved by the OHSA's Board of Directors.

High School Regulations

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 OHSA 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.**

Participation Limitation

The maximum number of regular season contests permitted for both teams and 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** as specified in the National Federation (NFHS) Track and Field Rules, Rule 1, shall be used in all high school competition in Ohio and **may be changed only by mutual agreement**. The javelin is NOT an approved event and is not permitted in high school competition.

Rule 2 - Scoring and Ties. Exceptions to this rule are not permissible. Ties shall be resolved as specified in Section 2.

Ninth Grade Students/Students Below Ninth Grade

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.

Length of Season and Coaching Regulations

- No scrimmages permitted.
- 16 contests permitted; does not include district, regional or state tournament competition.
- Student-athletes are permitted to participate in more than one meet per day, however, each meet must count toward the maximum allowable of 16 and the athlete may not compete in more than four total events per day. The 16 allowable meets pertains to the team as a whole and not to each individual.

— *Continued on the Next Page*

More on OHSAA Regulations

Order of Events

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

Running Events

Girls

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

Boys

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

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

Field Events (order is optional)

Girls

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

Boys

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

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

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More on OHSA Regulations

7th-8th Grade Regulations

Ten days practice required prior to first interscholastic competition.

Participation Limitation

In any one track and field contest, a participant may compete in a maximum of three events. The three events may be any combination of track and field events including relays, or may be three track events or three field events.

PARTICIPATION LIMITATION PENALTY: An athlete who exceeds the participation limitation shall be disqualified. The forfeiture bylaws apply as written in Bylaw 11. Individual competitors and squads are limited to a maximum of **12 meets** per season **plus** one league championship meet (team and individual) **plus** the OHSA-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 listed on page 74 of the 2019 NFHS Track and Field Rules Book. **The order of events in 7th-8th grade meets is listed below: In accordance with Rule 1-2, unless changed by the Games Committee or the Meet Director in invitational meets or specified in the contract in dual, triangular or quadrangular meets, the events will count in scoring unless there is mutual consent of the coaches to delete the event.**

Running Events

Girls

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

Boys

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

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

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

Field Events (order is optional)

Girls

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

Boys

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

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

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

Regular Season Contest Procedures

Event Entry Limitations

In dual or triangular meets, each school is entitled to enter four competitors in individual events, but schools are permitted to enter as many competitors as conditions warrant; in meets involving four (4) or more teams, each school is entitled to enter not more than four competitors in an individual event; According to NFHS Rule 4-2-4-d, in a relay race, only one team per school may be designated as a scoring team. NOTE: In Ohio, due to our prohibition on exhibition competition, this means that when more than one relay team from the same school is competing, NO TEAM shall be designated as the scoring team. Each team that is entered by a school shall have the opportunity to be the scoring team. However, only 1 relay team from a competing school may score. **No conferences, leagues or individual schools have the authority to set aside these event entry limitations.** NOTE: In dual and triangular meets the entry limitation shall be decided by mutual agreement, either in the contest contract or by the coaches at the site of the meet. If the two coaches cannot agree on the maximum number permitted, then the limitation of four shall serve as the maximum number permitted.

Required Roster

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

Sub- or Non-Varsity Competition

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

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.

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.

Scrimmages or Previews

According to the definitions adopted and printed in the Sports Regulations, scrimmages and previews are **not permitted** in track and field. Track and 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.

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.**

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 the school team and the athlete is limited to no more than four events total for the day.

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Regular Season Contest Procedures

Athlete Limitation

A high school athlete may participate in two meets in one day; however, each meet counts as one of the allowable 16 for the athlete, and the athlete is limited to maximum of four events in the two competitions combined.

School Team Participation in Competition After June 5, 2021

It is a violation of the regulation that prescribes the school season for a school to schedule competition after June 5, 2021. Individuals may compete non-interscholastically, but school team competition must cease as of June 5.

Pre-Meet Conference and Coaches Verification

The referee shall communicate either via a meeting or in writing with all captains and the head coach from each school the following: meet procedures, special instructions and conditions, the proper sporting conduct that is expected, along with any equipment or religious waivers. In addition, each head coach shall verify that all athletes shall be in legal uniforms, properly equipped and free of all dangerous jewelry (sec. 11.11). A form for this verification and use in large competitions is included in this manual.

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" running is not permitted under OHSAA Bylaws and results in the disqualification of athletes so involved. When a student participates in scheduled track and field competition, participation limitations do apply.

EXCEPTION: The OHSAA Board of Directors may authorize competition in events within specific sports in order to accommodate students with disabilities without affecting team scoring in those sports.

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Regular Season Contest Procedures

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

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

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

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

Implements Used in Field Events

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.**

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.
- During the competition, call competitors "up," "on-deck" and "on-hold."
- **Rules 6-4-14, 6-6-9** - It is no longer a foul if the competitor is not under control before legally exiting the competition area after the implement has landed.
- Ensure that the competitor has not left the circle before the implement has landed. Also remember that the event judge no longer calls "mark" when an implement has landed and there has been no foul by the competitor.
- Use a white flag to indicate a fair trial and a red flag to indicate a foul after the competitor has left the circle or the long jump/pole vault pit.
- 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 Athletes Guidelines

Contested Wheelchair Events

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

Wheelchair Heats/Running Alone

If two or more seated athletes have entered competition in the same event, the seated athletes shall race in a separate heat from the footed athletes. Otherwise, if only one seated athlete has entered an event, the seated athlete shall be permitted to race in the same heat as footed athletes.

Scoring for Wheelchair Competitors

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

Wheelchair Participation at Invitationals

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

Equipment Specifications

Track Chair

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

Wheels

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

Helmet and Gloves

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

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Seated Athletes Guidelines

State Advancement Procedures***

Due to the growth in the number of wheelchair competitors (seated athletes), the current State Track and Field Championship qualifying process has been revised. Effective with the 2019 State Championships, the following information addresses the new procedure:

*** In 2021 State Advancement has been modified due to facilities.

- a) 1-9 Competitors: Current structure applies whereby all SEATED ATHLETES WHO HAVE MET THE QUALIFYING TIMES will compete in one section or flight on the day of the State finals (Saturday);
*** In 2021, due to limited space, a potential of 2 semi-final heats may be conducted to reduce the field to 8 finalists. The top 2 from each heat shall advance to the finals along with the next top overall 4 times.
- b) 10-18 Competitors: 2 seeded heats will be held on Friday in semi-final competition by all SEATED ATHLETES WHO HAVE MET THE QUALIFYING TIMES to determine the top nine (9) qualifiers for Saturday finals. In the event that only 9 competitors appear/check in due to scratches or withdrawals, semi-final competition will not take place;
- c) 19 or more competitors: Regional competition will be held the week before the State Championships in events registered by 19 or more SEATED ATHLETES WHO HAVE MET THE QUALIFYING TIMES. Competition will be held at one of the current regional sites, and the top 18 competitors will advance to the State semi-final competition the following week.

Uniform and Jewelry 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.

Uniform Tops/One-Piece Uniforms

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

Uniform Bottoms/One-Piece Uniform

Each athlete shall wear track bottoms and/or a one-piece uniform issued or approved by the school. The loose fitting boxer style shorts are permitted for boys and girls. The waistband of a competitor's bottom shall be worn above the hips. **Waistbands ARE permitted to be rolled provided that a second manufacturer's logo is not showing on the band.**

Items that are Legal on School Uniforms

School identification on the tops and/or bottoms and one-piece uniform; athlete's name on the top of the one-piece or two-piece uniform; **a single manufacturer's logo/trade name, no more than 2 ¼ square inches with no dimension more than 2 ¼ inches on each item of apparel; NOTE: According to National Federation rules, "when an item is selected as a uniform bottom, it is NOT in compliance if the waistband has more than one logo or reference or there is a logo elsewhere.** The American flag, not exceeding 2 x 3 in permitted on EACH item of uniform; one commemorative/memorial patch is permitted per uniform subject to the same dimensions as a manufacturer's logo.

Required Numbers on Uniform

Effective 2020, uniform numbers are no longer required on the back of contestants' uniforms.

Visible Undergarments

For girls, the sports bra or crop top that may be visible under the uniform top or top of the one-piece uniform does not have to be a solid color. 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). Stitching which is contrasting or of a different color to the undergarment and which functions as the actual seam is legal. Visible items worn under both the tops and the bottoms of a uniform do not have to be the same color. A single manufacturer's logo/trademark/reference, no more than 2 ¼ square inches with no dimension more than 2 ¼ inches, is permitted on the top AND/OR bottom AND/OR UNDERGARMENT of the uniform.

Additional Restrictions for Relay Races (and Cross Country Competition)

Each team member shall wear the same color and design of school uniform although the length of the bottom or one-piece uniform may vary. If worn by more than one team member, the apparel must be the same color but not necessarily the same length. Any visible shirts (sports bras for girls exempted) worn under the top/one-piece uniform and other visible apparel worn under the bottom/one-piece uniform IS NOW CONSIDERED A FOUNDATION GARMENT AND NOT SUBJECT TO LOGO/TRADEMARK/REFERENCE OR COLOR RESTRICTIONS. Visible garments worn under the top/one-piece uniform and/or the bottom/one-piece uniform do not have to be the same color. If worn by more than one team member, that apparel does not need to be the same color nor necessarily the same length.

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

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Uniform and Jewelry Regulations

Headgear

Refer to the National Playing Rules of the particular sport to determine what head decorations or headwear are permissible.

Exception: In the event a head coach represents to the referee in advance of the start of the competition that a competitor wishes NOT to expose his/her uncovered head, the referee shall approve a covering or wrap which shall not:

- 1) Fundamentally alter the sport
- 2) Be abrasive, hard or dangerous to any other participant
- 3) Be attached in such a way that it is likely to come off during competition, and
- 4) Be deemed to be unsporting/offensive

5)

For other exceptions not addressed above, school administrators and/or head coaches shall contact the OHSAA sport administrator (Dale Gabor - dgabor@ohsaa.org or 440-829-9913) in advance of the competition date to discuss if a waiver is available, and, if so, the details of the waiver process.

Note: If there are any concerns about the head decorations or head gear well in advance of the start of the competition on that day, contest officials shall approach the head coach (or assistant coach, if the head coach is not available) to address the issue.

Additional Headgear Information

Inappropriate hats and caps AS DETERMINED BY THE REFEREE are prohibited. EXCEPTIONS – 1) While the referee has the authority to decide what is appropriate, track and field competitors may wear the Navy Watch-Style knit cap. The cap shall not have a bill, but may have a knit ball on top or a tassel or tail provided the tassel or tail is no longer than 1/2 the depth or length of the cap. With referee approval, competitors may also wear a headband with or without ear protectors provided the headband is designed for the purpose of protecting the head and ears. If in question, the referee will have the final decision regarding whether or not to allow certain types of headgear. 2) Pole vaulters are permitted to wear helmets (safety head gear).

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!)

Penalty

The penalty for an illegal uniform is as follows: when a violation is observed and noted by the meet official, the competitor shall be required to make the uniform legal before becoming eligible for further competition, and shall be issued a warning that a subsequent violation shall result in disqualification from the event. The referee shall be notified of the violation by the observing official and the referee shall then notify the coach of the offending school of the competitor's violation and warning (Rule 4-3-2).

Jewelry

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

An official (the referee) may ask a competitor to remove an accessory if it is not properly secured, if it poses a danger to the competitor, or if it could damage equipment.

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

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Uniform and Jewelry Regulations

Wristwatch

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

Medical Alert or Medical/Religious Medals

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

Hair Control Devices

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

Penalty for Wearing Jewelry

The penalty for wearing jewelry is no longer in effect. However, an official may ask a competitor to remove an accessory if it is not properly secured, poses a danger to the competitor, or could possibly damage equipment. Failure to follow an official's instructions to remove jewelry could be deemed unacceptable conduct resulting in the disqualification from that event.



A Message from Dale Gabor, OHSA Director of Officiating Development for Track & Field

The Officials Program

OHSA Officiating Department

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Directors of Officiating Development

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Gary Wilkins: Ice Hockey
Don Muenz: Soccer
Jerry Fick: Softball
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Diane Plas: Volleyball
Toby Dunlap: Wrestling
Bruce Mauer: Football
Denny Morris: Basketball
Dan McGinnis: Baseball
Dale Gabor: Track & Field
Travis Burwell: Field Hockey
Lee Spitzer: Boys Lacrosse
Lissa Fickert: Girls Lacrosse



Welcome to another track & field season in Ohio. This preseason Track & Field Manual has been compiled for coaches **and** officials to serve as a reference from pre-season to post-season.

Several years ago, the OHSA's Board of Directors adopted a transition from the long standing "District Officials' Committee (DOC)" to individuals directly responsible for officiating oversight in each specific sport. On the left column of this page, you will read the various directors hired to serve in this important role.

Education and Recruitment are the basic cornerstones for the Directors of Officiating Development and as we make strides to improve these areas, the entire sport will stand to reap the benefits. I continue to work hand in hand with the OHSA's Officiating Department and Sport Management Staff to bring forward the best officiating practices available. The utilization of each local association is critical in the communication necessary to meet our goals for providing quality, continuing education while also emphasizing the recruitment of new, young officials into the ranks. As you know, we began communicating with local associates in "Weekly Bulletins," and the help of local secretaries to disseminate this information is of critical importance.

We know that everyone was disappointed that we lost the 2020 season due to the COVID-19 coronavirus pandemic. A lot of people have worked tirelessly to develop protocols to help limit the spread of the virus in 2021, so it is imperative that all of us – officials, administrators, coaches, participants and spectators – work together so that we can ultimately benefit our greatest resource: the student-athletes in Ohio.

I continue to look forward to the limitless opportunities this position provides, and thanks for the opportunity to serve the officials in Ohio!

Yours in High School Sports,

Dale Gabor

Director of Officiating Development – Track & Field

Officials Code of Ethics

(From the OHSAA Handbook for Officials)

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

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

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

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

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

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

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

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

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

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

OHSAA Officiating Points of Emphasis

Officiating Requirements (High School)

A minimum of one OHSAA Class 1 Track and Field official is required at all high school track and field contests. This official shall be the meet referee. It is the responsibility of the host member school to insure 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.

Officiating Requirements (7th-8th Grade)

Although the above-mentioned regulation is not required for 7th-8th grade competition, a minimum of one OHSAA Class 1 or 3 official is required. Registered officials should always be used, if available.

Referee's Jurisdiction

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

No Jury of Appeals in Ohio

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

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

Use of 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.

Finish Line Aids

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

Use of Firearms as Starter's Pistols

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

Amended HB 442 is a recent amendment to O.R.C. §2923.161. See this link for the complete text of the amendment http://www.legislature.state.oh.us/bills.cfm?ID=124_HB_442. The conduct prohibited under this section is the "discharge of a firearm." A firearm, for purposes of this law, is defined as a weapon "capable of expelling or propelling one or more projectiles by the action of an explosive or combustible propellant." If the starter is using a "starter's pistol," that device does not meet the definition of a firearm and therefore does not fall under the conduct prohibited. Thus the new provisions do not affect officials who use a true starter's pistol. However, those starters who use modified 22 caliber or other types of pistols to start competition run the risk of violating this code section and may have to defend their actions on the grounds provided in Section B, that is that they are "employees" with permission and their use of the pistol is within the scope of that permission. The difficulty in asserting this relationship is the "employee" vs.

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OHSAA Officiating Points of Emphasis

“independent contractor” status of officials. The OHSAA maintains that officials are independent contractors and not employees of member schools or the Association when officiating at regular season and/or tournament contests. The OHSAA Board of Directors will continue to investigate this matter in terms of prohibiting starting devices that are capable of discharging projectiles. Until such action is taken, officials are hereby advised of the risks of using those devices.

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

Ejection Report Forms

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

Pre-Season Preparations

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

Address Changes

Address changes are now to be submitted via www.myohsaa.org. Please log-on in order to make the appropriate changes.

Uniform Requirements

Since 2011, the officiating uniform for track and field officials has been as follows: a plain white polo short shirt with OR without a pocket on the left side. The material may be a cotton/polyester blend or other material that is lightweight/breathable. The official OHSAA logo (GREEN) will be on the right side. OHSAA Registered Track & Field Official is to be stitched on the base of the left sleeve in four (4) lines in black. Solid black trousers/shorts/skirt are required and must be unadorned of stripes, patches, logos, etc. When a jacket is worn it shall be black with the OHSAA logo on the right side (the local association name may be on the left side) and the US flag may be placed on the right sleeve, 4” down from the shoulder. The black jacket has been required since January 2012. NOTE: **BOTH** the official OHSAA Track and Field Official’s shirt **AND** jacket must be purchased from an OHSAA authorized dealer. Shoes must be worn which are similar to rule book requirements for athletes.

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OHSAA Officiating Points of Emphasis

Website Resources

Our website includes a great deal of information specifically geared for officials. Go to www.ohsaa.org and click on “officiating” on the left side of the home page. On the officiating page you will find the following information. When you have questions, this may be a great place to start!

Topics include:

- OHSAA Officiating FAQ's.
- OHSAA Rules Meetings - information on local & state meetings, how to maintain your officiating permit.
- Directory of Officiating Information & Forms - assigners, instructors, local & district secretaries, OHSAA staff.
- How To Become an OHSAA Official - info for beginning and experienced officials, suspended and retired officials wanting to reinstate.
- How To Change The Status Of Your Officiating Permit - information on upgrades, retired status, active military duty and address changes.
- How To Renew Your OHSAA Officiating Permit - information on annual renewal procedures and fees.
- Game Assignments - regular season and tournament selection processes and voting results.
- OHSAA Officiating Dues – How they work for you.
- Officials Needed Posting.
- Coach and Player Game Ejections - ejection forms and procedures
- Officiating Uniforms, Equipment and Supplies - uniform regulations, authorized dealers, pins & patches.
- OHSAA Apparel.
- Officiating Ethics and Code of Conduct.
- OHSAA Officiating Hall of Fame - members, selection process and banquet information.
- OHSAA Officiating Clinics.

Application for Officiating in OHSAA Tournaments

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

2020 Rules Information*

***NOTE:** Due to the cancellation of spring sports at high schools across the country, the National Federation of State High School Associations (NFHS) will not be publishing new rules (both print and digital) for 2021 in the sport of track & field.

Because very few schools were able to compete in track & field prior to the March shutdown of schools due to the COVID-19 pandemic, competition in track & field in 2021 will be conducted under 2020 NFHS rules for track & field. The 2020 NFHS publications will be used for the 2021 season, including the Track & Field Rules Book and the Track & Field Case Book. In addition to the Rules Interpretations written last year which will apply for the 2021 season, two additional Situations have been approved for the coming season. The two additional 2021 Situations, along with the 2020 Situations approved last year, all apply to the 2020 NFHS Track and Field Rules and will be in effect for the 2021 season.

The following national playing rule updates were to go into effect in 2020 and will now begin with the 2021 season.

Rules Changes

Track Markings

Rule 5-3-3: An exchange zone is designated for exchanging the baton during relay races.

It is an area the width of one lane and 20 or 30 meters long. The lines marking the limits of the exchange zone are included in these measurements. In relay races in which the incoming competitor is running 200 meters or less the exchange zone shall be extended 10 meters in the direction of the incoming competitor.

Relays

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

Note: In the 4x100m and 4x200m, and other relays with legs of 200m or less, each exchange zone will be 30m long. All exchange zones for incoming legs over 200m will remain at 20 meters.

Relays

Rule 5-10-9: In relay races of 200 meters or less, each outgoing competitor, while waiting for the baton, shall take a position entirely within the exchange zone and must complete the exchange while the baton is within the exchange zone.

Rationale: In the 4x100-meter relay and the 4x200-meter relay and other relays with legs of 200 meters or less, each exchange zone will 30 meters long. All exchange zones for races in excess of 200 meters will remain at 20 meters

General Rules for Field Events

Rules 6-2-6: Warm ups should not be allowed unless supervised by an event official or the contestant's coach and the venue has been declared open by the meet director. It is illegal to run backwards or in the opposite direction (non-legal direction) on a horizontal jump, pole vault or javelin runway. At the conclusion of any field event there should be no further practice and implements, including vaulting poles, shall be removed from the area. Once a competition has begun, except as scheduled, competitors are not allowed to use for practice purposes the runway, ring, takeoff area or throwing implements associated with the competition.

Penalty: First offense shall result in a warning and, if repeated, disqualification from the event. If the incident recurs, the athlete will be disqualified from further competition in the meet.

Rationale: Clarifies that it is illegal to run backward or in the opposite direction (non legal direction) on a horizontal jump, pole vault or javelin runway. This change promotes a more organized and efficient warm-up period.

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Breaking Ties

Rule 6-3-2: When there is a tie at any distance or height of a field event, places and points scored shall be awarded as follows: b. For places determined by height:

4) if the tie remains after applying (1) and (2) and:

a) it concerns first place, the competitors tying shall make one more attempt at the height at which they failed. If no decision is reached, the bar shall be lowered in increments of 1 inch (2 cm) in the high jump and 3 inches (7 cm) in the pole vault. If two or more of the tying contestants cleared the height, the bar shall be raised by intervals of 1 inch (2 cm) in the high jump and 3 inches (7 cm) in the pole vault. Each competitor shall attempt one trial at each height until a winner is determined.

Rationale: This change provides metric measurements for tie-breaking jump-offs in the vertical jumps. It was the committee that established appropriate metric increments for tie-breaking jump-offs in the vertical jumps.

Long Jump and Triple Jump

Rule 6-9-5: The landing pit shall have a minimum width of 9 feet (2.75 meters) and should meet a minimum length of 23 feet (7 meters).

Note: For the long jump pits constructed after 2019, the length of the pit shall be at least 23 feet (7 meters).

a. In the long jump and triple jump, the foul line shall be located by measuring from the nearer edge of the landing pit to the front of the foul line.

Note: Distance from the foul line or takeoff board may be adjusted to accommodate different levels of competition. Competitors may change which foul line or takeoff board they are using during the competition, but only with the prior notification and confirmation of the event judge.

Rationale: Clarifies the language of the 2019 rule change for the long jump and triple jump pits and ensures pit measurements are within industry standards for safety.

Major Editorial Changes

5-1-5 Track Construction

It is recommended that there be an obstacle-free zone on the inside and on the outside of the track at least 1 meter in width.

Rationale: This editorial change removed redundant language from the book.

5-11-1 Relay Infractions

Art. 1.... A relay team shall pass its baton in accordance with the rules. The track rules relative to fouling, coaching or interference apply identically to relay races. Also, incoming competitors may not assist teammates by pushing them.

Rationale: The change from “their” to “its” clarified that a team must finish the race with the same baton that it used at the start of the race.

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

Note: In the 4x100m and the 4x200m and other relays with legs of 200m or less, each exchange zone will be 30m long. All exchange zones for incoming legs over 200m will remain at 20m.

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Points of Emphasis

Meet Administration

- a) Provide a quality experience to track and field athletes, coaches, and spectators
- b) Establish entry limitations and substitution deadlines, secure meet personnel, develop a meet schedule, and prepare the facility. Prepare down to the smallest details
- c) Pay special attention to the following items:
 - NFHS Rule 3-1-1: gives the meet director authority to establish a custodian of awards
 - NFHS Rule 3-4-7: allows the referee the authority to delegate the responsibility of counting laps for any race of two laps or more
 - NFHS Rule 3-5-3: have a clear and concise protocol that is delineated to coaches prior to the start of the event regarding the eligibility to protest/appeal a given situation
 - NFHS Rule 3-18-3: designates the responsibility for ensuring that each flight of hurdles is set at proper height and prescribed point prior to each race
 - NFHS Rule 3-18-4: assigns an individual or individuals responsibility to ensure that starting blocks are in good working order, are located at the starting line of each race, and removed after the start . This is not the responsibility of the starter or assistant starter
 - NFHS Rule 5-11-1: requires that in any relay race, a team must start and end the race with the same baton. Meet administrators should consider a system that, if necessary can assist officials in determining that the correct baton has been used by any team finishing a race
 - NFHS Rule 6-5-3: dictates that state associations determine their own procedures regarding verification that a pole vaulter participates on a legal pole

Exchange Zone

- a) In sprint relays such as the 4x100 meter and the 4 x 200 meter, and other relays with legs of 200 meters or less, the outgoing runner, while waiting for the baton, must be positioned entirely inside the 30 meter exchange zone
- b) The exchange zones for relay races with legs over 200 meters are not impacted by this rule change
- c) The rule change does not require that tracks be repainted or resurfaced in order to be in compliance with NFHS rules

Assisting Injured Athletes

- a) The competitor who receives assistance will be disqualified, but when no advantage is gained the competitor assisting should not be penalized for exhibiting good sportsmanship
- b) The final decision in these situations rests with the meet referee who has sole authority to rule on infractions, irregularities, and disqualifications in a meet

Editorial Changes

2021 SITUATIONS – CORRECTIONS

Case Book Page 79

6.5.27 SITUATION H: A vaulter for Team B is not satisfied with his/her approach and pulls up to stop. In doing so, the pole is planted in the box and as the vaulter stops, the momentum causes him/her to leave the ground and return. Unless it is unsafe to do so, the vaulter should step off the runway and returns to the starting end of the runway ~~and~~ restarts the approach. The vaulter clears the bar and completes the attempt within the allowed 1 minute. **RULING:** Legal. **COMMENT:** When aborting the approach in this situation, the vaulter may still make a legal attempt providing he/she does so within the allotted time for a trial. (6-5-27b)

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Editorial Changes Continued

Case Book Page 80

6.5.27 SITUATION I: A vaulter from Team B initiates his/her approach, plants the pole and clearly swings upward for the vault. The vaulter stalls and rides the pole back to the ground. The vertical plane was not broken and there was no contact with the landing system or crossbar. Unless it is unsafe to do so, the vaulter should step off the runway and quickly returns to the starting end of the runway to restart the attempt. The head event judge rules a foul. **RULING:** Correct ruling. **COMMENT:** It is not a foul if a vaulter is stopping and aborts the approach. Once a vaulter is committed to the vault and is positioned perpendicular to the runway, if his/her feet leave the ground and return without successfully clearing the crossbar, it is a foul.

SITUATION 1: As Athlete A runs down the runway to begin competition in the javelin, the athlete realizes his or her steps are off and does not release the javelin. Since there is still time on the clock, Athlete A steps over the runway line and returns to the starting position and completes the trial within the time limit. The event judge marks the attempt as a foul for stepping over the line. **RULING:** Incorrect procedure. **COMMENT:** The intent of Rule 6-8-10d is to be applied after the javelin has been released by the athlete. As long as the athlete completed his or her attempt within the allotted time, this mark should be measured. (6-2-6, 6-8-10d)

SITUATION 2: As part of the pre-meet duties, the meet referee inspects the venue and determines that there is no safe area around the event venue for pole vault for the athlete who pauses a trial attempt to get back to the starting point. The safest route for the athlete who aborts an attempt during competition is to run back on the runway to the starting point. The meet referee informs coaches that at the pole vault during competition, the athlete who pauses an attempt on the clock will be able to run back on the runway to return to the starting position. **RULING:** Correct procedure. **COMMENT:** The meet referee has the authority to rule on special circumstances and must inspect the venue to make sure the events can be conducted safely within the parameters of the rules. (3-4-8, 6-2-6)

2020 SITUATIONS

RULES BOOK CORRECTIONS: (Underlining shows additions; ~~strikethrough~~ shows deletions.)

3-2-3h: Approved items (tape, chalk, half-tennis balls, etc.) and locations of these marks in the acceleration zones ~~of~~ for all relay races run in lanes.

CASE BOOK CORRECTIONS: (Underlining shows additions; ~~strikethrough~~ shows deletions.)

3.2.4 SITUATION H: In the 4x100-meter relay, Team A wishes to place a mark on the track outside the ~~acceleration~~ exchange zone to aid the outgoing runners in timing their start. The mark, or marker, is: (a) half of a colored tennis ball placed in Team A's lane; or (b) a colored tongue depressor; or (c) a chalk mark. Meet management approves the marking in (a) and (b), but prohibits any markings such as chalk, water-soluble spray paint, etc. **RULING:** Correct procedure. **COMMENT:** The games committee and/or meet management is within its authority to prohibit all markings on any surface, including the running track.

(3-2-3h); 5.10.7 SITUATION B: During a relay, A1 passes the baton to A2 in assigned Lane 1. A1, steps off the track. During the actual exchange, A1 was running on the grass surface outside the lane, but within the ~~acceleration~~ exchange zone while A2 remained within the assigned ~~acceleration and~~ exchange lane and zone. The baton was: (a) within the exchange zone, (b) outside the passing lane and zone when it was exchanged. No interference with any other competitor occurs. **RULING:** It is an illegal exchange in both (a) and (b). Team A is disqualified. **COMMENT:** The exchanges are illegal because in (a), A1 is off the track and in (b), the baton is not handed off in the exchange zone. It is not legal for the outgoing runner to touch the baton outside of the exchange zone.

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Editorial Changes Continued

SITUATION 1: The outgoing Runner 3 from Team A lines up outside the exchange zone in the 4x100-meter relay. As the incoming runner approaches, Runner 3 accelerates, and the exchange is made inside the 30-meter exchange zone. **RULING:** Team A is disqualified. **COMMENT:** Each outgoing competitor, while waiting for the baton, shall take a position entirely within the exchange zone and must complete the exchange while the baton is within the exchange zone. (5-10-9)

SITUATION 3: In a 4x200 meter relay, competitors from both Team A and Team B drop their batons. In the confusion, the competitor from Team B picks up the baton from Team A and continues the race. The competitor from Team A is confused and looks for help. The umpire raises the flag and discusses the situation with the meet referee, who disqualifies Team B and offers a rerun to Team A's coach. **RULING:** Correct procedure. **COMMENT:** A relay team must finish the race with the same baton with which it began the race. (5-11-1)

NFHS Permitted State Adoptions for 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 adoption are as follows:

High School Modifications

Rule	Modification
Rule 1-3	Javelin is not permitted in Ohio
Rule 3-2-3 a	In dual, triangular, or quad meets the referee/starter is required to be a Class 1 registered official; In meets involving 5 or more schools, the referee must be a Class 1 registered official
Rule 3-2-6	Conferences may not adopt special rules for interrupted events
(3-2-1 (3-2-4k	
Rule (3-5-1 (3-5-2	No Jury of Appeals in Ohio
Rule 3-4-1	Referee MUST be Class 1 registered official for high school meets (recommended for middle school)
Rule 4-1-3	Field event contestants must report before the start of their flight
Rule 4-2-2	PENALTY: When athletes exceed the participation limitation, the team is penalized as if they had used an ineligible athlete
Rule 4-2-4	OHSAA has established limitations as described in Section 12 of 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	No head gear may be used except headbands (with or without sequins) and/or ear covers manufactured for that purpose and navy watch style caps; Exception: In the event a head coach represents to the referee in advance of the start of the competition that a competitor wishes NOT to expose his/her uncovered head, the referee shall approve a covering or wrap which shall not: <ol style="list-style-type: none"> 1) Fundamentally alter the sport 2) Be abrasive, hard or dangerous to any other participant 3) Be attached in such a way that it is likely to come off during competition, and 4) Be deemed to be unsporting/offensive
Rule 5-2-4	In TOURNAMENT competition, the 4x400 meter relay shall start using a 3 turn stagger, the 4x800 relay and the 800 meter run shall use a 2-turn stagger, and the 1600 and 3200 meter run shall use a 1-turn stagger
Rule 5-8-2	Finish line aids are NOT permitted
Rule 6-2-7	In “team field events,” each athlete participating in horizontal events shall get 4 attempts with no finals

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NFHS Permitted State Adoptions for Ohio

Rule	Modification
Rule 6-3-2b	Jump offs for qualifying places in tournaments are NOT tie breakers, and those involved in the jump off shall be allowed a reasonable warm up after the competition is completed and before the jump off begins. If the tie for the qualifying position(s) is KNOWN to exist before the bar is raised to compete for higher places, those tied for the qualifying place(s) shall be allowed to make their fourth attempt before the bar is raised.
Rules 6-5-20 & 6-2-10a	In the event of a broken pole, competitors are allowed one run through without a bar with a replacement pole
Rule 6-5-5	The head pole vault judge who holds a valid OHSAA T&F officiating permit may be designated to certify the legality of poles

Middle School Modifications

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

Further Clarification on Appeals

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

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

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

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

NFHS/OHSAA Rules Modifications & Recommendations (COVID-19)

With the support from the NFHS Track & Field Rules Committee, the Ohio Department of Health and the Ohio High School Athletic Association, the rules modifications and rules recommendations and general requirements and general recommendations outlined in this document are meant to decrease potential exposure to respiratory droplets by encouraging social distancing, limiting participation in administrative tasks to essential personnel and allowing for appropriate protective equipment.

Note: This is not an exhaustive list and there might be additional steps in each school, city and state to help prevent the spread of the COVID-19 coronavirus. Even when taking all precautions, there will still be risk of transmitting illnesses. Everyone should stay vigilant about the health of members of their teams. Lastly, the situation with COVID-19 is rapidly changing. These considerations may quickly become outdated. Please keep up with the latest from the CDC and other health officials in your area. <https://www.cdc.gov/coronavirus/2019-ncov/index.html>

Visit the Ohio Health Director's Second Amended Sports Order <https://bit.ly/2RWa1jh> and these two documents

- Health Department's Responsible RestartOhio guidance document for sports: <https://coronavirus.ohio.gov/static/responsible/Youth-Collegiate-Amateur-Club-Pro-Sports.pdf>
- Health Department's Responsible RestartOhio guidance document for sports venues: <https://coronavirus.ohio.gov/static/responsible/Sports-Venues.pdf>

*for further requirements and recommendations that apply to all sports, including track and field, **and includes mandatory requirements for youth, collegiate, amateur, club and professional sports**. Please know that some of the requirements and recommendations in this sport-specific document duplicate state guidance.*

In addition, these two addendums to the Sports Order address modifications to capacity limits and quarantines for athletes who were exposed to COVID:

Capacity limits: <http://bit.ly/ODHOrderAddendum>

Quarantines: <https://coronavirus.ohio.gov/static/publicorders/sports-order-addendum-v3-reader.pdf>

Track & field rules modifications and general requirements must be adhered to and followed. Track & field rules recommendations and general recommendations are optional and not required but are permitted and strongly encouraged.

Note: Some track & field facilities are privately-owned. Be sure non-school facility administrators know and follow these policies and procedures prior to practices or contests.

2021 Track & Field Requirements

- **People (players, coaches, officials, spectators, etc.) feeling sick or that have been exposed to someone sick, should not attend or participate in competitions or practices.** For CDC COVID-19 symptom guidance, go to: <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>.
- All participants and spectators shall practice at least six feet social distancing and wear face coverings at all times except when eating/drinking or on the field of play.
- Host facilities shall communicate with spectators "know before you go" before each event.
- Anyone attending a practice or game – players, coaches, officials, trainers, cheerleaders, volunteers, staff, spectators, etc. – must conduct a symptom assessment before each practice or contest, and anyone experiencing symptoms must stay home (<https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>).
 - Individuals with COVID-19 symptoms should isolate themselves per CDC's guidance and contact their healthcare provider (<https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/isolation.html>).
 - Individuals with confirmed COVID-19 or who have symptoms should follow CDC's guidance for when they can be around others again (<https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/end-home-isolation.html>).
 - Individuals exposed to a person with COVID-19 must complete their quarantine before attending a practice or game.

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NFHS/OHSAA Rules Modifications & Recommendations (COVID-19)

- Any player, spectator, coach, or umpire who is under a modified quarantine due to an in-school exposure must not attend practice or competition until the completion of quarantine.
- Consistent with state guidance, schools/teams regarding “Confirmed or Suspected COVID-19 Cases:”
 - Immediately isolate, and seek medical care for, any individual who becomes ill or develops symptoms.
 - Contact the local health department about suspected COVID-19 cases or exposure.
 - The affected person should seek COVID-19 testing as soon as possible. Teams, schools, and clubs should work with parents to ensure they have access to testing through their healthcare providers or direct them to testing options.
 - Coaches/administrators must work with the local health department to identify individuals who were potentially exposed to help facilitate contact tracing. This includes, but is not limited to, athletes, coaches, officials, volunteers, parents and other support personnel.
 - A team or school must notify all athletes and parents/guardians associated with the affected team regarding a positive test. Athletes and families must be reminded of proper daily health screening protocols.
 - If the affected individual participated in competitive play, the team is responsible for notifying any opponents played between the date of the positive test and two days prior to the onset of symptoms. If the teams or schools in different counties, the health departments in each county should be notified to help facilitate effective contact tracing.
 - An athlete who tests positive for COVID-19, whether symptomatic or asymptomatic, must not return to sport activities until the athlete has completed a medical exam and documentation is provided that clears the individual to return to play. The documented medical exam must specifically include an assessment of the cardiac/heart risk of high-intensity exercise due to the potential of myocarditis occurring in COVID-19 patients. More information on this issue can be found at <https://www.acc.org/latest-in-cardiology/articles/2020/07/13/13/37/returning-to-play-after-coronavirus-infection>.
 - Follow protocol for cleaning and disinfecting if a COVID-19 case is identified at the venue.
 - Players, coaches, officials or other individuals who had close contact (within six feet of an infected individual for at least 15 minutes), or who had direct physical contact with the person (e.g., who were coughed on or sneezed on by the infected person), must self-quarantine.
 - CDC continues to endorse quarantine for 14 days and recognizes that any quarantine shorter than 14 days balances [the] reduced burden [of quarantine] against a small possibility of spreading the virus [beyond 10 days]. CDC recognizes that reducing the length of quarantine may make it easier for people to quarantine by reducing the time they cannot play sports. Close contacts who remain asymptomatic may consider the following to consider stopping quarantine:
 - After day 10 without testing.
 - After day 7 after receiving a negative test result (test must occur on day 5 or later).
 - After stopping quarantine, close contacts should:
 - Watch for symptoms until day 14 after exposure.
 - If you have symptoms, immediately self-isolate and contact your local public health authority or healthcare provider.
 - Youth who are not required to quarantine due to exposure occurring in a classroom setting under school-based exposure guidance are permitted to participate in outdoor sports activities as long as they remain symptom-free and follow applicable sports guidance.
 - If the identity of all persons in close contact with an infected individual cannot be readily determined or if the coaches, players or their parents/guardians or administration of the team do not effectively cooperate with the local health department contact tracing process, then the local health department may require the entire team, including coaches, to self-quarantine for 14 days following exposure. Individuals may return to play afterward if they have not had any COVID-19 symptoms.
 - ***Your local health department shall determine if modifications to quarantines are appropriate.***

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NFHS/OHSAA Rules Modifications & Recommendations (COVID-19)

- Individuals must maintain a minimum of six feet of social distancing, including athletes when not on the track.
- Facial coverings are required under the Sports Order. At minimum facial coverings should be cloth/fabric and cover an individual's nose, mouth, and chin.
- CDC does not discourage gaiters, but recommends that gaiters should have two layers, or fold it to make two layers

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/about-face-coverings.html>.

Requirements for Coaches

- For out-of-state travel, follow the COVID-19 guidance of the state and local public health jurisdiction to which the team is traveling. Also be aware of Ohio's Travel Advisories (<https://coronavirus.ohio.gov/wps/portal/gov/covid-19/families-and-individuals/COVID-19-Travel-Advisory/COVID-19-Travel-Advisory>).
- Coaches and other personnel must wear face masks at all times, including when arriving and departing the facility and during active play.
 - Under the state's Sports Order, at minimum facial coverings (masks) should be cloth/fabric and cover an individual's nose, mouth, and chin.
- Sanitize equipment as often as time permits.
- Coaches who wish to discuss a rule or a ruling on or beside the track must maintain at least six feet of physical distance from the official.
- Do not shake hands or fist bump other officials, players or coaches.

Requirements for Participants

- Conduct daily symptom assessments before each practice or contest.
- No congregating before or after practices or contests is permitted.
- Do not share equipment, towels, facial coverings, wristbands, hats, water bottles, other drinks or food. If equipment must be shared, proper sanitation must be performed between users.
- All participants must sanitize their hands before practice or competition.
- Facial coverings are required under the Sports Order for student-athletes not participating in the contest, and/or players in the bench area. At minimum, facial coverings should be cloth/fabric and cover an individual's nose, mouth, and chin.
- Participants not in the event and outside the competition (events are upcoming or completed) area are required to be socially distanced (as close to six feet as possible).
- Team huddles without physical distancing are prohibited.
- Bring a full water bottle to avoid touching a tap or water fountain handle.
- Do not shake hands or fist bump other officials, players or coaches.

Requirements for Facility Hosts

- Inform the local health district when events are scheduled and establish a plan to handle those persons who fail a symptom assessment or temperature check or exhibit signs and symptoms of COVID-19.
- Limit bench and/or sideline personnel to participants, coaches, medical staff and game-day staff.
- Clearly review prior to the contest mandates, best practices and school/host facility policies with visiting team administrators and/or coaches and officials as they relate to, but are not limited to, parking; entrances and exits; medical care; spectators; ticketing; locker rooms/showers; athletic training rooms and restrooms; water; towels; equipment, and shelters in the event there is inclement weather.
- Seating must be in groups of no more than four people who know one another, although up to six members of the same household may be seated together.
- Each seating group must be separated from the next group by at least six feet in each direction.
- In fixed seating, seating groups must be assigned in staggered rows to prevent contact between groups.
- General admission (e.g., lawns, standing room, in-fields) is allowable only to the extent six feet of distance between groups of patrons can be clearly marked and strictly maintained.

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NFHS/OHSAA Rules Modifications & Recommendations (COVID-19)

- High touch areas (railings, restrooms, athletic training rooms, locker rooms, etc.) must be cleaned and disinfected frequently.
- Hand sanitizer must be readily available throughout the venue.
- Designate a Compliance Officer who is responsible for compliance with the Ohio Department of Health Director's Sports Order.
- Follow Responsible RestartOhio Guidance for Restaurants for concession stands:
<https://coronavirus.ohio.gov/static/responsible/Restaurants-and-Bars.pdf>

Requirements for Spectators

- Conduct daily symptom assessments before each contest.
- No congregating before or after practices or games is permitted.
- Six-feet social distancing must be maintained between individuals/family groups.
- Facial coverings are required unless exceptions can be met as listed in Ohio Department of Health Director's Sports Order. At minimum, facial coverings should be cloth/fabric and cover an individual's nose, mouth and chin.

Requirements for Officials

- Prior to the contest, after the contest and when not actively officiating an event, officials shall wear a facial covering. At minimum, facial coverings should be cloth/fabric and cover an individual's nose, mouth, and chin.
- Take your temperature prior to attending your competition. If temperature is above 100.4 or you do not feel well, notify your contracted school immediately.
- No congregating before or after contests is permitted.
- Six-feet social distancing required during all conferences and during stoppage of play during contests.
- Do not share any equipment needed to complete duties in the contest.
- Do not shake hands or fist bump other officials, players or coaches.

AWARDS

All regional and state sites shall establish individual procedures for the distribution of awards. There are to be NO PODIUM/STAGE PRESENTATIONS. It is recommended that individual awards (top 8) be given to head coaches to distribute to athletes, while champion and runner-up photos may be quickly taken in an appropriate, secure, isolated area.

2021 Track & Field Recommendations

Recommendations for Coaches

- Communicate your guidelines in a clear manner to students and parents prior to events with reminders as appropriate.
- Consider conducting practices in "pods" of same students, always training and rotating together in practice to ensure more limited exposure if someone develops an infection.
- Keep accurate records of those athletes and staff who attend each practice and contests in case contact tracing is needed.
- At a minimum, before and after every practice or contest, sanitize equipment as often as time permits with an EPA approved sanitizer for emerging pathogens.
- Consider limiting contests against only teams in your local area or, if out-of-state, against teams located in counties that are contiguous to Ohio.
- Should not share clipboards, whiteboards, dry erase boards or any other equipment used for coaching purposes.

Recommendations for Participants

- Tell coaches immediately when they are not feeling well.
- Arrive at the facility dressed in partial or full uniform and plan to leave the facility in partial or full uniform.
- Consider making each student responsible for their own supplies and ensure distancing of equipment to avoid cross contamination.

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NFHS/OHSAA Rules Modifications & Recommendations (COVID-19)

- Students should wear their own appropriate workout clothing (do not share clothing), and individual clothing/towels should be washed and cleaned after every workout.
- If equipment must be shared, proper sanitation must be administered between users.
- Cloth face coverings/masks are permitted during active play if an individual prefers to wear one. THIS IS NOT A UNIFORM VIOLATION. Cloth face coverings/masks are not required while engaged in active play. State and local requirements for face coverings are to be followed when not actively engaged in play.
 - If worn on the field, face coverings may be of any number of colors, but not distracting.
 - Gaiters are permitted as face coverings. If a gaiter is worn, it should have two layers, or fold it to make two layers, per CDC's recommendation.
- Bring your own water bottle.
- Participants should not share the use of baskets or related items in discarding clothing prior to the start of any competition. Individual storage bins are recommended for each athlete.
- Stay at least six feet apart from other participants at all times whether on or off the track.
- To limit contact, athletes should provide their own implements (that pass inspection) and retrieve their own implements upon completion of participation.
- If athletes cannot provide their own implements, then it is recommended that implements be sanitized between each use.
- Participants may supply their own baton and should be disinfected after each heat/race.
- Participants should supply their own shot put and/or discus and, if at all possible, retrieve their own throws after warmups or competition; if not possible, retriever should wear sanitary gloves to return implements to competitors.
- Participants should NEVER share implements among other competitors. Athletes should never share vaulting poles under any circumstances.

Contest Events

- Sprint, hurdle, and relay events run entirely in lanes may consider the use of every other lane to assist with social distancing.
- Starting blocks should be sanitized and disinfected frequently.
- In the interest of social distancing, alternate lanes are recommended for all events run completely in lanes.
- To lower the risk of contact in the high jump and pole vault, efforts should be made to wipe down/disinfect all pits following each attempt.

Recommendations for Officials

- Arrive at the facility dressed in partial or full uniform and plan to leave the facility in partial or full uniform.
- Bring personal hand sanitizer. Wash hands frequently.
- Do not share equipment.
- Consider six feet minimum distance when talking to others (players, coaches, other officials).
- Gloves are permissible.

Recommendations for Parents

(A family's role in maintaining safety guidelines for themselves and others):

- Make sure your child and immediate household members are free from illness before participating in practice and competition (if there is doubt stay home).
- Provide personal items for your child and clearly label them.
- Disinfect your student's personal equipment after each game or practice.
- Educate yourself on the risks and benefits of athletic participation in the time of COVID and ensure you and your athlete are aware of the guidance surrounding athletic events.

Recommendations for Facility Hosts

- If applicable, stagger the entry of all participants, coaches, officials, student game-day auxiliary groups and spectators to adhere to six-foot social distancing.

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NFHS/OHSAA Rules Modifications & Recommendations (COVID-19)

- Consider multiple points of entry to help ensure there is six-foot social distancing.
- Use contact-less payments where possible.
- Limit press box/official scorers area to essential personnel only and demonstrate social distancing as much as possible.
- Appoint an individual(s) who is responsible for assisting the host facility manager(s) in logging all incidents and action plans when mandates have not been followed and/or incidents occur; logging recommendations for improving the host facilities' game-day strategies, and creating reports on said items that were logged.

OHSAA Postseason Note

Potential options may be considered regarding all levels of OHSAA Tournament games/format depending upon the status of COVID-19.

The 2021 OHSAA Tournament

The OHSAA sponsors the track & field tournament in three divisions. The 2021 track & field tournament regulations are posted on the OHSAA website. Each of the OHSAA's District Athletic Boards are empowered to organize and conduct track & field tournaments at the district level. They are conducted according to the tournament regulations adopted by the Board of Directors each winter. Here are the divisional alignments for the 2021 Tournament.

Div.	Boys Enrolled	Total Schools	Div.	Girls Enrolled	Total Schools
I	287 or more	228	I	287 or more	215
II	150 - 286	227	II	150 - 286	215
III	149 or less	226	III	149 or less	219

Boys representation from the district to the regional tournaments in boys track and field for 2021 will be: Division I: Central 12; Combined East and Southeast 4; Northeast 24; Northwest 8, and Southwest 16; Division II: Central 8; East 8; Northeast 16; Northwest 12; Southeast 8, and Southwest 12; Division III: Central 4; East 4; Northeast 12; Northwest 24; Southeast 8, and Southwest 12.

Girls representation from the district to the regional tournaments in girls track and field for 2021 will be: Division I: Central 12; Combined East and Southeast 4; Northeast 24; Northwest 8, and Southwest 16; Division II: Central 4; East 8; Northeast 20; Northwest 12; Southeast 8, and Southwest 12; Division III: Central 8; East 4; Northeast 12; Northwest 20; Southeast 8, and Southwest 12.

The OHSAA will again utilize an on-line entry and qualification management procedure for the 2021 tournaments. The tournament manager at the site to which your school has been assigned will supply information about that process.

Tournament Draw Date

The draw date for tournaments is Sunday, May 2 at 2:00 p.m.

State Tournament Dates and Site

June 4 and 5, Site(s) To Be Determined

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



2021 Division I Regional Tournament

Regional Sites, Dates, Managers and Representation

LAST UPDATED 2-1-21

- REGION 1 YOUNGSTOWN** – Austintown-Fitch High School, 4560 Falcon Drive, Youngstown 44515.
Tournament Director: Ken Jakubec, 5060 Argonne Dr., Youngstown 44515. Telephone: H: 330-792-2417; C: 330-651-0329; Fax: 330-792-0720; E-Mail: jakubec1947@att.net
Dates: Wednesday, May 26, 4:30 P.M (Field Events), 6:00 P.M. (Running).
Friday, May 28, 4:30 P.M. (Field Events), 6:00 P.M. (Running)
Representation: Boys – Northeast 16; Girls - Northeast 16
Boys Qualifiers from: Youngstown, Mayfield, Nordon, North Canton
Girls Qualifiers from: Youngstown, Mayfield, Nordon, North Canton
- REGION 2 AMHERST** – Steele High School, 450 Washington St., Amherst 44001. Tournament Director: Dave Zvara, 450 Washington St., Amherst 44001. Telephone: H: 440-988-2791; B: 440-988-1420; C: 440-935-3475; Fax: 440-988-5087; E-Mail: david_zvara@amherstk12.org
Dates: Wednesday, May 26, 4:00 P.M. (Field Events) 5:30 (Running Events)
Friday, May 28, 4:30 P.M. (Field Events), 6:00 P.M. (Running)
Representation: Boys – Northeast 8; Northwest 8; Girls – Northeast 8 , Northwest 8
Boys Qualifiers from: Amherst, Brunswick, Toledo, Findlay
Girls Qualifiers from: Amherst, Brunswick, Toledo, Findlay
- REGION 3 PICKERINGTON** – Pickerington High School North, 7800 Refugee Rd, Pickerington, 43147.
Tournament Director: Colin Beemiller
B: 614-830-2732; Fax: 614-833-3661; E-Mail: colin_beemiller@plsd.us
Dates: Wednesday, May 26, 4:30 P.M. Field Events, 6:00 Running Events
Friday, May 28, 4:30 P.M. (Field Events), 6:00 P.M. (Running)
Representation: Boys – Central 12; East/Southeast 4 ; Girls – Central 12 , East/Southeast 4
Boys Qualifiers from: Hilliard Darby 1, Hilliard Darby 2, Hilliard Darby 3, Marietta
Girls Qualifiers from: Hilliard Darby 1, Hilliard Darby 2, Hilliard Darby 3, Marietta
- REGION 4 HUBER HEIGHTS** – Wayne High School, 5400 Chambersburg Road, Huber Heights, 45424
Athletic Administrator: Nate Baker, Telephone: 937-237-4130;
E-Mail: nathaniel.baker@huberheightscityschools.org
Tournament Manager: Scott Amburgey C: 937-344-7983; E-Mail: George.amburgey@dla.mil
Dates: Wednesday, May 26, 5:00 P.M (Field Events), 6:30 P.M. (Running).
Friday, May 28, 5:00 P.M. (Field Events), 6:30 P.M. (Running)
Representation: Boys – Southwest 16; Girls - Southwest 16
Boys Qualifiers from: Troy, Bellbrook, Mason, Hamilton Ross
Girls Qualifiers from: Troy, Bellbrook, Mason, Hamilton Ross

2021 Division II Regional Tournament

Regional Sites, Dates, Managers and Representation

LAST UPDATED 2-16-21

- REGION 5 YOUNGSTOWN** – Austintown-Fitch High School, 4560 Falcon Drive, Youngstown 44515.
Tournament Director: Rob Conklin, 194 Carter Circle, Boardman, 44512. Telephone: H: 330-726-9489; C: 330-501-4456; Fax: 330-797-3944; E-Mail: rconklin@austintownschoools.org
Dates: Thursday, May 27, 4:30 P.M. (Field Events), 6:00 P.M. (Running)
Saturday, May 29, 11:30 A.M. (Field Events), 1:00 P.M. (Running)
Representation: Boys – Northeast 16; Girls - Northeast 16
Boys Qualifiers from: Lakeview, Orrville, Perry, Salem
Girls Qualifiers from: Lakeview, Orrville, Perry, Salem
- REGION 6 LEXINGTON** – Lexington High School, 103 Clever Lane, Lexington, 44904. Tournament Director: John Harris, 3361 State Route 546, Lexington, 44904
Telephone: H: 419-884-2446; B: 419-884-2101; C: 419-564-1181; Fax: 419-884-2340; E-Mail: harris.john@lexington.k12.oh.us
Dates: Thursday, May 27, 4:00 P.M. (Field Events), 5:30 P.M. (Running)
Saturday, May 29, 11:00 A.M. (Field Events), 12:30 (Running)
Representation: Boys – Central 8, Northwest 8; Girls – Central 4, Northeast 4, Northwest 8
Boys Qualifiers from: Westerville North 1, Westerville North 2, Oak Harbor, Ontario
Girls Qualifiers from: Westerville North 1, Bedford, Oak Harbor, Ontario
- REGION 7 CHILLICOTHE** – Southeastern High School, 2003 Lancaster Road, Chillicothe, 45601.
Athletic Administrator: Leonard Steyer
Telephone: B: 740-774-2003; C: 740-701-6346; E-mail: steyer@sepanthers.org;
Tournament Director: Terry Young
Telephone: B: 740-517-0195; C: 740-517-0195; Fax: 740-797-4072; E-Mail (Young): terry@baumspage.com
Dates: Thursday, May 27, 5:00 P.M. (Field Events), 6:30 P.M. (Running)
Saturday, May 29, 11:30 A.M. (Field Events), 1:00 P.M. (Running)
Representation: Boys – East 8, Southeast 8; Girls –East 8, Southeast 8
Boys Qualifiers from: Meadowbrook, West Holmes, Meigs, Washington Court House
Girls Qualifiers from: Meadowbrook, West Holmes, Meigs, Washington Court House
- REGION 8 PIQUA** – Piqua High School, 1 Indian Trail, Piqua, 45356
Tournament Director: Roger Bowen, 4307 E. St. Rt. 55, Casstown, 45312
Telephone: H: 937-339-9954; C: 937-608-0951; Fax: 937-415-6458;
E-Mail: Roger.Bowen@vbcasd.com
Dates: Thursday, May 27, 5:00 P.M. (Field Events), 6:30 P.M. (Running)
Saturday, May 29, 11:00 A.M.(Field Events), 12:30 P.M. (Running)
Representation: Boys – Northwest 4 , Southwest 12; Girls –Northwest 4 , Southwest 12
Boys Qualifiers from: Defiance, New Milton, New Richmond, Piqua,
Girls Qualifiers from: Defiance, New Milton, New Richmond, Piqua,

2021 Division III Regional Tournament

Regional Sites, Dates, Managers and Representation

LAST UPDATED 2-16-21

- REGION 9 MASSILLON** – Perry High School, 3737 13th Street SW, Massillon, 44646;
Tournament Director: Scott Campbell
Telephone: B: 330-478-6159; C: 330-327-1205; Fax: 330-478-6182;
E-Mail: scott.campbell@perrylocal.org
Dates: Wednesday, May 26, 4:30 P.M. (Field Events), 6:00 P.M. (Running)
Friday, May 28, 4:30 P.M. (Field Events), 6:00 P.M. (Running)
Representation: Boys – Northeast 12, East 4; Girls – Northeast 12, East 4
Boys Qualifiers from: Norwayne, Cuyahoga Heights, Springfield Newcomerstown
Girls Qualifiers from: Norwayne, Cuyahoga Heights, Springfield, Newcomerstown
- REGION 10 TIFFIN** – Columbian High School, 300 S. Monroe Street, Tiffin, 44883.
Tournament Director: **Carly Reese, 3008 Yargerville Road, LaSalle, Mich., 48145**
Telephone: C: 419-619-0821; Fax: 419-294-6891; E-mail: tiffintiming@gmail.com
Dates: Wednesday, May 26, 4:00 P.M.(Field Events), 5:30 (Running)
Friday, May 28, 5:00 P.M. (Field Events), 6:30 P.M. (Running)
Representation: Boys – Northwest 16; Girls – Northwest 16
Boys Qualifiers from: Findlay, Gibsonburg, Archbold 1, Archbold 2
Girls Qualifiers from: Findlay, Gibsonburg, Archbold 1, Archbold 2
- REGION 11 CHILLICOTHE** – Southeastern High School, 2003 Lancaster Road, Chillicothe, 45601.
Athletic Administrator: Leonard Steyer
Telephone: B: 740-774-2003; C: 740-701-6346; E-mail: steyer@sepanthers.org;
Tournament Director: Terry Young
Telephone: B: 740-517-0195; C: 740-517-0195; Fax: 740-797-4072; E-Mail (Young):
terry@baumspage.com
Dates: Wednesday, May 26, 5:00 P.M. (Field Events), 6:30 (Running)
Friday, May 28, 5:00 P.M.(Field Events), 6:30 P.M. (Running)
Representation: Boys – Central 4; Southeast 8; Northwest 4; Girls – Central 8; Southeast 8
Boys Qualifiers from: Watkins Memorial, Nelsonville York, Northwest, Bucyrus
Girls Qualifiers from: Watkins Memorial 1, Watkins Memorial 2, Nelsonville York, Northwest
- REGION 12 TROY** – Troy High School, 151 W. Staunton Road, Troy, 45373
Tournament Director: Charles Gase, 895 Johnston Drive, Sydney 45365
Telephone: H: 937-492-7213, E-mail: charliegase@gmail.com
Dates: Wednesday, May 26, 4:00 P.M.(Field Events), 5:30 P.M. (Running)
Friday, May 28, 5:00 P.M. (Field Events), 6:30 P.M. (Running)
Representation: Boys – Northwest 4, Southwest 12 ; Girls – Northwest 4, Southwest 12
Boys Qualifiers from: Spencerville, Piqua, West Milton, New Richmond
Girls Qualifiers from: Spencerville, Piqua, West Milton, New Richmond

Ejections 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.
- **NEW IN 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 and Safety

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

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

Medical Hardware

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

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

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

Concussion Management

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

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

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

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

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

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

Return to Play Protocol

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

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

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Concussion Management

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 OHSA licensed officials shall possess either a current Department of Education-issued Pupil Activity Program/Coaching Permit or show evidence of completing an approved online concussion education course as stipulated in the section entitled Approved Online Concussion Education Courses. This course is valid for three years from the date of completion.

Student and Parent Requirements

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

NFHS Suggested Medical Clearance Return to Play Protocol

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

OHSA Concussion Authorization to Reenter Form

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

OHSA Concussion Report Form

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

Communicable Disease Procedures

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

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

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

Lightning and Inclement Weather

Recognition

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

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

Management

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



OHIO HIGH SCHOOL ATHLETIC ASSOCIATION
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**OHSAA TRACK AND FIELD COACH'S VERIFICATION OF SPORTING CONDUCT/LEGAL
EQUIPMENT AND UNIFORMS
FOR USE IN REGULAR SEASON COMPETITION**

SCHOOL NAME _____

DIVISION _____ BOYS _____ GIRLS _____

HEAD COACH'S NAME _____

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

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

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

Coach's Verification

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

Coach's Signature _____ Date: _____

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



Ohio High School Athletic Association
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Web Site: www.ohsaa.org

SAMPLE POLE VAULT CERTIFICATION FORM

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

SCHOOL _____ DATE: _____

COMPETITOR	NUMBER	VAULTER'S WEIGHT	POLE RATING(S)

COACH'S SIGNATURE

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 softball 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.

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Sportsmanship

- 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.

