



2020

Track and Field

Manual For Coaches & Officials



OHIO HIGH SCHOOL ATHLETIC ASSOCIATION
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2020 Track and Field 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 races 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.

Breaking Ties

Rule 6-3-2: When there is a tie at any distance or height of a field event, [;aces 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

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.

Cross Country Course

8-1-1:the course shall be marked **using one or more of the following methods:**

- a) A single wide line or boundary lines, both inside and outside, marked with a material which is not injurious to the eyes or skin;
- b) The use of natural or artificial boundary markers;
- c) Signposts with large directional arrows wherever the course turns, or flags about 1-foot square and mounted on stakes which hold them 6 feet or more above the ground.

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

Rationale: The reorganization of the rule states that a course should be clearly marked with any or all of the methods listed in the rule.

8-1-3:The race course should include the following features:

- a) Signs and flags at least 6 feet above the ground visible for 100 feet. Turns and guidelines should be marked on the ground with a material which is not injurious to the eyes or skin. The course should be at least 3 feet (**one meter**) wide at its narrowest place. **No narrow section should be longer than 10 feet (3 meters) long. Small survey flags or cones at least 12 inches (30 cm) high** of the appropriate color may be used in lieu of painted lines or survey chalk.
- b) No ground obstructions which might cause tripping, turned ankles, etc., no overhead objects such as tree branches lower than 8 feet above the ground; At least 90% of the course should be a yielding surface such as grass or wood chips.
- c) A 2-inch wide starting line marked at the beginning of a lengthy straightaway, wide enough to accommodate all teams, i.e. a width of the number of teams multiplied by 6 feet;
- d) **At the beginning of the course, there may be a straightaway of at least 100 meters before any significant turns;**
- e) At the end of the course, a straightaway of at least 150 yards (140 meters) ending in a rope funnel with a mouth 15 feet (3 meters) wide. When pull tags and chutes are used, the finish line should be at the mouth of the funnel and 15 to 25 feet (4 to 7 meters) from the

chute. This funnel should narrow to a rope chute about 30 inches (0.75 meters) wide and at least 100 feet (30 meters) long. The stakes supporting the ropes should be solid enough to permit taut ropes, and the stakes and ropes near the finish line should be well-padded. See diagrams of chutes (figures 16 and 17) on page 68 of the 2020 rules book.

NOTE: For large meets, the use of multiple chutes is recommended. Where video timing is used and pull tags are not, the use of a large corral with a single exit point should be used instead of a finish chute.

2020 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 **their** 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 “its” to “their” 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 races over 200m will remain at 20m.

6-8-10d Javelin Clarification –

d. Touches on or over either the runway lines or on or over the foul-line arc before the throw **has landed**.

Rationale: Clarifies language permitting an athlete to exit the runway after the implement has landed and before it is marked.

2020 Points of Emphasis

- 1) **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, 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**
- 2) **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**
- 3) **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**

Section 1. Enclosures

Section 1.1. For coaches

- 2020 NFHS Track and Field Rules Book – Available for 2019. These may be purchased at www.nfhs.com/c-235-track-field.aspx.
- “Eligibility Guide for Participation in High School Athletics” – posted online on OHSAA website
- Pre-Season Manual posted online on OHSAA website

Section 1.2. For officials

- 2020 NFHS Track and Field Case and Rules Books – Received under separate mailing every other year (i.e. 2020)
- 2020 NFHS Track and Field Rules Book
- Pre-Season Manual posted online on OHSAA website

Section 2. OHSAA Mission Statement

The Ohio High School Athletic Association's mission is to regulate and administer interscholastic athletic competition in a fair and equitable manner while promoting the values of participation in interscholastic athletics as an integral part of a student's educational experience. The OHSAA represents its member schools by recognizing and promoting academics, the safety of participants, good citizenship and lifelong values as the foundation of interscholastic athletics.

Section 3. Calendar

Section 3.1. Important dates

2020 OHSAA Track & Field Calendar	
February 24, 2020:	First day of coaching and instruction.
March 28, 2020:	Season Begins.
May 4, 2020	Non-interscholastic competition no longer permitted (see Track & Field Regulation 4.2 for additional information).
April 28, 2020:	Deadline for entry/withdraw from the OHSAA tournament (\$150 late fee).
May 8, 2020:	Deadline for web-based entry to OHSAA tournaments.
May 27-30, 2020:	Regional tournaments: Division I and III Wed./Fri.; Division II Thur./Sat.
June 5 – June 6, 2020:	State tournament.
June 6, 2020:	Coaching and Season ends.

By OHSAA Board of Directors regulation, any school sponsoring interscholastic contests in track and field must have the head varsity track and field coach, assistant track and field coach, or athletic administrator attend one of the rules interpretation meetings listed on page 9 of this manual or participate in the online meeting option. Attendance at meetings will be available in different parts of the state between 1/18/2020 and 2/10/2020. Online meetings will be available 2/1/2020 thru 3/7/2020 without a late fee. Further, online meetings will extend until Friday, April 5, **WITH A LATE FEE**. Any school failing to meet this requirement will be ineligible for OHSAA tournament competition. **Attendance by 7th-8th grade coaches is strongly encouraged, although not mandatory.**

Officials who fail to attend one of the meetings will be suspended the following year. Attendance is also required in order to be eligible for district, regional or state tournament assignments. It will be the responsibility of the head track and field coach, assistant track and field coach or athletic administrator of each school and officials to be in attendance within 10 minutes of the start of the meeting and stay until the conclusion of the meeting in order to receive credit for attendance, or to complete an online meeting between the dates of **Saturday, February 1 and Saturday, March 7, 2020 at 11:59 p.m. (See note above)**

NOTE: Take rules books and bulletins to the meeting you attend.

Those coaches or officials who do not attend a regularly scheduled rules interpretation meeting, do not complete this requirement on-line or do not attend the scheduled make-up meeting may request a special make-up meeting from Head Rules Interpreter Dale Gabor. Such meeting must be held no later than **Friday, April 3, 2020 at 11:59p.m.** The fee for a special make-up meeting is \$50.00.

Section 3.2. 2020 Regional Track and Field Tournaments

Visit <http://myohsaa.ohsaa.org/ohsaahome.aspx> for up-to-date information on regional sites, dates, and managers.

Section 3.3. Track and Field Officials Associations Meetings

Visit <http://myohsaa.ohsaa.org/ohsaahome.aspx> for up-to-date information on official's associations meetings.

State and Local Rules Interpretation Meetings

***Visit <http://www.ohsaa.org/sports/tf/default.asp> for up-to-date information and changes

<u>Date/Time</u>	<u>Location</u>	<u>Contact</u>
1/18/2020 10:00 A.M.	OT&CCOA – Doubletree 175 Hutchinson Avenue, Columbus, 43235	Dale Gabor
1/30/2020 7:00	(SW) Kettering Fairmont High School 3301 Shroyer Road – Commons – Kettering, 45429	Robert Karl
1/24/2020 9:45 A.M. – Div. 1- Room A 11:00 A.M. – Div. 2 – Room B 12:15 A.M. – Div. 3 – Room C,D,E	OATCCC Clinic, Hilton-Columbus 3900 Chagrin Drive – Easton , 43219	Dale Gabor
1/28/2020 6:00	(NE) Austintown Fitch High School 4560 Falcon Drive – Cafeteria – Youngstown, 44515	Jim Penk
2/5/2020 7:00	Toledo – Multi Purpose Room	
2/17/2020 7:00	(E, SE) Cambridge High School 1401 Deerpath Drive, Cambridge, 43725	Aaron Quinn
2/19/2020 7:00	Dublin Coffman High School 6780 Coffman Road, Dublin, 43017	Mike Nissenbaum

For online information regarding rules meetings, please refer to the OHSAA website under “Sports” and “Track and Field.”

***Online meetings will begin on Friday, February 1 at 4:00 p.m., and conclude on Saturday, March 7, 2020 at 11:59 p.m.** Make-up meetings after March 7 will be available until April 3 by contacting Jacki Windon at 614-267-2502, Ext. 109. A fee of \$50.00 will be charged after March 7.

Section 4. OHSAA Contact Information

Name	Title	Responsibilities	e-mail	Phone
Dale Gabor	Director/Coordinator of Track and Field; Head Rules Interpreter	Oversees the sport and coordinates meets; Head Rules Interpreter	dgabor@ignatius.edu or dgabor@ohsaa.org	216-281-5395
Beau Rugg	Senior Director of Officiating and Sport Management	Oversees officials programs and meet assignments	brugg@ohsaa.org	614-267-2502 Ext. 111
Bob Meuleman	Tournament Officiating Liaison; State Rules Interpreter	Assists in tournament assignments; Assists with rules inquiries	bob@meuleman.us	419-737-2681
Kathleen Coughlin	Program Coordinator	Assists in the coordination of the sport and tournaments	kcoughlin@ohsaa.org	614-267-2502 Ext. 129
Steve Hurley	State Rules Interpreter	Assists with rules inquiries	stevenhurley@hotmail.com	937-768-1963

Section 5. Track and Field Links

National Federation of State High School Associations	www.nfhs.org
United States Track Coaches Association	www.ustrackcoaches.org
Ohio Association of Track and Cross Country Coaches	www.oatccc.com
USA Track and Field	www.usatf.org
American Sports Builders Association (ASBA)	www.sportsbuilders.org

Section 6. Coaches and Officials

Section 6.1. OATCCC and OT&F&CCOA Goals:

- 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.

Section 6.1. 2020 OATCCC Officers Directory

	Name	School	E-Mail	Phone
President	Doug Joy	John Glenn HS	djoy@eastmschools.org	740-704-5463
Past President	Diane Krumpak	South Range HS	dkrumpak@southernrange.org	330-501-3215
Vice President	Andy Cox	Thomas Worthington	acox@wscloud.org	614-450-6225
Secretary	Donna Joseph	N/A	tigerscc@comcast.net	740-676-2365

Track and Field and Cross Country Coaches website: www.oatccc.com

Section 6.2. 2020 OT & F & CCOA Officers Directory

Track and Field and Cross Country Officials website: www.otfcco.wix.com/ohiotrackofficials

	Name	District	E-Mail	Phone
President	Anthony-Longino Thomas	Northeast	ttonythecop@aol.com	216-288-2651
Past President	Mick Harris	Southeast	harris@ohio.edu	740-448-2222
President Elect	William "BJ" Duckworth	Northwest	wjduckworth2@yahoo.com	330-718-2435
Secretary	Dennis Sabo	Northwest	sabes@woh.rr.com	419-271-5055

Section 6.3. Preseason information

- **Pole Vault Education Requirement**

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 2017 season shall be considered in compliance with this regulation for the 2020 season.**

- **Professionalism**

Your professionalism is of the utmost importance. Your athletes and fans will follow your lead. If you are respectful of the competition and the officials, your athletes and fans are more likely to do the same. If you are disrespectful of the competition 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.

Also, Bylaw 8-3-1 of the OHSAA Handbook reads in part, "Protests arising from the decisions and interpretations of the rules by officials during the game will not be considered. Their decisions and interpretations are final." This means that correctable errors must be corrected during the contest. Officials and coaches must "keep their cool" during the contest so that all teams have an equal opportunity to win under the rules. It must be remembered at all times that the competition is being conducted for the athletes. Neither officials nor coaches would be involved except for the athletes.

- **Coaches' Comments to the News Media (OHSAA Sports Regulations – "Media Regulations", Article B)**

OHSAA Bylaw 8-2-1 and 8-2-2, 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. When the contest begins each school waives all of its rights so far as objecting to the officials."

Public criticism of officials is a direct reflection upon those who were responsible for assigning the officials to the game. Officials are trained and expected to make no derogatory comments regarding the players, coaches, or schools. Coaches are expected to follow the same procedure. Failure to follow this request will result in disciplinary action per OHSAA bylaws/regulations.

- **Pre-Season 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

- **Scheduling Conflicts**

Certainly, 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 contest, but also other contests they are scheduled to work. Thanks so much for your assistance!

- **Protecting Athletic Eligibility**

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 son or daughter'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.

- **Inquiries**

The OHSAA office is here to help as needed, but depending on the time of the year it can be difficult to reach us. However, there are other sources of assistance. Our website (www.ohsaa.org) includes a great deal of information that covers many of the inquiries we often receive. The website provides track and field regulations, general sport regulations, tournament regulations, uniform regulations, etc. Your OATCCC Officers are another great resource for you as well. For officials, similar contact information is also provided in this manual. All contact information is provided in sections 6.1 and 6.2 of this manual.

Section 7. 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 (2/24/20) 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.
Due to a 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, EFFECTIVE 2019: “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 of Bowling, Cross Country, Golf, Gymnastics, Swimming and Diving, Tennis, Track and Field, and Wrestling.

Interscholastic Participation

Section 7.1. Physical fitness or conditioning sessions prior to the opening day of outdoor track and field practice.

There are no restrictions for pre-season conditioning in this sport except as follows. Such 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.

Section 7.2. Practice of individual events prior to the opening day of outdoor track and field practice.

Yes, EFFECTIVE 2019: “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 of Bowling, Cross Country, Golf, Gymnastics, Swimming and Diving, Tennis, Track and Field, and Wrestling.

Section 8.

Coaching of interscholastic athletes by the school coaching staff may take place prior to the opening day of outdoor track and field practice **per Sports Regulation 8.4. 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.

Section 8.1. Attendance at clinics and instructional programs prior to the start of practice or after the last day of the season.

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

Section 8.2. 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 .

Section 9. 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 OHSAA tournaments. NOTE: Once an athlete has been “checked in”, this is officially one of his/her four (4) allowable events even if he/she changes their mind at the last moment.**

PARTICIPATION LIMITATION PENALTY - 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.

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.

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Bylaw 2-2-2 “Ninth grade students in all schools are high school students and shall compete in athletics in accordance with high school bylaws and regulations.”

Bylaw 2-2-3 “Ninth grade students are not permitted to compete in interscholastic competition on the same team or squad with students below ninth grade.”

Length of Season and Coaching Regulations:

No scrimmages permitted.

16 contests permitted; does not include district, regional or state tournament competition.

See calendar in section 3.1 for all dates

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.

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.

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).

SCHOOL NUMBERS:

The range for required numbers can be found at www.ohsaa.org and in the School Directory or call Jacki Windon 614-267-2502 ext. 109.

Section 10. 7th – 8th Grade School Regulations

Ten days practice required prior to first interscholastic competition.

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 OHSAA-sponsored state meet. See Track and Field General Regulations 14-C-5, of the OHSAA Handbook (page 158).

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 shall be as 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.**

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 boy's 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

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

THROWING SECTORS – Required – 34.92 degrees for Shot Put and Discus.

Bylaw 2-2-3: “Ninth grade students are not permitted to compete in interscholastic competition on the same team or squad with students below ninth grade.”

Bylaw 1-1-2. “Students below grade seven are ineligible for participation in interscholastic athletics.” “Participation” includes practice as well as competition with and against students above grade 6. See Sports Regulation 36.

Uniform numbers are **NOT required** on competitor uniforms in grades 7-8, **but are strongly recommended.**

Section 11. Uniforms and Jewelry

Section 11.1. 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.

Section 11.2. 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. The uniform top or the top of the one-piece uniform shall be numbered as indicated in 11.5. 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.

Section 11.3. 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.**

Section 11.4. Items that are Legal on School Uniforms

School identification on the tops and/or bottoms and one-piece uniform; athlete’s name on the tops/top of the one-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.

Section 11.5. Required Numbers on Uniform

The OHSAA requires all competitors in high school track and field and cross country to wear a school-issued top and bottom or one-piece uniform with the number permanently attached to the back of the top or one-piece uniform. The numerals shall be plain Arabic numerals of a **CONTRASTING COLOR** with the color of the top and must be a minimum of 4" in height on the back. The numbers must appear in a **HORIZONTAL** fashion on the back of the uniform. Matching numbers may be attached to the front. NOTE: In order to avoid duplication of numbers as much as possible, each school is assigned a range of numbers that may be used. In some cases, duplicate numbers may be necessary and are permitted, but not

by members of the same team competing in field events or in the same heat or same section of running events. (See the OHSAA web site for assigned numbers <http://www.ohsaa.org/members.asp>). Inquiries about number sequence can be obtained through the Athletic Administrator's MyOHSAA account and going to the link "School Summary".

Section 11.6. **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.**

Section 11.7. **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 must be the same color but not 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.

Section 11.8. **Headgear**

NEW: EFFECTIVE IMMEDIATELY: Approved by the Board of Directors 12/5/19 as part of the General Sports Regulation 17 – Athletic Uniforms

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**

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:

Hats and caps 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).

Section 11.9. 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!)

Section 11.10. 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).

Section 11.11. 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.

Section 11.12. Wristwatch

A wristwatch, secured to the person, may be worn in competition. EXCEPTION: GPS watches are considered an aid and, therefore, illegal.

Section 11.13. 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.

Section 11.14. Hair control devices

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

Section 11.15. 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.

Section 12. Regular Season Contest Procedures

Section 12.1. 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.

Section 12.2. Required Roster

Each school must provide a **roster of athletes and each athlete's assigned number** before competition begins. Duplicate numbers are NOT permitted in the same event. 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.

Section 12.3. 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.

Section 12.4. Competing boys and girls events 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.

Section 12.5. 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.

Section 12.6. Scrimmages or previews in track and field

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.

Section 12.7. 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.**

Section 12.8. 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.

Section 12.9. Individual high school 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.

Section 12.10. School team participation in competition after June 1, 2019

It is a violation of the regulation that prescribes the school season for a school to schedule competition after June 1, 2019. Individuals may compete non-interscholastically, but school team competition must cease as of June 1. The school coaching staff may have a total of ten days of coaching contact with track and field athletes from their school during the period of time from June 1-July 31 outside the interscholastic season.

Section 12.11. 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.

Section 12.12. 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.

Section 12.13. 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. For guidance on contests with foot racers and seated athletes, go to www.ohsaa.org/news/sports/2013-Mar8-GuidanceForWheelchairEvents_TF.pdf.** 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.

Section 12.14. 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).** 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, 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 18 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.**

Section 12.15. Use of Unmanned Aerial Vehicles (Drones)

For purposes of this policy, an unmanned aerial vehicle (“UAV”) commonly known as a drone, is any aircraft without a human pilot aboard the device.

It is the responsibility of each local school district to establish policies for the use of drones during home regular season contests (including previews and scrimmages) and practices.

The use of drones is prohibited for any purpose by any persons at OHSAA tournament contests.

Tournament management shall remove anyone attempting to use a drone and/or confiscate the drone until the event has been completed.

NOTE: an exception to this policy may be made in specific cases for OHSAA broadcast partners, provided the management of the tournament facility permits the presence of drones for broadcast purposes under the control of the OHSAA.

Section 13. Seated Athletes' Guidelines

Section 13.1 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.

Section 13.2 Wheelchair Heats/Running alone:

If 2 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.

Section 13.3 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.

Section 13.4 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.

Section 13.5 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.

Section 13.6 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:

- 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);
- 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.

Section 14. Tournament Entry Information

Enclosed in this manual on pages 40-41-42 are the tentative 2020 Regional Track and Field Tournaments sites, dates and times. Representation and qualifiers from the District Tournaments will be posted on the OHSAA website at www.ohsaa.org once received from the six District Athletic Boards in early February. Please check the OHSAA website for the most accurate tournament information.

The OHSAA will utilize an on-line entry and qualification management procedure for the 2020 tournaments. The tournament manager at the site to which your school has been assigned will supply information about that process.

Section 15. Contest Officials

Section 15.1. 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.

Section 15.2. 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.

Section 15.3. 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.

Section 15.4. 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.

Section 15.5. 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.

Section 15.6. **Finish line aids**

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

Section 15.7. **Use of firearms as starter's pistols**

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

Amended HB 442 is a recent amendment to O.R.C. §2923.161. See this link for the complete text of the amendment http://www.legislature.state.oh.us/bills.cfm?ID=124_HB_442. The conduct prohibited under this section is the "discharge of a firearm." A firearm, for purposes of this law, is defined as a weapon "capable of expelling or propelling one or more projectiles by the action of an explosive or combustible propellant." If the starter is using a "starter's pistol," that device does not meet the definition of a firearm and therefore does not fall under the conduct prohibited. Thus the new provisions do not affect officials who use a true starter's pistol. However, those starters who use modified 22 caliber or other types of pistols to start competition run the risk of violating this code section and may have to defend their actions on the grounds provided in Section B, that is that they are "employees" with permission and their use of the pistol is within the scope of that permission. The difficulty in asserting this relationship is the "employee" vs. "independent contractor" status of officials. The OHSAA maintains that officials are independent contractors and not employees of member schools or the Association when officiating at regular season and/or tournament contests. The OHSAA Board of Directors will continue to investigate this matter in terms of prohibiting starting devices that are capable of discharging projectiles. Until such action is taken, officials are hereby advised of the risks of using those devices.

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

Section 15.8. **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.

Section 16. Officiating Ethics & Code of Conduct

(From www.ohsaa.org and 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.

Officiating Code of Ethics

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.

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

NOTE: Annual renewal cards are sent to the address the OHSAA has on file, failure to notify the OHSAA will result in your not receiving the renewal card.

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 (i.e. Honig's Whistle Stop in Ann Arbor 1-800-468-3284; You Make the Call in Jackson 740-286-6586; Fleming's Referee and Sport in Columbus 1-800-774-8677; or Purchase Officials Supplies in Akron 1-800-767-2233). Shoes must be worn which are similar to rule book requirements for athletes.

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 .

Section 17. Regulations

For up-to-date Track and Field regulations visit <http://www.ohsaa.org/sports/rglts/TF.pdf>

Section 18. Medical 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

OHSAA POLICY ON 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.

1. CONCUSSION REGULATIONS

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.

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 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 contests, 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 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 the 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 (ORC) 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 non-public 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. The OHSAA Medical Authorization to Return to Play (RTP) form can be obtained by going to the following:
<http://ohsaa.org/medicine/AuthorizationToReenter.pdf>

A school district board of education or governing authority of a chartered or nonchartered non-public 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 participation ONLY if the provider is acting in accordance with one of the following as applicable to the providers authority to practice in Ohio:

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

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

Section 19. NFHS Track and Field Rules Information

The rules as printed in the NFHS Edition 2020 Track and Field Rules Book will apply in all competition involving OHSAA member schools. Exceptions are those noted below or by interpretation in future bulletins.

Correction of Errors and the Jury of Appeals in Track and Field and Cross Country

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

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

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

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



OHIO HIGH SCHOOL ATHLETIC ASSOCIATION
4080 Roselea Place, Columbus, Ohio 43214
(p) 614.267.2502
(f) 614.267.1677
Web site: www.ohsaa.org

**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
4080 Roselea Place
Columbus, Ohio 43214
(p) 614.267.2502
(f) 614.267.1677
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

Section 20. 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, not 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 and, **NEW in 2015**, 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.

Section 21. 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.**

Section 22. Sporting Conduct

Respect THE GAME

Note from Roxanne Price, Chair of the OHSAA Sportsmanship Ethics, and Integrity Committee:

As we prepare for the upcoming seasons, we wish to emphasize to each of you the importance of your leadership role in sporting conduct, 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 involved. The OHSAA has joined the National Federation of State High School Associations (NFHS) in its quest to improve sporting conduct, 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 sporting conduct, ethics and integrity. Please take the time to read and digest this statement and then carefully consider your impact upon the players, officials, coaches, and fans. Thank you and have a great season.

NFHS Sporting Conduct Mission Statement

Good sporting conduct is viewed by the National Federation of State High School Associations as a commitment to fair play, ethical behavior and integrity. In perception and practice, sporting conduct is defined as those qualities which are characterized by generosity and genuine concern for others. The ideals of sporting conduct apply equally to all activity disciplines. Individuals, regardless of their role in activities, are expected to be aware of their influence on the behavior of others and model good sporting conduct.

Online Resources

On our website (www.ohsaa.org) you will find a “Respect The Game” banner along the right margin. This link will take you to our “Respect The Game” campaign and an overview of the program. Along the top of this page you will find helpful links, including the “resources” link that will direct you to Fair Play Codes for athletes, coaches, and fans, as well as additional information regarding parents’ role in interscholastic athletics. The sportsmanship page also includes information about the Harold A. Meyer Sportsmanship Award and the Archie Griffin Sportsmanship Award. Please feel free to contact us with any additional questions.

Statement of Mutual Respect

“Together”

Together, as players, we can participate with honor and dignity to the best of our ability, work with our coaches and teammates toward the common goal and exemplify the best qualities of a student-athlete, both on and off the field.

Together, as coaches, we can, by positive role modeling, teach the importance of character, integrity, civility, teamwork and good sportsmanship, and lessons beneficial far beyond the boundaries of the playing field.

Together, as spectators, we can nurture our sons and daughters and exemplify good sportsmanship and civility by cheering for them and supporting them in positive ways.

Together, as officials, we can foster a positive athletic experience for players, coaches and spectators through professionalism, knowledge of the game, concentration, fitness and preventive officiating.

Together, as administrators, we can encourage civility and good sportsmanship through player and spectator education, preseason team-parent meetings and a year-round commitment to excellence.

Together, players, coaches, spectators, officials and administrators, cooperatively enhancing the lives of student-athletes.

Section 23. Regional Track and Field

2020 Regional Sites, Dates, Managers and Representation

UPDATED 2-1--20

DIVISION I

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 27, 4:30 P.M. (Field Events), 6:00 P.M. (Running).**

Friday, **May 29, 4:30 P.M. (Field Events), 6:00 P.M. (Running)**

Representation: Boys – Northeast 16; Girls - Northeast 16

Boys Qualifiers from: Youngstown, Mayfield, Nordonia, North Canton

Girls Qualifiers from: Youngstown, Mayfield, Nordonia, 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 27, 4:00 P.M. (Field Events) 5:30 (Running Events)**

Friday, **May 29, 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 27, 4:30 P.M. Field Events, 6:00 Running Events**

Friday, **May 29, 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 © 937-344-7983; E-Mail: George.amburgey@dla.mil

Dates: Wednesday, **May 27, 5:00 P.M (Field Events), 6:30 P.M. (Running).**

Friday, **May 29, 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

DIVISION II

- 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 28**, 4:30 P.M. (Field Events), 6:00 P.M. (Running)
Saturday, **May 30**, 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 28**, 4:00 P.M. (Field Events), 5:30 P.M. (Running)
Saturday, **May 30**, 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 **NEW CONCORD** – Muskingum University, 163 Stormont St., New Concord, 43762
Tournament Director: Terry Young, 5320 Franklin Avenue, Buchtel, Ohio 45716
Telephone: B: 740-517-0195; C: 740-517-0195; Fax: 740-797-4072; E-Mail: terry@baumspage.com
Dates: Thursday, **May 28**, 5:00 P.M. (Field Events), 6:30 P.M. (Running)
Saturday, **May 30**, 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@vbcsd.com
Dates: Thursday, **May 28**, 5:00 P.M. (Field Events), 6:30 P.M. (Running)
Saturday, **May 30**, 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,

DIVISION III

- 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 27, 4:30 P.M. (Field Events)**, 6:00 P.M. (Running)
Friday, **May 29, 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 27, 4:00 P.M.(Field Events)**, **5:30 (Running)**
Friday, **May 29, 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 **LANCASTER** - Fairfield Union High School, 6675 Cincinnati-Zanesville Road, Lancaster, Ohio 43130. **Tournament Director: Andy Clark**
Telephone: C: 740-646-5351, B: 740-536-7306, Ext. 3124; E-mail: andyclark@fairfieldunion.org
Dates: Wednesday, **May 27, 5:00 P.M. (Field Events)**, **6:30 (Running)**
Friday, **May 29, 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 27, 4:00 P.M.(Field Events)**, **5:30 P.M. (Running)**
Friday, **May 29, 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

Section 24. Ohio Modifications

Ohio Track and Field Modifications 2020

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	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, 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 4-3-1b1	Uniforms must have numbers assigned to the school by the OHSAA and rosters with these numbers must be provided to meet management and/or opposing coaches. Duplicate numbers are not permitted in the same event.

- 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

- 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

- 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

- Rule 8-2-3 The use of modified scoring system is approved in Ohio

- Rule 8-6-1 An “official” warning regarding uniforms (preferably given by the referee) shall be issued to all athletes when giving final instructions. Any competitor in violation during the race shall be disqualified.
Penalty

Middle School Modifications:

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

Cross Country: The distance is 2 miles

NOTES

Speak with courtesy

act with dignity

play with pride

**Respect
THE
GAME**