17. TRACK AND FIELD (OUTDOOR) — BOYS AND GIRLS

A. GENERAL REGULATIONS

1) Interscholastic Participation

1.1) Each student participant is limited to participation in a maximum of one contest per day.

1.2) Participation limitations:

a. Grades 9-12 — Maximum of four track and field events per contest. This regulation applies to all competitions, single and multi-day, and both regular season and OHSAA tournaments.

b. Grades 7 & 8 — Maximum of three events per contest.

PARTICIPATION LIMITATION PENALTY—An athlete who exceeds the participation limitation becomes an ineligible athlete. In addition to penalties outlined by the NFHS rules. The forfeiture bylaws apply as written in Bylaw 10.

1.3) The javelin and hammer throw are not an approved event in interscholastic competition; participation in these events is prohibited. Schools that participate in these events may be subject to a $250 fine as well as a post season ban.

1.4) In addition to the regulations outlined in this document, NFHS/OHSAA approved modification to contest/playing regulations can be found in the coaches and officials manuals.

1.5) Specialty Relays: Specialty relays are approved per NFHS Rules including mixed gender relays.

a. All mixed gender relays must be competed per the regulations outlined in the Track & Field Coaches & Officials Manual and require an approved waiver from the sport administrator.

b. All specialty relays must be competed per the regulations outlined in the Track & Field Coaches & Officials Manual.

1.6) A school squad may be divided so that the school is represented at two or more different contests on the same day.

a. There is no distinction between 9th grade, Junior Varsity or Varsity competition.

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

c. Each individual may only participate in 16 contests.

1.7) To allow for acclimation and sport-specific education a five (5) day practice period is RECOMMENDED prior to the first interscholastic competition for both high school and 7th and 8th grade.

1.8) Girls Participating On Boys Teams

OHSAA Bylaw 1-6-1 permits girls to participate on boys teams. Therefore, a girl that participates in boys events must compete in only boys events during that meet. She is, however, permitted to participate for the girls team during different meets during the regular season, but cannot participate for both gender teams during the same meets. Girls who participate in both girls and boys events may not exceed the number of contests permitted in the season (16). For the OHSAA Tournament, girls who have been participating in boys and girls meets during the regular season must choose to compete in either the girls or boys tournament.

A school that does not wish to sponsor girls track and field but has nine or more girls participating may permit the girls to participate on the boys team, but they must enter the OHSAA-sponsored boys tournament competition.

1.9) All meets and events must be competed outdoors.

1.10) Exhibition or scratch competition is prohibited. All contestants must be eligible to score in all events participated in as part of a meet; this includes events held after the contest official leaves the venue. Member schools who host exhibition competition may be subject to a $100 fine per instance/event. Member schools who participate in an exhibition event may be subject to a $50 fine per instance/event.

1.11) High school and 7 th /8 th grade competition may take place concurrently at the same venue. However, no head-to-head competition may take place. All 7 th /8 th grade contestants must be in separate heats/section/flights from high school contestants.

1.12) No Contest

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

Track Meet

- If 60% or more of the scheduled events have been scored, the meet must be scored based on the completed events and will count the same as a fully completed meet. Any events not being scored per below would not be included in this score.

- If less than 60% of the scheduled events have been completed, the meet must not be scored and will be considered a "no contest". The meet shall not be included in won-lost records, shall not count towards a student/coach fulfilling any ejection consequence, shall not count towards a student fulfilling his/her transfer consequence, and shall not count towards the number of maximum allowable regular season contests permitted.

Individual Events

- In vertical field events.

  If all competitors who have elected to participate at opening height have completed their trials at opening height, the event should be scored based on the performances at the last height completed by all competitors who have not been eliminated from competition. The event will count as one of the allowed events for each competitor. Competitors who have passed and have not yet entered competition will be excluded from the scoring and the event will not count towards their maximum events allowed.

  If all competitors who have elected to participate at opening height have not completed their trials at opening height, the event should be scored as a no contest and the event will not count towards the competitors allowed number of events.

- In horizontal field events

  If all competitors have completed 50% or more of their attempts (when four attempts are given) or two thirds of their preliminary attempts (when competing finals) the event shall be scored based on the performances though the last round completed by all competitors. The event will count as one of the allowed events for each competitor.

  If all competitors have not completed 50% of their attempts (when four attempts are given) or two thirds of their preliminary attempts (when competing finals) the event should be scored as a no contest and the event will not count towards the competitors allowed number of events.

- In any running event

  If all scheduled sections or preliminary heats have been completed for a running event, that event shall be scored. The event will count as one of the allowed events for each competitor.

  If all scheduled sections or preliminary heats have not been completed for a running event the event should be scored as a no contest and the event will not count towards the competitors allowed number of events.

Any events canceled due to safety/facility issues before the start of competition shall follow NFHS competition rules.

Related to tournament competition, all events must be completed, you cannot have a no contest.

2) Non-Interscholastic Participation

2.1) A member of an interscholastic track and field squad (any student who has participated in a regular season or tournament contest) sponsored by the Board of Education shall not participate in a non-interscholastic contest as an individual or a member of a team in the sport of track and field during the school's season (Sports Regulation 7.2.2).

EXCEPTION: A student who has participated for the school team in the current season may be granted permission to participate in ONE (1) non-interscholastic event as an individual or member of a team NOT representing or associated with an OHSAA member school so long as the following criteria are met:

- The event is not hosted by an OHSAA member school.
- The participation must be disassociated with the school including registration, transportation, uniforms, etc.
- The event has clearly defined start and end date not to exceed three (3) consecutive days.
- The student shall not participate in an interscholastic contest during the same time period covered under the waiver.
- The student will be limited to participation in four events at the meet, or one event if competing in the Heptathlon to Pentathlon.
- The event must fully fall prior to the stated non-interscholastic date.

A request for waiver must be submitted to the Executive Director's office by a school administrator (via the appropriate waiver form) a minimum of 5 business days PRIOR to participation in an applicable non-interscholastic event once a student has participated for the school team. Any non-interscholastic event in which a student competed under the waiver shall count as one of the individual's maximum 16 contests allowed in the regular season.

2.2) Individual Non-Interscholastic Competition Dates:

A track and field athlete who has not participated for the school in track and field that season must cease non-interscholastic track and field competition four weeks (28 days) prior to the Monday of the week of the State Tournament in track and field in order to be eligible for OHSAA Tournament competition.

In addition, an athlete who has participated for the school in track and field who violates this non-interscholastic competition date by participating in a non-interscholastic contest in track and field shall be ineligible for OHSAA tournament competition in track and field in addition to any other penalties that may be prescribed.

2.3) Road racing is interpreted as a different sport than track and field. If the majority of the race is run on a road, participation is not a violation of the non-interscholastic competition bylaw.

2.4) Indoor track is interpreted as a different sport than track and field (outdoor), if all events contested take place indoors and the track is 300M or less. Track and field (outdoor) events may not be competed indoors.

2.5) **Penalties:** The maximum penalty for participation with a non-interscholastic track and field squad or in non-interscholas-tic competition while a member of the school's interscholastic track and field squad or any OHSAA regulations for any member of the school squad, EXCEPT a senior, may be ineligibility for the remainder of the interscholastic track and field season or the ensuing track and field season. For a senior, the maximum penalty shall be ineligibility for the remainder of the school year.

3) Coaches Education

In addition to the general requirements outlined in the OHSAA Bylaws and GSR, schools sponsoring the Pole Vault must have at least one coach who has participated in pole vault safety training from an OHSAA-approved provider. If a school uses one coach for all athletes at the school (boys and girls) and both levels – high school (HS) and middle school (7-8), then only that coach must receive the training; however, that coach must be present during all training and competition. Training must be completed every three years.

A list of approved training courses can be found on the Track & Field webpage.

4) Penalties

Penalties for violation of sport regulations may include those listed in these regulations as well as those listed in Bylaw 11

5) Transfer Bylaw

While all questions regarding the transfer bylaw should be addressed to the appropriate school administrator information regarding the transfer bylaw can be found on the OHSAA website at this link, http://www.ohsaa.org/Eligibility/Transfer. Note that students who transfer and do not meet an exception to the transfer bylaw, and who participated in high school track and field within 12 months of the transfer date, are ineligible for all regular season contests and the OHSAA postseason tournament beginning with varsity regular season contest #9.

6) Other Bylaws and Regulations

For information on Ejection for Unsporting Conduct See ***Ejection Policies for Coaches and Players*** under Section 13 and 14 of the General Sports Regulations at OHSAA.org.

For information on Out of State Travel regulations see Bylaw 9-2 at OHSAA.org.

Please see the Track and Field Coaches and Officials Manual at OHSAA.org on the Track and Field Page for additional NFHS rules governing Track and Field.

B. SPECIFIC REGULATIONS — GRADES 9-12

1) Coaching, tryouts and instruction may begin — February 22, 2027

2) First contest — March 26, 2027

3) Deadline date for OHSAA Tournaments — April 19, 2027

4) Tournament draw/seeding meeting — May 2, 2027

5) Coaching and Season end — June 6, 2027

6) Scrimmages — None permitted

7) Regular season contests — 16 for individuals

8) Rules — National Federation Track and Field

9) Officials:

9.1) Varsity – Minimum of one OHSAA Class 1 official required who shall be the referee or the referee/starter in dual, triangular or quadrangular meets.

C. SPECIFIC REGULATIONS — GRADES 7 & 8

1) Coaching, tryouts and instruction may begin — February 22, 2027

2) First contest — March 26, 2027

3) **Coaching and Season end — June 6, 2027**

4) **Scrimmages — None permitted.**

5) **Regular season contests — Maximum of 12 per season plus one league championship meet plus the OHSAA-sponsored State Championship Meet; per individual (Championship May 15, 2026).**

6) **Rules — National Federation Track and Field.**

7) **Officials — Minimum of one OHSAA Class 1 or 3 official required who shall be the referee or the referee/starter, in dual, triangular or quadrangular meets. It is recommended that the referee shall not be a coach of a competing team. The referee in meets involving five or more schools must be an OHSAA Class 1 official.**

TRACK AND FIELD CALENDAR

Track and Field	2027	2028	2029
Coaching and Tryouts Begin	2/22	2/21	2/19
Season Begins	3/26	3/24	3/23
Non-Interscholastic Date	5/3	5/1	4/30
District	5/17-5/22	5/15-5/25	5/14-5/19
Regional	5/24-5/29	5/22-5/27	5/21-5/26
State	6/3-6/6	6/1-6/4	5/31-6/3
Season Ends	6/6	6/4	6/3

REGIONAL TOURNAMENTS

Division I: Monday/Tuesday of District Week and Thursday and Saturday of Regional Week

Division II and IV: Wednesday and Friday | Division III and IV: Thursday and Saturday

STATE TOURNAMENTS — ORDER OF COMPETITION

TBD