

**16. 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:

Grades 9-12 — Maximum of four track and field events per contest. 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, single and multi-day, and both regular season and OHSAA tournaments. **PARTICIPATION LIMITATION PENALTY**—An athlete who exceeds the participation limitation becomes an ineligible athlete. The forfeiture bylaws apply as written in Bylaw 10.

Participation in non-varsity and varsity events on the same day is permissible provided the individual participation limit is not exceeded and occurs within the same contest.

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

1.3) The javelin is not an approved event in interscholastic competition.

1.4) A school squad may be divided so that the school is represented at two different contests on the same day. However, each contest counts in the maximum of 16 permitted for that school team. There is no distinction between 9th grade, Junior Varsity or Varsity competition.

1.5) Grades 7 & 8: 10 days of practice required prior to first interscholastic competition.

**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).

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.

Date: April 29, 2024.

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.

**3) Penalties**

3.1) The maximum penalty for violation of Sports Regulation 7.2 (participation with a non-interscholastic track and field squad or in non-interscholastic 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.

**4) 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.

**5) 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](http://www.ohsaa.org).

For information on Out of State Travel regulations see Bylaw 9-2 at [OHSAA.org](http://www.ohsaa.org).

Please find the Track and Field Manual at [OHSAA.org](http://www.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 19, 2024**
- 2) First contest — **March 23, 2024**
- 3) Deadline date for OHSAA Tournaments — **April 15, 2024**
- 4) Tournament draw/seeding meeting — **April 28, 2024**
- 5) Coaching and Season end — **June 1, 2024**
- 6) Scrimmages — None permitted
- 7) Regular season contests — 16 for team and 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.
  - 9.2) Reserve/Junior Varsity – Minimum of one OHSAA Class 1 official required who shall be the referee or the referee/starter in dual, triangular or quadrangular meets.
  - 9.3) Freshmen – 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.

## C. SPECIFIC REGULATIONS — GRADES 7 &amp; 8

- 1) Coaching, tryouts and instruction may begin — **February 19, 2024**
- 2) First contest — **March 23, 2024**
- 3) Coaching and Season end — **June 1, 2024**
- 4) Scrimmages — None permitted.
- 5) Regular season contests — Maximum of 12 per season plus one league championship meet (team and individual) plus the OHSAA-sponsored State Championship Meet.
- 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	2024	2025	2026
Coaching and Tryouts Begin	2/19	2/24	2/23
Season Begins	3/23	3/29	3/28
Non-Interscholastic Date	4/29	5/5	5/4
District	5/13-5/18	5/19-5/24	5/18-5/23
Regional	5/22-5/25	5/26-5/31	5/25-5/30
State	5/31-6/1	6/6-6/7	6/5-6/6
Season Ends	6/1	6/7	6/6

## REGIONAL TOURNAMENTS

Division I and III — Wednesday and Friday; Division II — Thursday and Saturday

## STATE TOURNAMENTS — ORDER OF COMPETITION

III, II, I