

IOWA ASSOCIATION OF TRACK OFFICIALS

2026

RECOMMENDED PROCEDURES MANUAL

FOR
IOWA HIGH SCHOOL
TRACK & FIELD MEETS AND
CROSS COUNTRY MEETS

Schools Edition

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Dedicated to:
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Co-Founders of IATO

2026 Changes are highlighted in gray

ACKNOWLEDGEMENTS

This manual is based on the rules, procedures, and techniques found in the Track & Field and Cross Country Rules Book, the Track & Field and Cross Country Case Book, and the Officials Manual of the National Federation of State High School Athletic Associations.

One of the objectives of this manual is to simplify and condense the information into a format that is practical and easily understood, leading to widespread use.

This manual is updated annually to reflect rule changes and editing suggestions.

The contents of this manual are targeted at five specific groups: high school competitors, coaches, meet administrators, Registered Officials, and Volunteer Officials. Distribution of this material to these groups is intended to improve the quality and efficiency of high school track and field meets and cross country meets.

Reproduction of this material is restricted to Iowa Association of Track Officials (IATO) members, the Iowa High School Athletic Association (IHSAA), the Iowa Girls' High School Athletic Union (IGHSAU), and the member schools of the IHSAA and the IGHSAU. Any other reproduction is prohibited without written permission from the Iowa Association of Track Officials Board of Directors.

Meet administrators are encouraged to use these materials as a tool to assist with the preparation for both track and field meets and cross country meets, and to help their numerous Volunteer Officials properly officiate the meets.

The IATO is an advisory organization, not a governing organization. The IATO utilizes this material to provide training for its membership at clinics and rules meetings. IATO members are also encouraged to review this material with the appropriate Volunteer Officials prior to meets.

When found not to be in conflict, a limited number of long-accepted procedures and mechanics from the National Collegiate Athletic Association (NCAA) and USA Track & Field (USATF) have been utilized to enhance this manual. These enhancements are intended to complement the rules and procedures of the National Federation.

A special note of gratitude is extended to the Iowa Association of Track Coaches, the Iowa High School Athletic Association and the Iowa Girls' High School Athletic Union for their numerous contributions, suggestions, and support for this project.

All member schools of the IHSAA and/or the IGHSAU can access a PDF version on both the IHSAA and IGHSAU websites.

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2026 NATIONAL FEDERATION OF HIGH SCHOOLS (NFHS) RULES CHANGES

3-2-3k: Permits the Games Committee to determine takeoff board placement in horizontal jumps.

3-8-6: Expands the acceptable calibers and provides flexibility for starting devices.

4-6-5: Permits an appropriate health care professional, designated by the games committee, to evaluate a downed competitor without resulting in disqualification.

Rationale: It prioritizes athlete safety by permitting on-course evaluation while preserving the integrity of competition as long as no assistance is given in progression along the course.

4-6-6e: Clarifies athletes are not permitted to wear any type of audio or video recording devices during a race, trial, or while in restricted areas.

6-2-2 NOTES (3) NEW: Clarified that the time limit for a consecutive attempt applies within a height and a height change. See rule book.

6-3-2b4(a): Incorporates metric measurements alongside imperial to promote clarity and consistency in meet management.

6-8-6 NEW: Standardizes warmup times for competitors entering the high jump after 60 minutes has elapsed.

Rationale: Changing the rule to provide a standardized 1.5 minutes for warm-up for any competitor after 60 minutes has elapsed promotes fairness, consistency and risk minimization.

6-9-21: Clarifies that padding is required for hard and unyielding surfaces that are elevated relative to the ground.

9-1-1: Adds the 200 meter dash as an option for indoor meets.

9-6-1: Established a standardized 20 meter exchange zone for indoor meets.

RECENT IOWA-SPECIFIC RULE CHANGES

Iowa events limit remains at 4 events.

Shuttle Hurdle Relay exchange still requires the outgoing hurdler to be motionless.

Adaptations regarding undergarments and headband/hair devices have been eliminated; Iowa will follow the rules as written in NFHS rules.

POINT OF EMPHASIS FOR COACHES AND COMPETITORS

It is strongly recommended these Points of Emphasis are specifically presented during team meetings and reviewed during practices/trainings

All competing competitors must wear a school issued or school approved uniform. A warning for a uniform violation carries over to all further competition by that competitor in that meet. A subsequent uniform violation in that same event or any other event shall result in a disqualification from the event in which the subsequent violation occurs.

Competitors competing in field events have the same uniform requirements as competitors competing in track events.

All members of a relay team and all members of a cross-country team must wear the same color and basic design of uniform, although the length of the bottoms may vary.

Competitors are prohibited by rule from using any and all electronic devices in restricted areas. This includes field event areas and anywhere on or inside the track. This includes phones, computers, headphones, and earbuds.

Extraneous motion before the pistol is fired doesn't necessarily require a false start to be charged unless the competitor leaves their mark with hand or foot after the set command or leaves their mark with a forward motion without the pistol being fired.

Relay team members waiting to receive the baton are not allowed to step outside of the exchange zone.

After passing the baton the relieved competitor should stand still or jog straight ahead, and step off the track when clear. Competitors should check to make sure the track is clear, before they exit the track.

All members of the Shuttle Hurdle Relay team must have a discernible pause between their "set" position and their start. The outgoing competitor is not allowed to start until the incoming competitor's torso has broken the plane of the Breakline. Rolling starts are not allowed.

All exchange zones for the 4 X 100m relay, the 4 x 200m relay, and the 800m medley relay, as well as the first and second exchange zones used in the 1600m medley relay are 30 meters long. This includes what was previously known as the acceleration zone.

If the incoming competitor is running 100m or 200m, the 30 exchange zone is used.

If the incoming competitor is running 400m or longer, the 20 meter exchange zone is used.

Running in the direction other than how the event is conducted is prohibited during warmups, with the exception of the high jump.

Competitors may not run from the long jump pit back up the runway.

Warming up on the track must be done in the standard counterclockwise direction, except for the first and third legs of the Shuttle Hurdle Relay.

Competitors are prohibited by rule from warming up at a Field Event Venue until it is declared open and is supervised by either their coach or an adult Field Event Official assigned to that venue. Once competition has started, practice/warm-ups at the venue is not allowed. After the competition is completed there will be no practicing at the venue.

Shot put and discus competitors may enter the circle from anywhere. Competitors must remain in the circle until their implement has landed. Competitors must exit out the back half of the circle, only after the implement has landed. Competitors do not need to be “in control” upon exiting as long as their implement has landed.

Throwing a baton is considered unacceptable conduct and the penalty is disqualification of the relay.

The use of profanity by competitors, coaches or other team/school personnel will not be tolerated and will lead to disqualification from the event or meet.

The NFHS disapproves of any form of taunting that is intended or designed to embarrass, ridicule or demean others under any circumstances.

All relay exchanges for indoor track shall be 20 meters.

Competitors are encouraged to move up in the exchange zone to prevent stepping out the back of the exchange zone with their feet when running in a relay.

UNIFORMS

Legal Uniform

A Uniform Consists Of

Full-length top and bottom, or one-piece body uniform, issued or approved by the school. Shoes that have a sole and upper part that keeps the sole on the foot. (Slippers and/or socks do not meet this requirement).

Wearing The Uniform

Each competitor is required to wear a legal school-issued/approved uniform. A competitor shall not compete while wearing an illegal uniform. Uniforms shall be worn as intended by the manufacturers and “right side out”. Teammates in Relays shall wear the same color and design of school uniform. The foundation garments, one-piece uniforms, and length of the bottoms may vary. Teammates in individual events may wear different colored and styled uniforms. When numbers are used, each competitor will wear the assigned unaltered number. No part of the uniform, excluding shoes, are to be removed in or near the area of competition.

Uniform Tops

The top shall not be knotted or have knot-like protrusions. The top must hang below, or be tucked into, the waistband of the bottom when the competitor is standing erect. Bare midriffs are not acceptable for either gender. Tops should be tucked in unless specifically designed to be worn over shorts.

Uniform Bottoms

Loose-fitted bottoms, a one-piece uniform, and closed-leg briefs are acceptable. The waist-band of uniform bottoms shall be worn above the hips. Girls are allowed to roll the waistbands of their shorts over. Boys are not allowed to roll the waistbands of their shorts over. French-cut or high-cut apparel may be worn under the bottom, but not in lieu of the bottom.

Uniform Adornments

The uniform top, bottom, and one-piece may have school identification, the top may have the competitor's name. A single manufacturer's logo/trademark/reference, not to exceed 2 ¼ square inches with no dimensions more than 2 ¼ inches, is permitted on the one-piece uniform or bottom or top. An American flag, not exceeding 2 X 3 inches, may be worn on each item of the uniform. A commemorative or memorial patch, not to exceed 4 square inches, may also be worn on the uniform top, bottom, or one-piece uniform. The logo/trademark/reference on/around the waistband of the uniform bottom may be larger than 2 ¼ square inches.

Foundation Garments

Visible undergarment(s) worn underneath the uniform top and/or bottom are considered a foundation garment.

Foundation garments are not subject to logo/trademark/pattern/reference color restrictions.

Head Coverings/Bands/Devices

Iowa adaptations regarding headbands/hair devices have been eliminated.

Head coverings worn for religious reasons are not considered hair devices.

Medical alert medallions or bracelets should remain visible.

Enforcing Uniform Policies and Procedures

Prior to events, all Officials should practice preventative officiating regarding uniform rules.

Explain to competitors why their uniform does not meet the rules, and how to correct it.

When a uniform violation is discovered during an event, the observing Official must issue a formal verbal warning to the competitor. Information regarding the warning needs to be recorded on a form/card (supplied by Meet Management). Pertinent information includes: competitor's name, competitor's school, event, nature of uniform violation, time of warning, and the official issuing the warning. This information should also be recorded on the official field event sheet or the Clerk's event sheet.

The information regarding the warning needs to be given promptly to the Meet Referee or Starter, who must determine if the warning is valid. If the warning is deemed valid, the meet Referee or Starter shall immediately notify the competitor's head coach.

The competitor warned must immediately make the uniform legal to continue in that event and prior to checking in for any subsequent event.

Any subsequent uniform violation by that competitor in the same event or any other event shall result in the disqualification of that competitor in the event(s) when the subsequent violation(s) occurs. Whenever a competitor is disqualified due to a subsequent violation(s), the meet Referee or Starter shall immediately inform the competitor's head coach about the disqualification.

The Meet Referee or Starter should keep all notification of uniform warnings and violations on their person. This will allow review of all uniform violations at any point during, or at the conclusion, of the meet. When the meet Referee or Starter signs the official meet results the uniform violation cards should be given to Meet Management.

When track and field events are being conducted simultaneously at more than one venue, the uniform warning procedure becomes challenging. However, this procedure will enable meet personnel to properly enforce it.

Best Practice: Use an Incident Reporting Form. This will allow easier handling for the Starter, Referee, and Meet Management.

An example of an Incident Reporting Form is in the Appendix in this document.

HOSTING A TRACK MEET

Pre-Meet Recommendations

The National Federation Track Officials' Manual and the Iowa Association of Track Officials Recommended Procedures Manual materials should be reviewed prior to recruiting meet volunteers.

Meet Management, the Athletic Director and coaches should compile a list of competent volunteers to recruit.

Competing teams should be notified concerning type of running surface, the type and length of spikes that will be allowed and the approved items (tape, chalk, plastic/rubber markers, etc.) for marking exchange zones for relay races.

Prepare a running events schedule, track markings legend, heat sheets, and uniform requirements information for each of the Check-In Clerk(s), Start Line Clerks, Starter(s), Umpire(s), Head Timer, and Manual Timing Recorder. Best practice is to have several extra copies of the heat sheets/lane assignments. Umpires should also be provided with incident reporting forms and Umpire assignment diagrams.

Information concerning the relay exchange zones must be shared with the appropriate Officials.

Prepare specific information for each field event. This information should include: General Information, Opening and Closing a Field Event Venue, Markers, Check In Procedures, Leaving for Other Events, Preliminaries and Finals, Implements and Grip, Warm Ups, Call ups/Mechanics of Running the Competition, The Trial, Measurements, Breaking Ties, Fouls, Field Event Conclusion, and Disqualifications. (This information is included in the Field Events Composite Information chapter and the specific field event Condensed Instructions included in the Appendix of this manual.) Best practice is to laminate these sheets so they remain usable during inclement weather.

Prepare heat sheets and lane assignment sheets for the head Finish Judge. Best practice is to have several extra copies of the heat sheets/lane assignments.

Maintain blocks and hurdles in good working condition.

Set up easily identifiable restricted areas around each Field Event Venue, the finish area, and around the timing personnel/equipment. These should be clearly marked with rope, banners, fences, etc.

Mark sector lines for throwing events. The sector is 34.92 degrees.

Best Practice is to have all implements weighed and measured at all meets.

Thoroughly work up the sand in the long jump pit. The sand in the pit should be level with the take-off board.

Examine the discus cage to ensure that it meets/exceeds the recommended safety requirements. The throwing sector for the discus and the shot put is 34.92 degrees.

Recommended Equipment - Around the Track

Provide a portable standard with large lap numbers and a bell at the finish line.

It is mandatory to have at least one complete set of blocks. If a crew of block setters is not available to transport the blocks, provide a wheeled rack or wheelbarrow. Best practices is to provide two or three complete sets of blocks, with one complete set at the start/finish area, the 100 Meter/110 Meter start area, and the 200 Meter start area.

It is mandatory to have at least one complete set of hurdles. It is advantageous to have two complete sets of hurdles. Several extra hurdles should be available to replace any that are broken or unusable.

Small cones should be placed on the Breakline when appropriate. On tracks that lack a curb on the inside of lane one, cones should be located around both curves and on the straightaways, on the curb-line. These cones should be placed every 1.5 meters or less.

Communication devices should be provided to the announcer, Clerk, head Finish Judge, Starter, and meet manager.

Provide a portable 15" to 18" Starter's platform for the 100 Meter, 200 Meter, 100 Meter Hurdle, and 110 Meter Hurdle races.

Umpires should be provided with heat sheets/lane assignments, events schedule, track markings legend, Umpire assignment diagrams, and incident report cards, yellow/white signal flags/paddles.

Recommended Equipment - Field Event Venues

Stopwatch.

Device for weighing and measuring implements.

Red and white flags to indicate legal trials and fouls.

Appropriate length and type of measuring tape.

Marker stake attached to the end of the measuring tape (Shot Put, Discus and Long Jump).

Clipboard with laminated sheets containing current rules & mechanics for conducting the event.

Mechanical or lead pencils to record performances.

Brooms, rakes, and shovels as appropriate for each venue.

A large brightly colored cone for each field event to indicate field events are open or closed for competition or warm ups.

Flag rope or other material/rope to indicate the competition area, coaching boxes, competitors' area and spectators' areas.

General/Miscellaneous Meet Recommendations/Logistics

Meet Management should follow IGHSAU and IHSAA guidelines regarding coaches on the infield and around Field Event Venues, especially for State Qualifying Meets. Meet Management will establish their own guidelines for regular season meets.

Meet Management needs to notify the Starter of any special events taking place during the meet. (ex: Senior Night, Special Recognitions, etc.)

Coaches should present physicians' letters to the Starter/Referee prior to the start of competition.

Whenever possible hurdles should be set up **while the previous race is in progress**.

When hurdles are set up during distance races, keep at least the inside 3-4 lanes open.

Hurdle crews should first place hurdles nearest the starting line.

Coaches should not give instructions to relay competitors during the race which conflict with those given by Officials.

All fans, coaches, non-participating competitors, and spectators need to be kept out of the starting areas.

If it is not possible to maintain proper quiet in the starting area, everyone near that area should be moved away.

Whenever possible, utilize the three-turn staggered starts for the Medley Relays and the 4 x 400.

It is recommended that the exchange zone triangle in Lane 1 be multicolored to reflect all of the exchange zone colors at that location.

Plan to have a Coaches Meeting no later than 30 minutes prior to the first event starting. Be sure the Starter is included. Recommended topics to discuss:

Weather concerns (heat/cold/precipitation)

Concerns about the track and markings, **especially exchange zone markings**.

Review uniform rules, especially during cold weather.

Review State Association/Union letters or memos.

Location of Athletic Trainer/medical personnel.

Collect medical notes.

Review timing system instructions: FAT or manual timing, chips, numbers, what runners should do after finishing a race, etc.

Review race schedule. Any special events.

Adaptive/Special Needs competitors: wheelchair, visual/hearing impaired, autistic, use of guides, etc.

Posting/availability of results, i.e. where and when.

Coaches encouraged to review race results before leaving.

Additional concerns and questions.

Required Meet Personnel - General Information

The specific duties of the Meet Personnel are detailed elsewhere in this document.

Starter(s)/Referee(s)

Utilize at least 2 Starters whenever possible.

The Starter/Referee is directly in charge of activities during the meet.

The Starter/Referee's authority begins upon arrival at the meet site and ends 30 minutes after the last event results have been announced or made official.

The Starter/Referee should also:

- Answer questions that are not specifically placed under the jurisdiction of other Officials.

- Be the sole authority to determine if a race shall be rerun, and if so, who is eligible to participate in the rerun and when it should be scheduled.

- Sign the final score sheet and record the time of that signing on the sheet.

Starter shall ensure all competitors receive a fair and equitable start of each race.

Check-In Clerk(s)

Utilize at least 2 Clerks whenever possible.

Check in competitors for events, communicate their heat and lane assignments, and direct the competitors to their appropriate locations on the track.

Have knowledge regarding restructuring heats / reducing unnecessary heats, when feasible.

Should hand out hip numbers.

Start Line Clerk(s)

Place competitors on their appropriate start lines.

Give very specific instructions regarding exchange zone markings.

Inform competitors to return to the finish line after the race to confirm their identity/number for the timers, especially when FAT is not used.

The Clerks should relocate to the respective start lines and have the first heat on the track, with blocks set up, by the time the Starter arrives.

Umpires

Utilize six (6) to twelve (12) Umpires at high school meets. A Lead Umpire needs to be designated.

Umpires should keep themselves stationed around the track for all running events, not just the relays. This is good preventive officiating.

There should be enough Umpires to release the Starter and finish line personnel from exchange zones duties.

Umpires should practice preventative officiating regarding uniform requirements.

Field Event Officials

Each field event should have at least 3 adult Field Event Officials.

An adult Field Event Official needs to open the Field Event Venue prior to warm-ups and close the Field Event Venue upon completion of the event.

Field Event Officials need to be familiar to proficient regarding the rules and mechanics of their event.

Field Event Officials should practice preventive officiating regarding uniform requirements.

Splits Reader(s)

The only people on or inside the track reading splits to competitors shall be designated by meet administration. Except as mentioned below they should be stationed close to the start/finish line.

Split-Reader(s) should not compete with the Lap Counter(s)/Reader(s). They should be separated so the competitors are less likely to be confused.

Lap Counter(s)/Reader(s)

Provide visual and verbal notification of the number of laps remaining.

Lap Counter/Reader shall not compete with Split-Readers. They should be separated so the competitors are less likely to be confused.

Upon direction by the Starter/Referee, ring a bell or fire a shot when the leader starts their final lap.

Best practice to have several lap counters to help keep track of the number of laps remaining for each competitor.

Public Address Announcer(s)

Announcers should have a good knowledge of track and field.

Announcers should communicate in a pleasant clear voice the lane assignments and results of the races.

The Sportsmanship Announcement needs to be read at the start of the meet.

When making announcements, defer to the Starter upon the Starter's signal (whistle) to the finish line personnel that they are ready to start the next race or heat. Avoid making announcements or giving results until after the race has started.

Always record the time of day on the event result sheet after they have announced the results of an event.

Notify spectators concerning adaptive competition in the meet.

Timers

Fully Automatic Timing (FAT)

Meet hosts can operate their own FAT system, have a contractor operate the host's FAT system, or have a contractor set and operate the contractor's system.

When FAT systems are being used, typically the competitors will need to wear numbers of some kind and in certain locations. Talk with the person(s) running the FAT system regarding having competitors wearing numbers, and who is supplying the numbers.

Manual Timers

Recruit at least 2 more Timers than there are lanes on the track.

One of these Timers needs to be designated as the Head Timer. This person should not be actively timing.

Timers should start their timing device upon seeing smoke from the pistol; they should not wait to hear the sound of the pistol.

Finish Judges (a.k.a "Pickers")

Recruit at least 2 more Finish Judges as there are lanes on the track.

One of the Finish Judges needs to be designated Head Finish Judge. This person should not be actively picking any places.

As the competitor finishes the race, they need to go to the competitor to obtain their name and school.

Report this information to the Timing Recorder.

The Head Finish Judge shall view the finish of each race as a whole. Should a place winner be overlooked, the Head Finish Judge may place a competitor in the position in which the Head Finish Judge saw the competitor finish. The Head Finish Judge may make such a decision only if the other Finish Judges cannot determine the matter.

Timing Recorder

Record the time and places of the competitors.

MEET PERSONNEL

SPECIFIC DUTIES AND RESPONSIBILITIES

All meet personnel should wear distinct, similar attire, as specified by Meet Management. This apparel can be caps, jackets, shirts, vests, or other distinctive items. Their presence should be obvious to all competitors and coaches. This encourages all competitors to adhere to the rules. (Preventive officiating.)

All meet personnel should practice preventive officiating by reminding the competitor about the uniform violation. Technically a warning concerning a uniform violation must be administered during competition.

Meet personnel need to be aware of the rule changes in regards to undergarments and headband/devices. Iowa's adaptations have been eliminated and will now follow the NFHS rules.

The finish line area should be kept clear of helpers, competitors, teammates, hurdles, and starting blocks. All meet personnel can and should assist with this task.

Starter/Referee (S/R)

Utilize at least two Starters whenever possible.

The Starter/Referee's authority begins upon arrival at the meet site and concludes 30 minutes after the last-event results have been announced or made official.

Starter/Referee is directly in charge of activities during the meet.

The Starter/Referee should meet with:

- Clerk(s) to review duties and procedures.

- Field Event Officials to review rules and procedures before the meet starts.

- Umpires prior to the start of the meet to review violation criteria, the violation reporting process, relay exchange zones, and the mechanics of officiating the Shuttle Hurdle Relay.

- Head Finish Judge and Lead Timer to review communication procedures.

- Meet Announcer to review proper announcing procedures and give them a copy of the appropriate Sportsmanship Announcement (Co-ed, Boys' or Girls').

Starter/Referee must check the starting blocks to make sure that they are in good working condition.

The Starter/Referee shall answer questions that are not specifically placed under the jurisdiction of other Officials.

The Starter/Referee has the sole authority to determine if a race shall be rerun, who is eligible to participate in the rerun, and when it should be scheduled.

Starter/Referee must sign the final score sheet and record the time of that signing on the sheet.

Clerks of Course

Clerks have the most influence regarding keeping the meet on schedule and running smoothly.

Clerks should meet with Starter prior to the start of the meet to review:

The track marking legend, order of events legend, and heat/lane assignments; with special attention given to the location and color of the starting lines and the exchange zones.

The specific instructions that the Clerk will give all competitors; with special attention given to keeping competitors in groups according to their heats or relay legs when they are sent to their specific destinations.

Procedure for competitors involved in field events and running events at the same time.

Review the criteria for allowable spikes shapes and length.

All scratches should be communicated to the Clerks and Head Timer/FAT Timer prior to the start of the meet, except for injuries.

The Clerks should have knowledge of the proper procedure to restructure heat and lane assignments. This can eliminate unnecessary heats and save time. If heats are re-structured and lane assignments changed, this information must be relayed to the Head Finish Judge, all Clerks, the Starter, Timers, Finish Recorder, and FAT timers prior to running those heats.

The Clerks are responsible for giving all necessary instructions concerning the rules governing the race.

Check In Clerk

The Clerk In Clerk is responsible for recording the name and number of each competitor and will assign each competitor to their proper heat and starting position.

Prior to and during races of less than one lap, competitors should be checked in and placed in the correct heat and lane well behind the starting line.

Should hand out hip numbers.

Starting Line Clerk

The Starting Line Clerk should accompany the competitors to the starting line for all races. The Starting Line Clerk should review the instructions while placing the competitors on the track in their respective positions. This is similar to the duties of an Assistant Starter.

The Starting Line Clerk needs to be at the starting line(s) before each race, confirm lane assignments, and hold each competitor responsible for reporting promptly to the starting line when the race is announced.

Umpires

Responsibilities - Umpires

The primary duty of the Umpire is to detect and report, in writing, without waiting for a protest, all apparent violations of the rules to the Head Umpire.

If an Umpire observes a potential violation, but deems that no violation occurred, a white flag should be displayed to signify that no violation has occurred.

Each Umpire shall have knowledge of the violation reporting procedure.

It is recommended that each Umpire use the Incident Reporting Forms provided by Meet Management.

Umpires should practice preventive officiating regarding uniform requirements.

Umpires need to help keep the finish area clear of extra personnel.

Disqualifications - Umpires

The Referee has the sole authority for ruling on infractions or irregularities which are not covered within the rules. The Referee may seek the advice of the Head Umpire or Field Event Official before making a ruling. The Referee is also authorized to disqualify a competitor who commits an infraction personally observed by the Referee, but not reported by an Umpire.

Only the Starter, Referee, or the Jury of Appeals can disqualify a competitor from competition.

When a competitor is disqualified, the Referee (not an Umpire or other Meet Official) shall notify or cause to be notified, the competitor or the competitor's coach, of the disqualification.

Needed Items - Umpires

The Track Markings Legend.

The Order of Events.

The heat and lane assignments for that meet.

The Umpire Assignment Diagrams with their specific assignments noted.

Flags/paddles of yellow & white.

Pre-Meet - Umpires

One Umpire shall be designated as Head Umpire. The Head Umpire is responsible for gathering written and verbal violation information, then reporting this information to the Starter/Referee.

The Head Umpire shall signal when hurdles are properly set and Umpires are in position.

Umpires need to review the criteria regarding the Shuttle Hurdle Relay Breakline and the starting procedures concerning the 2nd, 3rd and 4th competitors.

It is recommended that as a group, the Umpires review the criteria for running, hurdle, relay, and uniform violations with the Head Umpire and/or the Starter/Referee.

Positioning - Umpires

Umpires should station themselves according to the Umpires Assignment Diagrams, or as assigned by the Head Umpire.

Positions on the outside of the track give better views of the competitors during races, especially on the curves.

Umpires are expected to be in their proper location for all races, not just the relays.

Umpires must remember that they are not spectators; they need to be alert, fair, and impartial for all competitors.

Mechanics - Umpires

Flags/paddles should be held high overhead. Umpires need to be aware of the backgrounds behind their locations that might make it difficult to see the flags/paddles.

The appropriate flag should remain high overhead until the race starts.

A yellow flag/paddle shall be displayed upon observation of a violation.

If a violation occurs, record the specifics of the violation on the Incident Reporting Form.

The Head Umpire, or someone assigned by the Head Umpire, will come to your location to collect the completed form. Umpires need to remain in their area of responsibility.

Umpires need to notify the other Umpires or Head Umpire if/when they need to leave their location for any reason. Vacating their location on the track while races are in progress can lead to situations where the track is not adequately covered.

Relays - Umpires

Set up

Competitors should be given very specific instructions concerning the distinctive mark that denotes the beginning of the exchange zone.

In relay races where the incoming competitor is running 200 meters or less in an assigned lane, the exchange zones are thirty (30) meters.

In relay races where the incoming competitor is running 400 meters or more, the exchange zones are twenty (20) meters, regardless of in lanes or not.

There are no acceleration zones. There are no "International" or "Olympic" starts/zones.

When the exchange will take place entirely within a lane, the exchange must occur within the zone and within the lane.

The outgoing competitor shall be positioned entirely within the assigned lane (when used) and inside the boundaries of the exchange zone while waiting for the incoming competitor.

One Umpire shall be designated to be in charge of each relay exchange zone. That Umpire will display the yellow flag/paddle until all competitors at that zone are ready, then display the white flag/paddle to signify all competitors are ready.

The white flag/paddle should be displayed until the start of the race.

Passing the baton

Each relay competitor will carry the baton, by hand, throughout the race and pass it to the succeeding teammate. The first relay competitor shall start with the baton, and the last relay competitor shall carry the baton until they cross the finish line.

The baton exchange must be completed while the baton is within the exchange zone. The competitors shall not touch the baton simultaneously outside the exchange zone.

The baton shall be handed, not thrown, from the incoming competitor to the outgoing teammate.

Simply dropping the baton is not a foul; the baton may be picked up and the race continued.

If the baton is dropped in the exchange zone, in a legitimate attempt to exchange it, either competitor may retrieve it, even from another lane, provided the competitor does not interfere with any other competitor, and the baton is retrieved within the limits of the original exchange zone extended across the track.

If the baton is dropped outside the exchange zone, it must be retrieved by the competitor who dropped it.

A competitor may leave the track to retrieve a dropped relay baton provided no interference occurs and no advantage is gained.

During relays, Umpires should focus their attention on the baton and the vertical planes of the exchange zone. The baton exchange must take place entirely within the zone; the competitor(s) themselves need not be in the zone at the time of the exchange. Pay attention to control of the baton; touching does not imply control.

After passing the baton, in an assigned lane, the relieved competitor should stay in their lane until all teams have cleared the exchange zone. Then the competitors should clear the track.

After passing the baton, in the common exchange zone, the incoming/relieved competitor should stand still or jog straight ahead and step off the track when clear. Competitors should check that the track is clear before they exit the track.

The baton shall not be thrown following the finishing of any race. Rules specifically prohibit this action and call for disqualification.

All Umpires assigned to an exchange zone should immediately signal whether the exchanges they were assigned to observe were legal or a violation occurred.

Hurdles - Umpires

During hurdle races Umpires should watch for arm throwing by the competitors. If the arm/hand does not interfere, impede, or touch a competitor in an adjacent lane, it is not a foul. Touching may be a foul and should be reported even if observed in lanes other than those assigned.

Watch the position of the trail leg and the top of the hurdle gate. The foot/leg should not drop below the plane of the gate extended.

It is a hurdling infraction if a competitor:

- Does not attempt to clear each hurdle.

- Knocks down, displaces, or touches any hurdle by hand.

- Advances or trails a leg or foot along the side of or below the height of the hurdle gate.

- Runs over a hurdle that is not in the assigned lane.

- Runs around a hurdle.

- Interferes with another competitor.

Shuttle Hurdle Relay - Umpires

There should be a “break line” one meter in front of the starting line.

The outgoing competitor must be positioned behind their starting line.

There must be a discernible pause between the outgoing competitor’s “set” and their “start”, the same discernible pause as the start of all races of 400 meters or less, regardless of the start position/posture they take.

The outgoing competitor cannot “start” until the incoming competitor has broken the plane of the break line with their torso.

A “rolling start” is not allowed in the Shuttle Hurdle Relay.

Breakline - Umpires

One Umpire shall be assigned to the Breakline.

Small cones should be utilized to identify the Breakline for every race that requires the competitors to cut at the Breakline.

When a Breakline is utilized, competitors shall run the entire distance in their assigned lanes to the break line before breaking to the pole position.

The Breakline Umpire should display with a yellow flag/paddle for any violations. A white flag/paddle should be displayed when all competitors made legal cuts.

Lane Violations - Umpires

When a race is run entirely in lanes, competitors are expected to run the entire race in their assigned lanes.

A competitor shall not, when running around a curve, step on or over the inside curb, or on the painted line, for three or more consecutive steps with either foot or both feet.

Competitors who inadvertently run out of their lanes on a straightaway or in the lane to the outside on a curve are not in violation, provided no interference occurs with another competitor.

A competitor is considered to be out of the lane when:

While running around a curve and not interfered with, steps on or over the inside lane line or curb for three or more consecutive steps with either foot or both feet.

On a straightaway, runs into an adjacent lane and interferes with another competitor.

(Impeding a competitor is interfering with a competitor.)

While running around a curve, runs over the outside lane line and interferes with another competitor.

Does not finish the race in the assigned lane, or if while a member of a relay team, does not make the pass in the assigned lane/zone.

Takes one or more steps inside the assigned lane line prior to the break line.

A competitor may leave the track or their lane to retrieve a dropped relay baton provided no interference occurs and no advantage is gained.

In a race involving a curve where lanes are not specified, a competitor may move toward the inside or outside of the track providing they are one full running stride in advance of the competitor whose path is crossed and no interference occurs. It is not a foul if a competitor crosses to the inside or outside if the action does not interfere in any way with another competitor's stride.

Disqualifications - Umpires

The track rules relative to violations, coaching, and interference apply identically to relay and individual competitors.

Interference is any action by a competitor, which unfairly changes the course or natural running rhythm of a competitor during a race. This may include bumping, tripping, or running across the competitor's path.

If a nonparticipating competitor interferes with a competitor during competition, the nonparticipating competitor may be disqualified from the meet. The noncompetitor's teammate(s) also may be disqualified from that event.

It is an unfair act when a competitor receives any assistance from any other person that could improve that competitor's performance. Assistance includes:

Interference with another competitor.

Competitors assisting teammates by pushing them.

Pacing by a teammate or persons not participating in that event.

Competitors joining or grasping hands with each other during a race.

Competitors using an aid during the race.

Communicating with the competitor through the use of a wireless device.

Coaching a competitor from a restricted area.

Unacceptable conduct by a competitor includes, but is not limited to:

Willful failure to follow the directions of a Meet Official.

Using profanity which is not directed at someone.

Any action which could bring discredit to the individual or their school.

Unacceptable conduct shall result in disqualification from the event.

Unsportsmanlike conduct is behavior which is unethical or dishonorable. This applies to all coaches, competitors, and other school/team personnel. It includes, but is not limited to:

Disrespectfully addressing an Official.

Any flagrant behavior, intentional contact, taunting, criticizing an opponent or Official.

Use of profanity directed at someone.

Unsportsmanlike conduct shall result in disqualification from the event and all further competition in the meet.

Competitor Injuries - Umpires

A competitor who is bleeding, has an open wound, or an excessive amount of blood on the uniform may complete the running event or field event trial. The competitor shall not participate further until appropriate treatment has been administered and excessive blood has been removed from the uniform.

Umpires should protect downed competitors, but not touch them; the trainers or medical personnel should attend to these competitors. If an Umpire assists or touches a competitor, that competitor is disqualified.

Best practice is to ask the competitor, "Do you need help"?

If they answer, "Yes", then help the competitor while protecting them from further injuries.

If they answer, "No", then let the competitor do what they can to finish the race/trial, and continue to protect them from further injury without providing assistance.

If they are unable to answer, help the competitor while protecting them from further injuries.

Comments/Questions Directed Towards Umpires - Umpires

If a coach or competitor tries to question an Umpire, refer them to the Head Umpire or Referee. Only the Referee may give permission for a coach to discuss the situation with an Umpire. If permission is granted, the coach will be escorted to and from the Umpire's position by the Referee or Meet Management. The Umpire should not leave their area of responsibility.

Umpires should use extreme caution when media members are present. Media members are often overly curious about disqualifications. When a call has been made and reported, the Umpire's obligation is complete. Do not discuss the decision or the incident with anyone other than the Head Umpire, Referee, or Jury of Appeals. Media members should be directed to the Referee or Jury of Appeals.

Field Event Officials

Additional Field Event information is located in the chapter on Field Events.

Each field event should have at least 3 adult Field Event Officials. One person needs to be designated as Head Field Event Judge.

An adult Field Event Official should open the Field Event Venue prior to warm-ups and close the venue upon completion of the event.

Each Field Event Venue should be provided:

Instructions containing current information about the rules for that event, uniform requirements, and other pertinent information for that particular event. These Instruction Sheets can be found in the Field Events chapter and the Field Event Condensed Instructions.

Best practices are to have the instructions sheets laminated.

A stopwatch.

Red & white flags/paddles to indicate successful trials or fouls.

Device for weighing implements.

Appropriate length and type of measuring tape, preferably with a marker stake attached. (Shot Put, Discus and Long Jump).

Several mechanical or lead pencils to record performances on the Event Recording Sheet.

Brooms, rakes, and shovels as appropriate for the Venue.

A large cone to indicate the Field Event Venue is open or closed for competition or warm ups.

Flag rope to indicate the competition area and to keep competitors, coaches and spectators behind flag rope for safety reasons.

Make sure the sand in the pit is level with the takeoff board.

Illegal implements, including indoor implements, cannot be used during outdoor warm ups and competition.

Coaches and coaching are not allowed in restricted areas; coaching can only be done in unrestricted areas.

Each competitor has a time limit to complete their trial. These time limits can be found in the Field Events chapter. With 15 seconds remaining, a visual or verbal signal can be given to the competitor.

Field Event Officials should use flags to indicate a legal trial (white flag) or a foul (red flag.)

The Field Event Official should not yell "Mark", "Fair", or "Foul" after a trial.

Any formal uniform warning issued by a Field Event Official must be immediately reported to the Starter/Referee, preferably using the Incident Reporting Form provided by meet management. The information should also be recorded on the Event Recording Sheet.

Splits Reader(s)

The only people inside/on the track reading splits to the competitors should be those designated by meet management. Except as mentioned below they should be stationed close to the finish line, including during the 1500 Meter and 3000 Meter runs

Split Readers shall not compete with Lap Readers. They should be separated so the competitors have an opportunity to process the information. (An alternative to a Split Reader is to provide a running digital clock visible to the competitors. The clock should be located just beyond the start/finish line, so the competitors can see their time as they are crossing the line.

Public Address Announcer(s)

Should have a good knowledge of track and field and communicate in a pleasant voice the lane assignments and results of the races.

The announcer should defer to the Starter upon the Starter's signal to the finish line personnel that they are ready to start the next race or heat.

The announcer should always record the time of day on the event result sheet after they have given the final results of an event.

The announcer should notify spectators concerning adaptive competitors in track and cross country events.

Timers

Manual Timing General Information

Prior to the start of the meet the Head Timer and Head Finish Judge should review finish line procedures with Timers and Finish Judges

Manual Timers

One person shall be designated as the Head Timer.

The Head Timer should meet with the Starter/Referee prior to the meet to discuss communication procedures.

Prior to the start of the meet the Head Timer should review with all Timers:

The proper procedure for starting, stopping and clearing a stopwatch.

The proper procedure for when to clear, and when to not clear, stopwatches.

Timers and Finish Judges should be moved off the track at least 8-10 feet and in position to properly observe the Start and the Finish.

The official time of a race begins with the firing of a pistol, which provides smoke or the visible flash from an electronic device. Upon sighting the smoke or flash, the timers should start their watches. Timers should not wait to hear the sound of the pistol.

Competitors officially "finish" a race when any part of their torso, as distinguished from head, neck, legs, feet or hands, reaches the first edge of the finish line. When a competitor reaches this first edge of the finish line, the timers responsible for that competitor should stop their watches.

Immediately after the finish of the race, Timers shall present their watches to the Recorder, who will record the official time.

Timers should not give competitors their times. This slows down the process of recording the results of each race, which in turn slows down the entire meet.

Timers should not clear/reset their watches until instructed by the Head Timer.

Upon the completion of recording the results of each race by the Recorder, the Head Timer shall verbally instruct all Timers to clear their watches.

Order of finish cards should be provided for the Recorder.

It is recommended that this information be taped to the back of the Head Timer's clipboard and also be distributed to all Timers.

Recording Times

It is recommended that there be at least 2 Timers for each place, preferably 3 Timers for first place. If it is not possible to recruit this many Timers, provide 2 Timers for first place and one timer for each of the other places.

If 2 watches agree and the third watch disagrees, the time indicated by the two is considered the official time.

If all 3 of the watches disagree, the time indicated by the watch showing the middle time is official.

When only 2 matches record a time, the slower time shall be recorded.

Electric or digital timers which measure one one-hundredth of a second must be used. With timers that measure one one-thousandth of a second, simply drop the one-thousandth reading. (Example: 22.347 will be recorded as 22.34.)

Finish Judges (Pickers)

One person shall be designated as the Head Finish Judge.

The Head Finish Judge should review the following information with all Finish Judges prior to the start of the meet.

The Head Finish Judge shall designate the places to be picked by the Finish Judges.

Timers and Finish Judges should be moved off the track at least 8-10 feet and in position to observe the Start and the Finish.

Competitors officially "finish" a race when any part of their bodies, i.e., "torso" as distinguished from head, neck, legs, feet or hands, reaches the first edge of the finish line. Finish Judges shall make their selections based on these criteria.

The Head Finish Judge shall view the finish of each race as a whole. Should a place winner be overlooked, the Head Finish Judge may place a competitor in the position in which the Head Finish Judge saw the competitor finish. The Head Finish Judge may make such a decision only if the other Finish Judges cannot determine the matter.

Best practice is for the Finish Judges to watch the competitors until they are within 10-15 meters from the finish line. The Finish Judges should then focus on the finish line.

At the conclusion of each race, the Head Finish Judge shall certify the order in which the competitors finish.

The decision of the Finish Judge shall be final and without appeal, except for possible action taken by the Head Finish Judge, Referee, or the Jury of Appeals.

Fully Automatic Timing (FAT)

The finish line area should be kept clear of helpers, competitors, teammates, hurdles and starting blocks. The finish line proper, must remain vacant while competitors are finishing. All meet personnel should assist with this task.

When Fully Automatic Timing (FAT) equipment is used, the time shall be recorded in one one-hundredths of a second. In determining qualifiers for a subsequent round, timing to one thousandth of a second may be used.

Meets that use a single FAT system as the primary source of timing, a back-up manual timing system must be used. This is mandatory at State Qualifying Meets in Iowa.

If FAT & manual times are integrated, the hand-held times must first be rounded up to the next tenth of a second. Then a conversion factor of .24 must be added (i.e., MT + .24 = FAT).

FIELD EVENTS - COMPOSITE INFORMATION

General Information

It is helpful for the Field Event Officials to receive copies of the rules and mechanics for their respective field events a few days before the meet to give them an opportunity to review the information in depth prior to the meet.

The Starter/Referee should arrive on site early enough to review this material with the Head Field Event Judge for each field event.

As specified by the IHSAA and the IGHSAA, all Iowa high school meets should schedule the girls Shot Put and High Jump first followed by the Discus and Long Jump. The boys will have the Discus and Long Jump first followed by the Shot Put and High Jump. This is the required schedule at all of the State Qualifying Meets.

The National Federation allows for the use of Coaching Boxes, if approved by the Games Committee.

A record will be recognized for each competitor when 2 or more competitors tie at the record distance/height even though the points and places in the event are determined by the method of breaking ties. A record is valid whether made in the preliminaries or the finals.

Competitors are not allowed to use electronic equipment during competition in the restricted areas of competition. However, they are allowed to view videos, recordings, and pictures of their performances between trials if done only in non-restricted areas.

A competitor who is bleeding, has an open wound, or an excessive amount of blood on their uniform may finish the field event trial. The competitor shall not participate further until appropriate treatment has been administered and excess blood has been removed from the uniform.

There are additions and modifications for Field Events for Adaptive Competition. These can be found in the Adaptive Competition chapter.

Opening and Closing a Field Event Venue

Meet Management is encouraged to use large brightly-colored cones to designate that a Field Event Venue is closed for warm-up and/or competition. These large cones should be placed:

In the shot put circle.

In the discus circle.

On the long jump take-off board.

In front, or on top, of the high jump pad.

When a cone is placed in those positions it indicates that the Field Event Venue is closed.

Only a Field Event Official is allowed to open the Field Event Venue and remove the cone.

At the conclusion of the event, the cone should be replaced by a Field Event Official to indicate that the Field Event Venue is closed.

Markers

The Games Committee should specify the marking materials, if any, that may be used, as well as the number of marks and location of the individual marks. Normally, two marks are allowed per competitor. Use of tennis ball halves is discouraged; tennis ball halves are not allowed at State Qualifying Meets nor the State Meet.

Markers may be placed by the competitor alongside the long jump runway, but not on it.

Markers may be placed by the competitor on the high jump approach apron, as long as the marks do not interfere with other competitors.

The long jump rectangular takeoff area or board should be a minimum of 8 inches wide and can be up to 24 inches wide. The sand/material in the landing pit should be smooth and level with the takeoff board.

The throwing sector for the shot put and discus is 34.92 degrees.

Meet Management may place reference marks for records or qualifying marks adjacent to, but not in, the sectors or landing pit.

Check In Procedures

Each competitor is responsible for knowing the time schedule.

A field event begins at a time designated by the Games Committee.

Competitors must report promptly to the Field Event Official at the Field Event Venue when the field event is announced.

Competitors officially become competitors when they personally report to the Field Event Official at the Field Event Venue. Coaches, teammates, team managers, parents, etc. are not allowed to check into the field event for the competitor.

Competitors who fail to report to the Field Event Official prior to the competition starting are not allowed to participate in that field event.

A field event concludes, and is considered official, when the places have been determined and the results have been recorded by the Field Event Official.

Leaving For Other Events

The time limit for competitors excused to compete in another event shall be determined by the Games Committee. General practice is that competitors must return within 15 minutes.

This time will begin when the athlete has excused themselves from the competition venue and will end at the time designated by the Games Committee. If an athlete misses a turn during their excused time they are allowed to take that jump upon their return. If, after allotted time, they are called up and if they do not initiate a trial that ends in completion it shall be recorded as a foul. Just as if they are there after their time has elapsed. Best practice is to allow that competitor to take their turns before they have to leave. Successive and out of order jumps are allowed in both prelims and finals.

Competitors should not be excused to warm up for another event. They need to remain in the Field Event Venue area until being excused to compete in the other event.

The competitor must tell the Field Event Official when actually leaving and when returning to the Field Event Venue for the other event.

Always record the time when an approved competitor leaves the Field Event Venue to compete in another event and the time when the competitor returns.

For the high jump, if a competitor does not communicate with the Field Event Official and is not present, the competition will continue and the competitor's trials are recorded as a pass.

When time limits have been met, the bar will be raised to the next level. Upon their return, the excused competitors must make their next trial at whatever height the bar is currently set.

Under no circumstance should the high jump bar be lowered to accommodate competitors who have been excused for other events. It is unfair for other competitors to wait unreasonably long periods of time for excused competitors to return.

The only time the high jump bar may be lowered is for a jump-off to break a tie concerning only first place, and only after the 2 tie-breakers have been applied.

Preliminaries and Finals

Flights, Preliminaries, and Finals do not occur in the high jump.

Whenever there are more than 14 entries in the long jump, shot put, or discus, Meet Management should divide the competitors into flights. This allows the competitors to complete trials in a timely fashion, without having to warm-up prior to each trial.

The ending time for preliminaries in a field event will be set by the Games Committee. Any competitor who does not complete all preliminary trials within the time specified forfeits their remaining preliminary trials.

To qualify is to earn the right to participate in finals.

To be eligible to participate in the finals, a competitor must have had at least one legal trial in the preliminaries.

One or more competitors than there are scoring places should qualify for the finals. All competitors tying for the last qualifying position shall advance to the finals (there may be more than 9 competitors in the finals).

The order of competition in the finals shall be the reverse of the best performances in the preliminaries; i.e. the competitor having the best preliminary performance will be last in order.

If a competitor has been excused during the finals for another event, the leader after the preliminaries has the right to wait until the excused competitor returns and completes their trial(s) to make the final jump of the competition if they choose.

If a qualifying competitor withdraws from competition during the finals, no substitute may replace the withdrawn competitor.

Implement Regulations and Grips - Shot Put and Discus

It is recommended that all implements be weighed and measured at every meet.

The boys' shot must weigh at least 5.443 kg (12 lbs.), have a circumference of 30.91 cm - 36.91 cm (12 $\frac{1}{8}$ in - 14 $\frac{1}{2}$ in), and be essentially smooth and round throughout.

The girls' shot must weigh at least 4.0 kg (8.818 lbs.), have a circumference of 29.84 cm - 34.56 cm (11 $\frac{3}{4}$ in - 13 $\frac{3}{8}$ in), and be essentially smooth and round throughout.

The boys' discus must weigh at least 1.6 kg (3.527 lbs.), have an overall diameter of 209 mm - 211 mm (8.228 in - 8.307 in), center thickness of 40 mm - 42 mm (1.575 in - 1.654 in), and be essentially smooth throughout.

The girls' discus must weigh at least 1.0 kg (2.205 lbs.), have an overall diameter of 180 mm - 182 mm (7.087 in - 7.165 in), center thickness of 37 mm - 39 mm (1.457 in - 1.535 in), and be essentially smooth throughout.

Use of an illegal implement, including indoor shot puts when outdoors, in competition or warm-ups, disqualifies the competitor from the event.

Competitors are permitted to use chalk, rosin, an adhesive, or similar substance on their hands during competition.

Tape may be used on the fingers, hand, and wrist, provided that no two fingers are taped together; fingers must be able to move independently.

Gloves are not permitted.

A competitor may wear a support belt made of leather or other suitable material.

Warm Ups

Competitors are prohibited by rule from warming up at a Field Event Venue until it is declared open by a Field Event Official.

While warming up competitors must be supervised by their coach or an adult Field Event Official assigned to that Field Event Venue.

Use of an illegal implement, including using indoor shot puts when outdoors, in competition or warm-ups disqualifies the competitor from the event.

Competitors may not run from the long jump pit back up the runway.

A bungee cord, manufactured for use in the high jump and for the standards in use, may be used during warm-ups, as approved by the Games Committee.

A competitor who has not entered the high jump competition within 60 minutes from the first jump of the competition shall be allowed 1 ½ minutes of warmup without the use of a crossbar or bungee cord under the supervision of an Official. This will take place only at the beginning of a height change. If more than one athlete is entering at the same time, each athlete is allowed 1 ½ minutes. This time is not aggregated for the group. The competitor must make a minimum of one attempt at this height.

Once competition has begun, competitors are not allowed to use the venue for practice purposes associated with the competition.

First occurrence: Warning.

Second occurrence: Disqualification from the event.

Third occurrence: Disqualification from the meet.

Mechanics of Running the Competition

A trial is an attempt; an attempt is a trial. Each competitor is allowed a specified number of trials, as determined by the Games Committee.

The order in which competitors take their first trials shall be determined by lot or by the Games Committee.

The Field Event Official may change the order of competition to accommodate those who may have been excused to participate in other events. Competitors may be allowed to take more than one trial in succession under these circumstances. They may also be allowed to take preliminary trials and finals trials in succession.

In the Throws and Long jump it is best practice to have athletes take their trials before leaving for another event.

Under no circumstance should the high jump bar be lowered to accommodate competitors who have been excused for other events.

Call Ups

Competitors should not be called for a trial until the crossbar has been set, landing pit made smooth/rakes removed, and measurement personnel are clear of the area.

When the Field Event Official is calling up the competitors, the proper sequence of commands is: "<1ST NAME> IS NEXT; <2ND NAME> IS ON DECK; AND <3RD NAME> IS ON HOLD, (short pause) <1ST NAME> YOU'RE UP". This final call-up should be accompanied with a hand signal toward the competitor to ensure that the Official, the competitor, and the Official operating the clock, are all coordinated.

The clock for the time limit starts when the first competitor's name is called "UP".

With 15 seconds remaining, a visual or verbal signal may be given to the competitor.

The Trial

Shot Put and Discus

A competitor may enter the circle from anywhere, front or back of the circle.

A competitor may carry a towel or other object into the circle, and then throw the towel/object out of the circle prior to beginning their trial.

A competitor may enter the circle, interrupt a trial, exit the circle, then reenter the circle prior to initiating another trial as long as they have not started their motion. Once they start their motion (glide/spin) they must stay in the circle until completion of the throw.

The competitor must have a discernible pause after re-entering the circle. This is not a foul, provided the competitor initiates a trial that is carried to completion within the time allowed.

Competitors have one (1) minute from the time their name is called to initiate their trial. A competitor making consecutive trials has two (2) minutes.

Competitors are required to remain in the circle until their implement lands. If the competitor leaves the circle prior to the implement landing, that trial is considered a foul.

Competitors must leave by the back half of the circle after the implement has landed. The competitor does not need to be "in control" when leaving the back of the circle. If the competitor leaves by the front half of the circle, that trial is considered a foul.

Long Jump

Make sure the sand in the pit is level with the takeoff board for each competitor.

Competitors have one (1) minute from the time their name is called to initiate their trial. A competitor making consecutive trials has two (2) minutes.

High Jump

Number of Trials

Each high jump competitor is allowed a maximum of three trials at any one height. The competitor may use all three trials or elect to Pass at any of them. Unless the competitor has had three unsuccessful trials at a given height, the competitor may elect to pass a height and take the remaining trial or trials at a subsequent height.

A competitor is eliminated from the competition when they have had three consecutive unsuccessful trials, regardless of the height or heights at which the unsuccessful trials were attempted.

All previous foul trials are disregarded whenever the competitor completes a legal trial.

Pass

A Pass can be used to forgo a trial or a height. The competitor must communicate the Pass declaration to the Field Event Official before the competitor is called up and the trial clock is started.

A competitor, who has passed at least three consecutive heights after the competition has begun, may be permitted one warm-up jump without the crossbar in place. Such a warm-up must be taken at a height change.

The competitor will enter the competition at that height.

Time Limits

A competitor is allowed one (1) minute, after being called, to initiate a trial that is carried to completion.

When a competitor first enters the competition, either at the starting height or after using a Pass, regardless of the total number of competitors remaining in the competition, the competitor is allowed one (1) minute, after being called, to initiate a trial that is carried to completion.

A competitor who has not entered the high jump competition within 60 minutes from the first jump of the competition shall be allowed 1 ½ minutes of warmup without the use of a crossbar or bungee cord under the supervision of an Official. This will take place only at the beginning of a height change. If more than one athlete is entering at the same time, each athlete is allowed 1 ½ minutes. This time is not aggregated for the group. The competitor must make a minimum of one attempt at this height.

For a competitor attempting consecutive trials within a height or at a height change, two (2) minutes is allowed.

When three or fewer competitors remain in the competition, the competitors are allowed three (3) minutes to initiate a trial.

When only one competitor remains, they are allowed five (5) minutes to initiate a trial.

Completing a High Jump Trial

A competitor may attempt to clear the bar in any manner, provided the takeoff is from one foot and no weights or artificial aids are used.

All of the competitor's body must go over the bar.

A displaced or jostled crossbar should be placed back on the standards in the exact same position before the next trial; the same side of the cross bar must be down/up/towards competitors/toward the mat for all trials for all competitors. Best practice is to mark one face of the crossbar for identification.

Measurements

The Field Event Official is responsible for the judging and measuring of each legal trial.

It is recommended that Field Event Officials use flags to indicate a legal or foul trial.

A white flag should be raised to indicate a legal trial.

A red flag should be raised to indicate a foul.

Field Event Officials should not yell "Mark" or "Foul" after a trial.

Measurements must be made with a non-stretchable tape or certified measurement device.

When pulling tape, make sure the zero mark is identified.

The Field Event Officials should hold the tape in such a way that the readings are made at the circle, take-off board, or at the lowest point on the upper side of the cross bar.

Each legal throw/jump shall be measured from the nearest edge of the first mark made by the implement or competitor, to the inside edge of the stopboard, circle, or take-off board (or extension) nearest such mark.

Shot Put, measure to the nearest lesser one-quarter ($\frac{1}{4}$) inch.

Discus, measure to the nearest lesser one (1) inch.

Long Jump, measure to the nearest lesser one-quarter ($\frac{1}{4}$) inch.

High Jump, measure to the lesser one-quarter ($\frac{1}{4}$) inch.

Breaking Ties

Shot Put, Discus, Long Jump

When there is a tie in the final standings of the shot put, discus, and long jump, places and points shall be awarded as follows:

First tie-breaker: the higher place is awarded to the tying competitor whose second-best performance is better from either the preliminaries or the finals.

Second tie-breaker: The higher place is awarded to the tying competitor whose second-best performance is better from either the preliminaries or the finals.

These tie-breakers continue until one competitor's performance is better than the other.

High Jump

First tiebreaker: The competitor with the fewest number of trials for the height at which the tie occurs, i.e., the last height successfully cleared, shall be awarded the higher place.

Second tiebreaker: If the tie remains, the competitor with the fewest total number of unsuccessful trials throughout the competition, up to and including the height last cleared, shall be awarded the higher place. Passed trials do not count as misses.

If the tie remains after applying the 2 tiebreakers, and the tie does NOT concern first place, the competitors shall be awarded the same place and points divided.

If the tie remains after applying the 2 tiebreakers, and the tie concerns first place, a jump-off will commence; jump-offs only occur for a tie for first place and neither of the tie-breakers determine a winner.

During the jump-off, each competitor is allowed only one trial at each height until a winner is determined. No Passes are permitted in jump-offs.

The jump-off shall commence at the next height down in the original progression, after the tying height.

If no competitor clears the lower height, the bar is lowered by one (1) inch increments until a successful trial is made by at least one competitor.

If 2 or more of the tying contestants clear the lower height, the bar is raised by intervals of one (1) inch until a competitor has a successful trial and the other competitors in the jump-off are unsuccessful.

All bar movements during a Jump Off are in one (1) inch increments

A competitor withdrawing from a jump-off concedes the higher place but retains their performance in the event.

A competitor is credited with their best achievement, regardless if it occurs in regular competition or a jump-off.

Fouls

A red flag should be raised to indicate a foul.

A foul trial is counted as a trial but is not measured.

It is considered a foul if the competitor fails to initiate a trial that is carried to completion within the prescribed time limits.

Shot Put and Discus Fouls

After entering the circle, the competitor fails to pause before starting their trial.

After stepping into the circle and until they leave the circle, touches the ground outside the circle (including the painted lines of the circle) or the top or sides of the stopboard/band.

This does not include the inner face of the stopboard or the band, if one is used.

Allows the shot to drop behind or below the shoulder during the put trial.

The implement does not fall within the sector lines. (The lines themselves are out of bounds.)

Leaves the circle before the implement has landed.

Does not exit the back half of the circle.

Uses a cartwheel technique of shot putting.

Long Jump Fouls

Allows their shoe to extend over the scratch line or make a mark in front of it on the takeoff.

Runs across the scratch line, or the scratch line extended.

Does not keep their head in the superior position, i.e., no somersaults.

In the process of landing or leaving the pit, they touch the ground or apron outside the landing pit nearer to the foul line than the nearest mark made in the landing pit.

High Jump Fouls

Displaces the crossbar in an attempt to clear it.

Touches the ground or landing area beyond the plane of the crossbar, or the crossbar extended, without clearing the bar. Inadvertent kick of the high jump mat is not a foul unless the competitor uses the pit to assist with the jump or is done on a regular basis.

After clearing the bar, contacts the upright and displaces the crossbar or steadies the bar.

Fails (total body) to go over the bar.

Uses weights or artificial aids.

Takes off from two feet.

Results

To place in a field event a competitor must have had at least one legal trial.

Competitors shall be credited with their best performance regardless of whether this occurs in the preliminaries, finals, or a jump off.

The Field Event Official must sign the event sheet, indicating all the place winners.

Field Event Conclusion

At the conclusion of the field event:

No further practice is allowed; implements must be removed from the area.

The Field Event Venue is closed by a Field Event Official by placing a large brightly-colored cone in the circle, on the take off board, or in between the high jump standards.

Disqualifications

Unacceptable Conduct

Willful failure to follow the directions of a Meet Official.

Using profanity which is not directed at someone or any action which could bring discredit to the individual or their school.

Using an indoor implement during outdoor competition. (Disqualification from the field event).

Unacceptable conduct shall result in disqualification from the event.

Unsportsmanlike Conduct

Behavior that is unethical or dishonorable.

This applies to all coaches, all competitors, and all school/team personnel.

It includes, but is not limited to:

- Disrespectfully addressing an Official.

- Any flagrant behavior, intentional contact, taunting, criticizing an opponent or an Official.

- The use of profanity which is directed at someone.

Unsportsmanlike conduct shall result in disqualification from the event and further competition in the meet.

Situations where a disqualification is obvious, and in the absence of the Head Field Event Judge or a Field Events Referee

Notify the competitor of their disqualification and the reason for it.

Make note of the disqualification and the specific reason for it on the result sheet. Best practice is to use the Incident Report Form.

Immediately notify the Referee to verify the disqualification. The Referee will in turn discuss the disqualification with the competitor's coach.

In situations where the disqualification is not obvious, immediately notify the Referee.

The Referee will make the determination if a disqualification is justified.

Whenever possible a Field Event Judge should remain at the Field Event Venue and continue the competition.

RECOMMENDED PROCEDURES FOR ADAPTIVE COMPETITION

The Adaptive Competition Division track and field program is designed to allow individuals who require unique adaptations for participation in athletic activities the opportunity to become involved in interscholastic sports.

There are specific responsibilities for governing organizations, the competitor, the competitor's family, the competitor's school and the school hosting Adaptive Competition.

There are specific equipment requirements concerning the size, shape, and dimension of the wheelchair and attachments.

Adaptive Competition specific responsibilities and requirements are on the IHSA and the IGSAU websites.

Records and Recognition

It is strongly recommended that any competitor who participates in Adaptive Interscholastic Sports be rewarded equally with the other competitors. This includes, but not be limited to: Ribbons, medals, etc. awarded at the meets in which the competitor participates and places in the final standings.

The opportunity to earn a school letter by meeting the individual school standards which are set for all competitors at that school.

Records should be kept and updated for each event in which Adaptive competitors compete.

Adaptive Competition Events

Girls and Boys competition is contested in the 100 Meter, 200 Meter, 400 Meter, and 800 Meter races, and shot put.

At each meet during the season a competitor may compete in a maximum of four (4) events.

With the exception of the state meet, no team points will be awarded for competition.

Competitors will compete in their own division throughout the season.

Wheelchair - Track Events - Rules of Competition

Propulsion and direct steering of the wheelchair shall be made by the hands and arms only.

No gears, levers, chains, or other mechanical devices may be used in propelling the wheelchair.

All individuals who engage in or encourage unsafe or unsportsmanlike conduct are subject to disqualification by the race Official.

When lanes are not involved, a competitor attempting to overtake another competitor or change lanes must ensure that they have full clearance of all competitors before changing position.

The front axle of the wheelchair must be completely behind the vertical plane of the starting line.

At the finish line competitors shall be placed in the order in which the outside point of the front axle breaks the vertical plane at the finish line.

Assistance

Once the competitor is positioned in their chair and on the track, they will not be allowed to receive coaching or tactical assistance from their coach.

In the event of a mechanical failure or other unsafe situation the competitor may summon assistance of an attendant. The attendant may be any person designated as such by the competitor's school.

If an accident should occur during a race, a competitor may be assisted back into their chair by the attendant or a bystander in order to continue.

The competitor may not receive a push or other assistance during the race, except as specifically noted.

Lanes

In laned races, each competitor shall keep the front wheel of the chair in the assigned lane from start to finish.

In laned races around a turn, each competitor shall keep the front wheel of the chair in the assigned lane from start to finish.

The rear wheels must remain to the outside of the inside line.

The rear wheels may drift out of the outside line as long as there is no interference with another competitor.

On straightaways, if either of a competitor's wheels drift outside their lane, with no advantage being gained and no other competitor is interfered/obstructed, the competitor will not be disqualified.

Finish

Competitors shall be placed at the finish line in the order in which the outside point of the front axle breaks the vertical plane at the finish line.

Disqualifications

If another competitor is obstructed or interfered with, then the competitor causing the obstruction or interference will be disqualified.

If a competitor is pushed or forced by another person to wheel outside their lane, the competitor that is pushed or forced will not be disqualified.

If the front wheel leaves the lane, the competitor shall be disqualified.

If any part of the chair drifts over the inside edge of the lane, the competitor shall be disqualified.

If, during a race, there is an infringement of the rules, the Umpire or other race Official shall notify the Referee of the infringement. (Only the Referee can disqualify.)

Wheelchair - Field Events (Shot Put) - Rules of Competition

The field event chair must be stationary during the competition.

No part of the chair may rest on top of the stopboard.

Only the footrests or the push rim may be outside the vertical plane of the inner circumference of the circle.

The competitor, or their chair, shall not touch the ground outside the ring once the trial has begun. The feet may be in contact with the ground within the circle.

If tie downs are used to secure the chair, competitors may not use these same tie downs to assist in stabilizing any part of the body. If any part of the competitor's body comes in contact with the tie downs used to stabilize the chair during a trial it will be considered a fault and will not be considered in the results of the competition.

If wheelchair tie downs are not used, a competitor may have a qualified individual hold the chair and/or use the wheelchair brakes to prevent excessive movement.

The competitor is required to sit on the seat of the chair during the preliminary movements and delivery of the implement. At least one part of either the competitor's upper legs or buttocks must remain in contact with the chair until the implement is released.

In order to allow the judges better visibility, competitors should not wear baggy or loose fitting clothing which may hide any infringement of this rule.

Adaptive competitors' implements are subjected to the same requirements as non-Adaptive competitors' implements. Boys' implements are 6 pounds. Girls' implements are 4 kg .

Competitors are permitted to use chalk, an adhesive, rosin, or similar substance on their hands during competition.

Tape may be used on the fingers, hand, and wrist, provided that no two fingers are taped together; fingers must be able to move independently.

Gloves are not permitted.

A competitor may wear a support belt made of leather or other suitable material.

If the number of competitors in an event is six or less the competitors will be allowed to take all preliminary and final throws consecutively.

If there are seven or more competitors in an event each competitor will have three preliminary trials. Three finals trials will then be completed by the nine highest qualifying competitors (plus ties) in the reverse order of qualifying.

The shot shall be put from the shoulder with one hand only.

At the time the competitor commences to put, the shot shall touch or be in close proximity to the chin and the hand shall not be dropped below this position during the action of putting.

The shot must not be brought behind the line of the shoulders.

From start to finish, the movement must be one continuous action.

If, in the opinion of the Field Event Official, there is an infringement of the rules during a trial, that trial will be considered a foul and will not be considered in the results of competition.

After the infringement has occurred and the foul is recorded, the Field Event Official may inform the competitor of the nature of the infringement so that the competitor may make corrections before the next trial.

A competitor may leave the circle from any part of the circle, including the front half, without penalty.

Wheelchair - Cross Country - Rules of Competition

The Start

Wheelchair competitors compete in the same races as other competitors.

The front axle of the wheelchair must be completely behind the vertical plane of the starting line.

Finish

At the finish line competitors shall be placed in the order in which the outside point of the front axle breaks the vertical plane at the finish line.

Competitors place at the finish line in the order in which the outside point of the front axle breaks the vertical plane at the finish line.

Assistance

Once the competitor is positioned in their chair and on the course, they are not allowed to receive coaching or tactical assistance from their coach.

In the event of a mechanical failure or other unsafe situation the competitor may summon assistance from an attendant. The attendant may be any person designated as such by the competitor's school.

If an accident should occur during a race, a competitor may be assisted back into their chair by the attendant or a bystander in order to continue.

The competitor may not receive a push or other assistance during the race, except as specifically noted.

Disqualifications

If a competitor is obstructed or interfered with, then the competitor causing the obstruction or interference will be disqualified.

If, during a race, there is an infringement of the rules the race Official shall notify the Referee of the infringement. (Only the Referee can disqualify)

All individuals who engage in or encourage unsafe, or unsportsmanlike, conduct are subject to disqualification by the Referee.

RECOMMENDATIONS FOR HOSTING A CROSS COUNTRY MEET

General Information

The host Athletic Director and coaches should compile a list of competent volunteers to recruit.

Volunteers should be strategically stationed around the course to guide the competitors at turns/intersections. There also needs to be volunteers in the chute to assist competitors through the chute, getting places, and getting times (as needed).

Course maps should be made easy to read/interpret and readily available to competitors, coaches, volunteers, Officials, and spectators.

Starting boxes need to be randomly assigned.

Developing the meet schedule:

High school & middle school/junior high competitors should not be in the same races.

Girls and boys should run in separate races.

Races may be divided into various combinations:

Separate varsity, junior varsity, and sub-junior varsity races.

All boys together, all girls together.

Combinations of the above or each level and gender separately.

Different classes can also be run separately or together.

There should be a minimum of 25 minutes between races, preferably at least 30 minutes.

Prior to the day of the meet, competing teams should be provided with: race schedule, type of running surface, course maps, starting box assignments, location of packet pickup, directions to the course site, parking locations, type and length of spikes that will be allowed, the approved locations for team camps, and awards presentation/pickup.

Team Packets

Prepare a packet for each team that includes: schedule of races, general/important information, course maps/information, starting boxes assignments, timing numbers (if used), safety pins for timing numbers (if used), location(s) of results, and awards presentation/pickup.

Upon arrival a coach or representative should pick up their team's packet.

Coaches Meeting

A coaches meeting should be held at a designated time on the meet schedule, no later than 30 minutes before the first race. This should include the Meet Director, Clerk, Starter/Referee, and a representative from each team participating.

Recommended topics include: Concerns about the start area, course, and finish area. Weather concerns. Collect medical notes. Review uniform rules, especially during cold weather. Review timing system instructions. Starting box assignments. Location of Athletic Trainer/medical personnel.. If Varsity and JV are run together, are the JV runners identified prior to the race, and how are they marked. Adaptive/Special Needs competitors, Lead vehicle and trail vehicle information. Water for competitors, who is providing, if any. Posting of results, i.e. where and when. Location and time of awards ceremony. Review State Association/Union letters or memos. Additional concerns and questions.

Setting Up a Cross Country Course

The Start Area

A minimum 2 inch wide starting line painted at the beginning of a lengthy straightaway, wide enough to accommodate all teams.

Starting Boxes should be at least 6 feet wide, with painted dividing lines.

All team starting boxes should be clearly numbered.

At least one lead vehicle and at least one trail vehicle, preferably 2, should be used during the meet.

The drivers of these vehicles need to have course maps and be very familiar with the course.

The lead vehicle should stay 40-50 feet ahead of the lead runner.

The trail vehicle(s) should stay 30-40 feet behind the final competitor. Trail carts should pick up injured competitor to take them to the Finish Line area.

The Race Course

The race course should be marked with painted boundary lines on each side of the race course, with the narrowest place on the course never being less than three feet wide. The use of boundary lines on both sides of the race course aids competitors to correctly follow the race course, and helps keep fans and non-competitors off the course.

Alternatively, a single, wide line (4") may be painted down the middle of the course.

Remove ground obstructions (large rocks, walnuts, branches, leaves, pinecones, etc.) which may cause tripping, turned ankles, etc.

Avoid or trim back overhead objects, so there is at least an 8 feet clearance.

Obstructions/obstacles/hazards that cannot be moved need to be well marked.

Have grass mowed slightly shorter on the race course to help make the course easier to follow.

Directional signs/flags/markers should be set back from the course at least one foot, 6 feet above ground, and visible for 100 feet.

Red flag indicates a left turn.

Yellow flag indicates a right turn.

Blue flag indicates straight ahead.

Stakes/poles that support ropes and/or flags need to be solid enough to permit taut ropes and well padded.

Course Marshals/Umpires should be present at every major turn to assist competitors to stay on the correct route.

The One Mile & Two Miles should be clearly marked with marker flags on the course or paint on the course indicating the One Mile & Two Miles marks. Also, be sure that one & two mile marks are clearly marked on the maps that are shared with coaches, athletes and spectators. The Three Mile may be marked. One, Two, Three, and Four Kilometers may also be marked.

The Finish Area

At the end of the race course there needs to be a straightaway of at least 150 meters leading into the Finish Line. Best Practice is to have the last 100 meters of the race course cordoned off to keep spectators back from the Finish Line area.

The Finish Line should be 15 meters wide.

A Finish Corral is recommended for meets that use a transponder/chip system. This helps meet administration provide fairness to the competitors.

A Finish Line Chute is recommended for meets that do not use transponder (chip) systems. This helps provide accuracy and fairness to the competitors.

The Finish Line should be at the mouth of a funnel that is 15-25 feet from the Finish Chute. Example diagrams of a Finish Corral and a Finish Chute are in the Appendix.

The Start of the Race

The Start Line Clerk(s) should assist the Starter to get teams into the correct starting box. Once the teams have been called to the starting line by the Starter for final instructions, no further run-outs are permitted.

The official start of a cross country race begins with the firing of a pistol that provides smoke from the pistol. Upon sighting the smoke or flash, the Timers should start their devices; Timers should not wait to hear the sound of the pistol.

The competitors are observed for 100 meters, if a competitor falls due to contact with another competitor, the race will be recalled by firing the pistol.

The Finish of the Race

A competitor finishes a cross country race when the torso of the competitor breaks the plane of the finish line when using hand-based or pictured-based timing systems.

Competitors officially "finish" a race when any part of their torso, as distinguished from head, neck, legs, feet or hands, reaches the first edge of the finish line.

When a competitor finishes the race/crosses the front edge of the finish line, the time for that competitor must be recorded. How the time is recorded is dependent on the timing system.

After crossing the finish line, the competitors must advance into and through the chute, or move out of the finish line area.

Recording Times

Timers should meet with the Starter/Referee prior to the meet to discuss procedures. It is recommended to use at least 2 stopwatches/semi-automatic timing devices, or a Fully Automatic Timing (FAT) system for cross country meets. When a single FAT system is used as the primary source of timing, a back-up manual timing system must also be used. This is mandatory at State Qualifying Meets in Iowa. Finish times shall be recorded to the nearest whole second, regardless whether manual timing, semi-automatic, or Fully Automatic Timing (FAT) systems are used. Timers should not give competitors their times at the finish. This affects recording of the results, and could cause competitors to be missed.

Manual Timing

Timers should not clear/reset the stopwatches/semi-automatic timing devices until all competitors have completed the race and the times recorded.

Fully Automatic Timing

If computer transponders/chips are used to record the finish of the competitors in a cross country race, a bib transponder or two (2) transponder/chips per competitor, one attached to each shoe, must be used.

It is recommended that a video or photographers, officially designated by the Meet Director, be used to verify the order of finish when the timing system indicates a difference of one-tenth of a second or less. If the finish order is reversed through the use of the video/camera system, the times shall also be adjusted.

Meet Conclusion

The meet is considered to be concluded and Official when the places have been determined and the results have been recorded.

Upon receiving assurance that the order of finish is accurate, the Starter/Referee will sign the Official results sheet and list the time and date of that signing.

Notes

APPENDIX

Sportsmanship Announcements

High School Order of Events

High School Order of Events- with Track Markings Legend

Middle School/Junior High School Order of Events

Middle School/Junior High School Order of Events - with Track Markings Legend

Recommended Track Markings

Blank Track Markings worksheet

Iowa Hurdle Placement and Heights

Field Event Condensed Instructions

- Shot Put

- Discus

- Long Jump

- High Jump

Umpires Placement Diagrams

Cross Country Start Line Boxes Diagram

Cross Country Finish Line and Chute/Corral

Incident Reporting Card

Suggested Topics for Coaches Meeting

Additional Resources

SPORTSMANSHIP ANNOUNCEMENTS

Coed Meet

(Please read this announcement 5 minutes prior to the start of the first scheduled event and also prior to the start of the finals if there is a break between the preliminaries & the finals.)

PRIOR TO THE START OF TODAY'S MEET, WE WANT TO TAKE A MOMENT TO DISCUSS GOOD SPORTSMANSHIP.

IT IS A PRIORITY OF BOTH THE IOWA HIGH SCHOOL ATHLETIC ASSOCIATION AND THE IOWA GIRLS HIGH SCHOOL ATHLETIC UNION THAT ALL COMPETITORS IN THIS MEET EXHIBIT GOOD SPORTSMANSHIP.

ALL COACHES, COMPETITORS AND OTHER TEAM REPRESENTATIVES ARE ASKED TO COOPERATE IN ROLE MODELING SPORTSMANSHIP. THIS WILL ENSURE THAT THIS MEET DISPLAYS THE POSITIVE VALUES OF HIGH SCHOOL SPORTS.

THANK YOU FOR YOUR COOPERATION.

Boys Meet

(Please read this announcement 5 minutes prior to the start of the first scheduled event and also prior to the start of the finals if there is a break between the preliminaries & the finals.)

PRIOR TO THE START OF TODAY'S MEET, WE WANT TO TAKE A MOMENT TO DISCUSS GOOD SPORTSMANSHIP.

IT IS A PRIORITY OF THE IOWA HIGH SCHOOL ATHLETIC ASSOCIATION THAT ALL COMPETITORS IN THIS MEET EXHIBIT GOOD SPORTSMANSHIP.

ALL COACHES, COMPETITORS AND OTHER TEAM REPRESENTATIVES ARE ASKED TO COOPERATE IN ROLE MODELING SPORTSMANSHIP. THIS WILL ENSURE THAT THIS MEET DISPLAYS THE POSITIVE VALUES OF HIGH SCHOOL SPORTS.

THANK YOU FOR YOUR COOPERATION.

Girls Meet

(Read this announcement 5 minutes prior to the start of the first scheduled event and also prior to the start of the finals if there is a break between the preliminaries & the finals.)

PRIOR TO THE START OF TODAY'S MEET, WE WANT TO TAKE A MOMENT TO DISCUSS GOOD SPORTSMANSHIP.

IT IS A PRIORITY OF THE IOWA GIRLS HIGH SCHOOL ATHLETIC UNION THAT ALL COMPETITORS IN THIS MEET EXHIBIT GOOD SPORTSMANSHIP.

ALL COACHES, COMPETITORS AND OTHER TEAM REPRESENTATIVES ARE ASKED TO COOPERATE IN ROLE MODELING SPORTSMANSHIP. THIS WILL ENSURE THAT THIS MEET DISPLAYS THE POSITIVE VALUES OF HIGH SCHOOL SPORTS.

THANK YOU FOR YOUR COOPERATION.

RELAY ENTRIES DECLARATIONS

Give to the Clerk and Public Address Announcer at the local meet prior to the start of the meet.
Changes in running order should be given to the Public Address Announcer prior to the race.

School _____ Girls / Boys, Coach _____

800 Meter Sprint Medley Relay

1. _____
2. _____
3. _____
4. _____
5. Alt _____
6. Alt _____
7. Alt _____
8. Alt _____

4x200 Meter Relay

1. _____
2. _____
3. _____
4. _____
5. Alt _____
6. Alt _____
7. Alt _____
8. Alt _____

4x800 Meter Relay

1. _____
2. _____
3. _____
4. _____
5. Alt _____
6. Alt _____
7. Alt _____
8. Alt _____

4x100 Meter Relay

1. _____
2. _____
3. _____
4. _____
5. Alt _____
6. Alt _____
7. Alt _____
8. Alt _____

Shuttle Hurdle Relay

1. _____
2. _____
3. _____
4. _____
5. Alt _____
6. Alt _____
7. Alt _____
8. Alt _____

4x400 Meter Relay

1. _____
2. _____
3. _____
4. _____
5. Alt _____
6. Alt _____
7. Alt _____
8. Alt _____

1600 Meter Distance Medley Relay

1. _____
2. _____
3. _____
4. _____

5. Alt _____
6. Alt _____
7. Alt _____
8. Alt _____

IOWA HIGH SCHOOL REQUIRED ORDER OF EVENTS

Field Events

High Jump (Girls First)

Long Jump (Boys First)

Shot Put (Wheelchair First, Then Girls)

Discus (Boys First)

Running Events (Girls, Boys, then Wheelchair)

800 Meter Sprint Medley Relay

800 Meter Wheelchair

3000/3200 Meter Run

4 X 800 Meter Relay

Shuttle Hurdle Relay

100 Meter Dash

100 Meter Wheelchair

1600 Meter Distance Medley Relay

400 Meter Dash

400 Meter Wheelchair

4 X 200 Meter Relay

100 Meter Hurdles

110 Meter High Hurdles

800 Meter Run

200 Meter Dash

200 Meter Wheelchair

400 Meter Hurdles

1500 Meter Run

1600 Meter Run

4 X 100 Meter Relay

4 X 400 Meter Relay

IOWA HIGH SCHOOL REQUIRED ORDER OF EVENTS WITH RECOMMENDED TRACK MARKINGS

Field Events

High Jump (Girls First)

Long Jump (Boys First)

Shot Put (Wheelchair First, then Girls)

Discus (Boys First)

Running Events (Girls, Boys, then Wheelchair)

800 Meter Sprint Medley Relay (100,100,200,400)

Blue Start Line (3-turn stagger).

1st & 2nd exchange, Blue Triangles, 30 meters long.

First 3 competitors in lanes all the way.

3rd exchange, staggered Blue to Blue Triangles, 30 meters long.

4th competitor after Breakline may cut into lane 1 when possible.

800 Meter Wheelchair

Green Start Line (1-turn stagger), Green Dots in each lane.

In Lanes until Breakline.

After Breakline all lanes may cut into lane 1 when possible.

Or

White Waterfall, White walk-up Dots in each lane.

May cut into lane 1 when possible.

3,000 Meter Run

White Double Waterfall Start Line, with White walk-up Dots in each lane.

Back Waterfall, may cut into lane 1 when possible.

Front Waterfall, may cut to lane 5 when possible. After Breakline may cut to lane 1 when can.

Best Practice is to place two-thirds of the field on the Back Waterfall and one-third of the field on the Front Waterfall, with the faster competitors on the Front Waterfall.

3200 Meter Run

White Double Waterfall Start Line , White walk-up Dots in each lane.

Back Waterfall, may cut into lane 1 when possible.

Front Waterfall, may cut to lane 5 when possible. After Breakline may cut to lane 1 when can.

Best Practice is to place two-thirds of the field on the Back Waterfall and one-third of the field on the Front Waterfall with the faster competitors on the Front Waterfall.

4 X 800 Meter Relay

White Double Waterfall Start Line, with White walk-up Dots in each lane.

Back Waterfall, may cut into lane 1 when possible.

Front Waterfall, may cut to lane 5 when possible. After Breakline may cut to lane 1 when can.

All exchanges Common Exchange, Green to Green Triangles, 20 meters long.

Best Practice is to place two-thirds of the field on the Back Waterfall and one-third of the field on the Front Waterfall with the faster competitors on the Front Waterfall.

Girl's Shuttle Hurdle Relay

Competitors 1 & 3 (Lanes 1-3-5-7) White Start/Finish line.

White 15" Breakline dashes at 1 meter in lanes 2-4-6-8 for incoming competitors.

Competitors 2 & 4 (Lanes 2-4-6-8) White Start line (2.5 M beyond 100 Meter Yellow start line).

White Breakline marks at 1 meter in lanes 1-3-5-7 for incoming competitors.

White Hurdle Marks, 2.5 meters further away from the finish line than the 100 meter Yellow hurdle Marks.

Each competitor actually runs 102.5 meters.

Boy's Shuttle Hurdle Relay

Competitors 1 & 3 (Lanes 1-3-5-7) White Start/Finish line.

White Breakline dashes at 1 meter in lanes 2-4-6-8 for incoming competitors.

Competitors 2 & 4 (Lanes 2-4-6-8) Start on Red Start line (11 13/16" closer to finish line than Blue 110 Meter Hurdle start line)

Red Breakline dashes at 1 meter in lanes 1-3-5-7 for incoming competitors.

Red hurdle marks (11 13/16" closer to the finish line than the 110 Meter Blue Hurdle marks).

Each competitor actually runs 109.7 meters.

100 Meter Dash & Wheelchair

Yellow Start Line.

1600 Meter Distance Medley Relay (200,200,400,800)

Blue Start Line (3-turn stagger).

First 2 runners in lanes all the way.

1st exchange, Blue Triangles, 30 meters long.

2nd exchange staggered Blue Triangles, 30 meters long.

3rd competitor after Breakline may cut into lane 1 when possible.

3rd exchange, Common Exchange, Green to Green Triangles, 20 meters long.

400 Meter Dash & Wheelchair

Yellow Start Line (2-turn stagger).

In Lanes all the way.

4 X 200 Meter Relay

Red Start Line (4-turn stagger).

All competitors in lanes all the way.

1st & 2nd exchanges, Red Triangles, 30 meters long.

3rd exchange, Yellow Triangles, 30 meters long.

100 Meter Hurdles

Yellow Start Line

Yellow Hurdle Marks.

110 Meter Hurdles

Blue Start Line.

Blue Hurdle Marks.

800 Meter Run

Green Start Line (1-turn stagger), Green walk-up Dots in each lane.

In lanes until Breakline.

After Breakline all lanes may cut into lane 1 when possible.

Or

White Double Waterfall Start Line, White walk up Dots in each lane.

Back Waterfall, may cut into lane 1 when possible.

Front Waterfall, may cut to lane 5 when possible, after Breakline may cut to lane 1 when can.

Best Practice is to place two-thirds of the field on the Back Waterfall and one-third of the field on the Front Waterfall with the faster competitors in/on the Front Waterfall.

200 Meter Dash & Wheelchair

White Start Line (1-turn stagger).

In Lanes all the way.

400 Meter Hurdles

Yellow Start Line (2-turn stagger).

Green Hurdle Marks.

In Lanes all the way.

1500 Meter Run

White Single Waterfall Start Line, White walk-up Dots in each lane.

May cut into lane 1 when possible.

1600 Meter Run

White Double Waterfall Start Line, White walk up Dots in each lane.

Back Waterfall, may cut into lane 1 when possible.

Front Waterfall, may cut to lane 5 when possible, after Breakline may cut to lane 1 when can.

Best Practice is to place two-thirds of the field on the Back Waterfall and one-third of the field on the Front Waterfall with the faster competitors on the Front Waterfall.

4 X 100 Meter Relay

Yellow Start Line (2-turn stagger).

Yellow Triangles, exchange zones 30 meters long.

In Lanes all the way.

4 X 400 Meter Relay

Blue Start Line (3-turn stagger).

First runner in lanes all the way

1st exchange zone is staggered and 20 meters long. Start of exchange zone White Triangles.

End of exchange zone: Blue OR Blue/White Triangles.

2nd competitor in lanes until Breakline, after Breakline may cut into lane 1 when possible.

2nd & 3rd exchanges, Common Exchange, Green to Green Triangles, 20 meters long.

CONDENSED IOWA HIGH SCHOOL REQUIRED ORDER OF EVENTS WITH RECOMMENDED TRACK MARKINGS

Field Events

High Jump (Girls First)

Long Jump (Boys First)

Shot Put (Wheelchair First, then Girls)

Discus (Boys First)

Running Events (Girls, Boys, then Wheelchair)

800 Meter Sprint Medley Relay (100,100,200,400): Blue Line (3-turn stagger). 1st & 2nd exchange, Blue Triangles, 30 meters long. First 3 competitors in lanes all the way. 3rd exchange, staggered Blue to Blue Triangles, 30 meters long. 4th competitor after Breakline may cut into lane 1 when possible.

800 Meter Wheelchair: Green Start Line (1-turn stagger), Green Dots in each lane. In Lanes until Breakline. After Breakline all lanes may cut into lane 1 when possible.

OR

White Waterfall, White walk-up Dots in each lane. May cut into lane 1 when possible.

3,000 Meter Run: White Double Waterfall Start Line, with White walk-up Dots in each lane. Back Waterfall, may cut into lane 1 when possible. Front Waterfall, may cut to lane 5 when possible. After Breakline may cut to lane 1 when can. Best Practice is to place two-thirds of the field on the Back Waterfall and one-third of the field on the Front Waterfall, with the faster competitors on the Front Waterfall.

3200 Meter Run: White Double Waterfall Start Line , White walk-up Dots in each lane. Back Waterfall, may cut into lane 1 when possible. Front Waterfall, may cut to lane 5 when possible. After Breakline may cut to lane 1 when can. Best Practice is to place two-thirds of the field on the Back Waterfall and one-third of the field on the Front Waterfall with the faster competitors on the Front Waterfall.

4 X 800 Meter Relay: White Double Waterfall Start Line, with White walk-up Dots in each lane. Back Waterfall, may cut into lane 1 when possible. Front Waterfall, may cut to lane 5 when possible. After Breakline may cut to lane 1 when can. All exchanges Common Exchange, Green to Green Triangles, 20 meters long. Best Practice is to place two-thirds of the field on the Back Waterfall and one-third of the field on the Front Waterfall with the faster competitors on the Front Waterfall.

Girl's Shuttle Hurdle Relay: Competitors 1 & 3 (Lanes 1-3-5-7) White Start/Finish line. White 15" Breakline dashes at 1 meter in lanes 2-4-6-8 for incoming competitors. Competitors 2 & 4 (Lanes 2-4-6-8) White Start line (2.5 M beyond 100 Meter Yellow start line). White Breakline marks at 1 meter in lanes 1-3-5-7 for incoming competitors. White Hurdle Marks, 2.5 meters further away from the finish line than the 100 Meter Yellow hurdle marks. Each competitor actually runs 102.5 meters.

Boy's Shuttle Hurdle Relay: Competitors 1 & 3 (Lanes 1-3-5-7) White Start/Finish line. White Breakline dashes at 1 meter in lanes 2-4-6-8 for incoming competitors. Competitors 2 & 4 (Lanes 2-4-6-8) Start on Red Start line (11 13/16" closer to finish line than Blue 110 Meter Hurdle start line) Red Breakline dashes at 1 meter in lanes 1-3-5-7 for incoming competitors. Red hurdle marks (11 13/16" closer to the finish line than the 110 Meter Blue Hurdle marks). Each competitor actually runs 109.7 meters.

100 Meter Dash & Wheelchair: Yellow Start Line.

1600 Meter Distance Medley Relay (200,200,400,800): Blue Start Line (3-turn stagger). First 2 runners in lanes all the way. 1st exchange, Blue Triangles, 30 meters long. 2nd exchange staggered Blue Triangles, 30 meters long. 3rd competitor after Breakline may cut into lane 1 when possible. 3rd exchange, Common Exchange, Green to Green Triangles, 20 meters long.

400 Meter Dash & Wheelchair: Yellow Start Line (2-turn stagger). In Lanes all the way.

4 X 200 Meter Relay: Red Start Line (4-turn stagger). All competitors in lanes all the way. 1st & 2nd exchanges, Red Triangles, 30 m long. 3rd exchange, Yellow Triangles, 30 m long.

100 Meter Hurdles: Yellow Start Line. Yellow Hurdle Marks.

110 Meter Hurdles: Blue Start Line. Blue Hurdle Marks.

800 Meter Run: Green Start Line (1-turn stagger), Green walk-up Dots in each lane. In lanes until Breakline. After Breakline all lanes may cut into lane 1 when possible.

Or

White Double Waterfall Start Line, White walk up Dots in each lane. Back Waterfall, may cut into lane 1 when possible. Front Waterfall, may cut to lane 5 when possible, after Breakline may cut to lane 1 when can. Best Practice is to place two-thirds of the field on the Back Waterfall and one-third of the field on the Front Waterfall with the faster competitors in/on the Front Waterfall.

200 Meter Dash & Wheelchair: White Start Line (1-turn stagger). In Lanes all the way.

400 Meter Hurdles: Yellow Start Line (2-turn stagger). Green Hurdle Marks. In Lanes all the way.

1500 Meter Run: White Single Waterfall Start Line, White walk-up Dots in each lane. May cut into lane 1 when possible.

1600 Meter Run: White Double Waterfall Start Line, White walk up Dots in each lane. Back Waterfall, may cut into lane 1 when possible. Front Waterfall, may cut to lane 5 when possible, after Breakline may cut to lane 1 when can. Best Practice is to place two-thirds of the field on the Back Waterfall and one-third of the field on the Front Waterfall with the faster competitors on the Front Waterfall.

4 X 100 Meter Relay: Yellow Start Line (2-turn stagger). Yellow Triangles, exchange zones 30 meters long. In Lanes all the way.

4 X 400 Meter Relay: Blue Start Line (3-turn stagger). First runner in lanes all the way. 1st exchange zone is staggered and 20 meters long. Start of exchange zone White Triangles. End of exchange zone: Blue OR Blue/White Triangles. 2nd competitor in lanes until Breakline, after Breakline may cut into lane 1 when possible. 2nd & 3rd exchanges, Common Exchange, Green to Green Triangles, 20 meters long.

IOWA MIDDLE SCHOOL/JUNIOR HIGH REQUIRED ORDER OF EVENTS

Field Events

High Jump (Girls First)

Long Jump (Boys First)

Shot Put (Wheelchair First, then Girls)

Discus (Boys First)

Running Events (Girls, Boys, then Wheelchair)

4 X 800 Meter Relay

Shuttle Hurdle Relay

100 Meter Dash

100 Meter Wheelchair

1600 Meter Distance Medley Relay

400 Meter Dash

4 X 200 Meter Relay

1500/1600 Meter Run

100 Meter Hurdles

200 Meter Dash

800 Meter Sprint Medley Relay

200 Meter Hurdles

800 Meter Run

4 X 100 Meter Relay

4 X 400 Meter Relay

IOWA MIDDLE SCHOOL/JUNIOR HIGH REQUIRED ORDER OF EVENTS WITH RECOMMENDED TRACK MARKINGS

Field Events

High Jump (Girls First)

Long Jump (Boys First)

Shot Put (Wheelchair First, then Girls)

Discus (Boys First)

Running Events (Girls, Boys, then Wheelchair)

4 X 800 Meter Relay

White Double Waterfall Start Line, with White walk-up Dots in each lane.

Back Waterfall, may cut into lane 1 when possible.

Front Waterfall, may cut to lane 5 when possible. After Breakline may cut to lane 1 when can.

All exchanges Common Exchange, Green to Green Triangles, 20 meters long.

Best Practice is to place two-thirds of the field on the Back Waterfall and one-third of the field on the Front Waterfall with the faster competitors on the Front Waterfall.

Shuttle Hurdle Relay

Girls & Boys run the same distance and hurdle settings.

Competitors 1 & 3 (Lanes 1-3-5-7) White Start/Finish line.

White 15" Breakline dashes at 1 meter in lanes 2-4-6-8 for incoming competitors.

Competitors 2 & 4 (Lanes 2-4-6-8) White Start line (2.5 M beyond 100 M Yellow Start Line).

White Breakline marks at 1 meter in lanes 1-3-5-7 for incoming competitors.

White Hurdle Marks, 2.5 meters further away from the finish line than the 100 Meter Yellow hurdle marks.

Each competitor actually runs 102.5 meters.

100 Meter Dash

Yellow Start Line.

1600 Meter Distance Medley Relay (200,200,400,800)

Blue Start Line (3-turn stagger).

First 2 runners in lanes all the way.

1st exchange, Blue Triangles, 30 meters long.

2nd exchange staggered Blue Triangles, 30 meters long.

3rd competitor after Breakline may cut into lane 1 when possible.

3rd exchange, Common Exchange, Green to Green Triangles, 20 meters long.

400 Meter Dash

Yellow Start Line (2-turn stagger), Lanes all the way.

4 X 200 Meter Relay

Red Start Line (4-turn stagger).

All competitors in lanes all the way.

1st & 2nd exchanges, Red Triangles, 30 meters long.

3rd exchange, Yellow Triangles, 30 meters long.

1500 Meter Run

White Single Waterfall Start Line, White walk-up Dots in each lane.

May cut into lane 1 when possible.

1600 Meter Run

White Double Waterfall Start Line, White walk up Dots in each lane.

Back Waterfall, may cut into lane 1 when possible.

Front Waterfall, may cut to lane 5 when possible, after Breakline may cut to lane 1 when can.

Best Practice is to place two-thirds of the field on the Back Waterfall and one-third of the field on the Front Waterfall with the faster competitors on the Front Waterfall.

100 Meter Hurdles

Girls & Boys run the same distance and hurdle settings.

Yellow Start Line

Yellow Hurdle Marks.

200 Meter Dash

White Line (1-turn stagger), Lanes all the way.

800 Meter Sprint Medley Relay (100,100,200,400)

Blue Line (3-turn stagger).

1st & 2nd exchange, Blue Triangles, 30 meters long.

3rd exchange, staggered Blue to Blue Triangles, 30 meters long.

4th competitor after Breakline may cut into lane 1 when possible.

200 Meter Hurdles

White Line (1-turn stagger), Green Marks.

4 sets of hurdles. (USATF & AAU use 5 sets of hurdles)

Lanes all the way.

800 Meter Run

Green Start Line (1-turn stagger), Green walk-up Dots in each lane.

In lanes until Breakline.

After Breakline all lanes may cut into lane 1 when possible.

Or

White Double Waterfall Start Line, White walk up Dots in each lane.

Back Waterfall, may cut into lane 1 when possible.

Front Waterfall, may cut to lane 5 when possible, after Breakline may cut to lane 1 when can.

Best Practice is to place two-thirds of the field on the Back Waterfall and one-third of the field on the Front Waterfall with the faster competitors in/on the Front Waterfall.

4 X 100 Meter Relay

Yellow Start Line (2-turn stagger).

Yellow Triangles, exchange zones 30 meters long.

In Lanes all the way.

4 X 400 Meter Relay

Blue Start Line (3-turn stagger).

First runner in lanes all the way

1st exchange zone is staggered and 20 meters long. Start of exchange zone White Triangles. End of exchange zone: Blue OR Blue/White Triangles.

2nd competitor in lanes until Breakline, after Breakline may cut into lane 1 when possible.

2nd & 3rd exchanges, Common Exchange, Green to Green Triangles, 20 meters long.

CONDENSED IOWA MIDDLE SCHOOL/JUNIOR HIGH REQUIRED ORDER OF EVENTS WITH RECOMMENDED TRACK MARKINGS

Field Events

High Jump (Girls First)

Long Jump (Boys First)

Shot Put (Wheelchair First, then Girls)

Discus (Boys First)

Running Events (Girls, Boys, then Wheelchair)

4 X 800 Meter Relay: White Double Waterfall Start Line, with White walk-up Dots in each lane. Back Waterfall, may cut into lane 1 when possible. Front Waterfall, may cut to lane 5 when possible. After Breakline may cut to lane 1 when can. All exchanges Common Exchange, Green to Green Triangles, 20 meters long. Best Practice is to place two-thirds of the field on the Back Waterfall and one-third of the field on the Front Waterfall with the faster competitors on the Front Waterfall.

Shuttle Hurdle Relay: Girls & Boys run the same distance and hurdle settings. Competitors 1 & 3 (Lanes 1-3-5-7) White Start/Finish line. White 15" Breakline dashes at 1 meter in lanes 2-4-6-8 for incoming competitors. Competitors 2 & 4 (Lanes 2-4-6-8) White Start line (2.5 M beyond 100 M Yellow Start Line). White Breakline marks at 1 meter in lanes 1-3-5-7 for incoming competitors. White Hurdle Marks, 2.5 meters further away from the finish line than the 100 Meter Yellow hurdle marks. Each competitor actually runs 102.5 meters.

100 Meter Dash: Yellow Start Line.

1600 Meter Distance Medley Relay (200,200,400,800): Blue Start Line (3-turn stagger). First 2 runners in lanes all the way. 1st exchange, Blue Triangles, 30 meters long. 2nd exchange staggered Blue Triangles, 30 meters long. 3rd competitor after Breakline may cut into lane 1 when possible. 3rd exchange, Common Exchange, Green to Green Triangles, 20 meters long.

400 Meter Dash: Yellow Start Line (2-turn stagger), Lanes all the way.

4 X 200 Meter Relay: Red Start Line (4-turn stagger). All competitors in lanes all the way. 1st & 2nd exchanges, Red Triangles, 30 meters long. 3rd exchange, Yellow Triangles, 30 meters long.

1500 Meter Run White Single Waterfall Start Line, White walk-up Dots in each lane. May cut into lane 1 when possible.

1600 Meter Run: White Double Waterfall Start Line, White walk up Dots in each lane. Back Waterfall, may cut into lane 1 when possible. Front Waterfall, may cut to lane 5 when possible, after Breakline may cut to lane 1 when can. Best Practice is to place two-thirds of the field on the Back Waterfall and one-third of the field on the Front Waterfall with the faster competitors on the Front Waterfall.

100 Meter Hurdles: Girls & Boys run the same distance and hurdle settings. Yellow Start Line. Yellow Hurdle Marks.

200 Meter Dash: White Line (1-turn stagger), Lanes all the way.

800 Meter Sprint Medley Relay (100,100,200,400): Blue Line (3-turn stagger). 1st & 2nd exchange, Blue Triangles, 30 meters long. 3rd exchange, staggered Blue to Blue Triangles, 30 meters long. 4th competitor after Breakline may cut into lane 1 when possible.

200 Meter Hurdles: White Line (1-turn stagger), Green Marks. 4 sets of hurdles. (USATF & AAU use 5 sets of hurdles) Lanes all the way.

800 Meter Run: Green Start Line (1-turn stagger), Green walk-up Dots in each lane. In lanes until Breakline. After Breakline all lanes may cut into lane 1 when possible.

OR

White Double Waterfall Start Line, White walk up Dots in each lane. Back Waterfall, may cut into lane 1 when possible. Front Waterfall, may cut to lane 5 when possible, after Breakline may cut to lane 1 when can. Best Practice is to place two-thirds of the field on the Back Waterfall and one-third of the field on the Front Waterfall with the faster competitors in/on the Front Waterfall.

4 X 100 Meter Relay: Yellow Start Line (2-turn stagger). Yellow Triangles, exchange zones 30 meters long. In Lanes all the way.

4 X 400 Meter Relay: Blue Start Line (3-turn stagger). First runner in lanes all the way. 1st exchange zone is staggered and 20 meters long. Start of exchange zone White Triangles. End of exchange zone: Blue OR Blue/White Triangles. 2nd competitor in lanes until Breakline, after Breakline may cut into lane 1 when possible. 2nd & 3rd exchanges, Common Exchange, Green to Green Triangles, 20 meters long.

IATO RECOMMENDED BLACK TRACK MARKINGS

All Start “Lines” should be the full width of the lane.

All relay exchange “Triangles” should be filled in/solid, the width of the lane, and pointing into the exchange zone.

Walk-up “Dots” are located 3 meters behind the respective start lines in each lane.

Hurdle “Marks” are in each lane, marking where hurdles are to be placed. Each hurdle race has different hurdle marks in different locations. The top bar of the hurdle should be directly over the hurdle marks, regardless of where the base of the hurdle is located.

These markings suggestions may be adjusted accordingly as needed.

Tracks may differ from these recommendations, and still be legal.

Race

Line/Triangle/Dots/Marks

Finish Line	White Line for all races.
Lane Lines	White, all lanes.
Common Exchange	Green Triangles.
Breakline	Green Dashes
1 Turn Stagger	Green Lines, with Green Dots in each lane.
2 Turn Stagger	Yellow Line.
3 Turn Stagger	Blue Line.
4 Turn Stagger	Red Line.
100 Meter Hurdles	Yellow Start Line, Yellow Marks.
110 Meter Hurdles	Blue Start Line, Blue Marks.
400 Meter Hurdles	Yellow Start Line (2-turn stagger), Green Marks.
100 Meter Dash	Yellow Start Line.
200 Meter Dash	White Start Line (1-turn stagger)
400 Meter Dash	Yellow Start Line (2-turn stagger)
800 Meter Run	Green Start Line (1-turn stagger), Green Dots in each lane. Or White Double Waterfall Start Line.*
1500 Meter Run	White Single Waterfall Start Line.*
1600 Meter Run	White Double Waterfall Start Line.*
3,000 Meter Run	White Double Waterfall Start Line.*
3200 Meter Run	White Double Waterfall Start Line.*
Girl’s Shuttle Hurdle Relay	Competitors 1 & 3 (Lanes 1-3-5-7) White Start/Finish line, White 15” Breakline dashes at 1 meter in lanes 2-4-6-8 for incoming competitors. Competitors 2 & 4 (Lanes 2-4-6-8) White line (2.5 meters beyond 100 Meter Yellow start line), White Breakline dashes at 1 meter in lanes 1-3-5-7 for incoming competitors. White hurdle Marks, 2.5 meters further away from the finish line than the 100 Meter Yellow hurdle marks. Each competitor actually runs 102.5 meters.

- Boy's Shuttle Hurdle Relay Competitors 1 & 3 (Lanes 1-3-5-7) White Start/Finish line, White Breakline dashes at 1 meter in lanes 2-4-6-8 for incoming competitors. Competitors 2 & 4 (Lanes 2-4-6-8) Start on Red line (11 13/16" closer to finish line than Blue 110 Meter Hurdle start line) with Red Breakline dashes at 1 meter in lanes 1-3-5-7 for incoming competitors. Red hurdle Marks (11 13/16" closer to the finish line than the 110 Meter Blue Hurdle marks). Each competitor actually runs 109.7 meters.
- 4 X 100 Meter Relay Yellow Start Line (2-turn stagger).
Yellow Triangles, exchange zones 30 meters long.
- 4 X 200 Meter Relay Red Start Line (4-turn stagger).
1st & 2nd exchanges, Red Triangles, 30 meters long.
The 3rd exchange, Yellow Triangles, 30 meters long.
- 4 X 400 Meter Relay Blue Start Line (3-turn stagger).
1st exchange zone is staggered and 20 meters long. Start of exchange zone White Triangles. End of exchange zone: Blue OR Blue/White Triangles.
2nd & 3rd exchanges, Common Exchange, Green to Green Triangles, 20 meters long.
- 4 X 800 Meter Relay White Double Waterfall Start Line.*
- 800 Meter Sprint Medley Relay Blue Start Line (3-turn stagger).
(100,100,200,400) 1st & 2nd exchange, Blue Triangles, 30 meters long.
3rd exchange, staggered Blue to Blue Triangles, 30 meters long.
- 1600 Meter Distance Medley Relay Blue Start Line (3-turn stagger).
(200,200,400,800) 1st exchange, Blue Triangles, 30 meters long.
2nd exchange staggered Blue Triangles, 30 meters long.
3rd competitor after Breakline may cut into lane 1 when possible.
3rd exchange, Green to Green Triangles Common Exchange, 20 meters long.

*Double Waterfall

White arched line with 3-meter walk-up marks (White Dots) in each lane.

On an 8-lane track the lane line between lanes 4 & 5 should have a green 6" dash every 3 feet from the front start line to the Breakline on all curves.

Back Waterfall covers the full width of the track (lanes 1-8).

Front Waterfall covers the outer one-half of the track (lanes 5-8).

Exchange zones

All exchange zones are marked by solid Triangles, the base is the width of the Lane.

The base of the Triangle designates either the beginning or the end of the exchange zone.

The tip of each Triangle points into the exchange zone.

If the incoming competitor is running 100 meters or 200 meters, the exchange zone is 30 meters long.

If the incoming competitor is running 400 meters or longer, the exchange zone is 20 meters long.

All exchange zones for the 4 X 100 Meter Relay, the 4 x 200 Meter Relay, the 800 Meter Medley Relay, and the first and second exchanges in the 1600 Meter Medley Relay use the 30 meters exchange zone.

The Green to Green Common Exchange is 20 meters long.

BreakLines

Green dashes across the entire track at the end of turn 2, and across the outside half of the track (lanes 5-8) at the end of turn 4.

If the turn 2 Breakline corresponds to the start line for the 1500 Meter Run, there should be a green 6" dash on the 1500 Meter Run start line in the middle of each lane.

UNIQUE TRACK MARKINGS TEMPLATE

Start “Lines”. Hurdle “Marks”. Relay Exchange “Triangles” pointing into the exchange zone.
Walk-up “Dots” 3 meters behind the respective start lines in each lane.

<u>Race</u>	<u>Line/Triangle/Dots/Marks</u>
Finish Line	_____ Start Line for all races.
Lane Lines	_____ all lanes.
Common Exchange	_____ Triangles.
BreakLines	_____ Lines/Dashes
1 Turn Stagger	_____ Start Line, _____ Dots.
2 Turn Stagger	_____ Start Line.
3 Turn Stagger	_____ Start Line.
4 Turn Stagger	_____ Start Line.
100 Meter Hurdles	_____ Start Line, _____ Marks.
110 Meter Hurdles	_____ Start Line, _____ Marks.
400 Meter Hurdles	_____ Start Line (2-turn stagger), _____ Marks.
100 Meter Dash	_____ Start Line.
200 Meter Dash	_____ Start Line (1-turn stagger).
400 Meter Dash	_____ Start Line (2-turn stagger).
800 Meter Run	_____ Start Line (1-turn stagger), _____ Dots.
Or	_____ Double Waterfall Start Line.
1500 Meter Run	_____ Single Waterfall Start Line, _____ Dots.
1600 Meter Run	_____ Double Waterfall Start Line, _____ Dots.
3,000 Meter Run	_____ Double Waterfall Start Line, _____ Dots.
3200 Meter Run	_____ Double Waterfall Start Line, _____ Dots.
Girl’s Shuttle Hurdle Relay	
Competitors 1 & 3 (Lanes 1-3-5-7) _____ Start/Finish line, _____ Breakline at 1 meter in lanes 2-4-6-8	
Competitors 2 & 4 (Lanes 2-4-6-8) _____ line (2.5 meters beyond 100 Meter _____ start line), _____ Breakline at 1 meter in lanes 1-3-5-7.	
_____ Hurdle Marks, 2.5 meters further away from the finish line than the 100 Meter _____ hurdle Marks.	

Boy's Shuttle Hurdle Relay

Competitors 1 & 3 (Lanes 1-3-5-7) _____ Start/Finish line, _____ Breakline in lanes 2-4-6-8.

Competitors 2 & 4 (Lanes 2-4-6-8) Start on _____ Line (11 13/16" closer to finish line than _____ 110 Meter Hurdle start Line) with _____ Breakline in lanes 1-3-5-7.

_____ Hurdle Marks (11 13/16" closer to the finish line than the 110 Meter _____ Hurdle Marks).

4 X 100 Meter Relay

_____ Start Line (2-turn stagger).

_____ Triangles, exchange zones 30 meters long.

4 X 200 Meter Relay

_____ Line (4-turn stagger).

1st & 2nd exchanges, _____ Triangles, 30 meters long.

The 3rd exchange, _____ Triangles, 30 meters long.

4 X 400 Meter Relay

_____ Line (3-turn stagger).

1st exchange zone is staggered, 20 meters long. Start of exchange zone _____ Triangles.

End of exchange zone: _____ OR _____ / _____ Triangles.

2nd & 3rd exchanges, Common Exchange, _____ to _____ Triangles, 20 m long.

4 X 800 Meter Relay

_____ Double Waterfall, _____ Dots.

All exchanges, Common Exchange, _____ to _____ Triangles, 20 meters long.

800 Meter Sprint Medley Relay (100,100,200,400)

_____ Line (3-turn stagger).

1st & 2nd exchange, _____ Triangles, 30 meters long.

3rd exchange, staggered _____ to _____ Triangles, 30 meters long.

1600 Meter Distance Medley Relay (200,200,400,800)

_____ Line (3-turn stagger).

1st exchange, _____ Triangles, 30 meters long.

2nd exchange staggered _____ Triangles, 30 meters long.

3rd exchange, Common Exchange, _____ to _____ Triangles, 20 meters long.

IOWA HURDLE PLACEMENT AND HEIGHTS

Girls Outdoor

	<u>Number</u>	<u>Height</u>	<u>To 1st</u>	<u>Between</u>	<u>Last to Finish</u>
H.S. 100 Meter	10	33 in	13 m	8.5 m	10.5 m
H.S. 400 Meter	10	30 in	45 m	35 m	40 m
Jr. High 100 Meter	10	30 in	13 m	8.5 m	10.5 m
Jr. High 200 Meter	4	30 in	55 m	35 m	40 m

Boys Outdoor

H.S. 110 Meter	10	39 in	13.72 m	9.14 m	14.02 m
H.S. 400 Meter	10	30 in	45 m	35 m	40 m
Jr. High 100 Meter	10	30 in	13 m	8.5 m	10.5 m
Jr. High 200 Meter	4	30 in	55 m	35 m	40 m

Girls Shuttle Hurdle Relay

High School (102.5m X 4)	10	33 in	13 m	8.5 m	13m
Jr. High (102.5m X 4)	10	30 in	13 m	8.5 m	13 m

Boys Shuttle Hurdle Relay

High School(109.7m X 4)	10	36 in	13.72 m	9.14 m	13.72 m
Jr. High (102.5m X 4)	10	30 in	13 m	8.5 m	13 m

Girls Indoor

H.S. 55 Meter	5	33 in	13 m	8.5 m	8 m
H.S. 60 Meter	5	33 in	13 m	8.5 m	13 m

Boys Indoor

H.S. 55 Meter	5	39 in	13.72 m	9.14 m	4.72 m
H.S. 60 Meter	5	39 in	13.72 m	9.14 m	9.72 m

IOWA HURDLE PLACEMENT AND HEIGHTS

Common Finish Line

If a common finish line is used for every running event in a meet, a separate set of hurdle marks must be used for each flight of hurdles in the Shuttle Hurdle Relays. For the junior high Shuttle Hurdle Relay and the high school girls Shuttle Hurdle Relay, the hurdle marks shall be 2.5 meters farther away from the common finish line than the regular 100 Meter Hurdle marks. The start line for the 2nd and 4th relay competitors shall also be 2.5 meters farther away from the common finish line than the normal 100 Meter start line. Instead of being 100 meters, each leg of the relay will be 102.5 meters.

For the high school boys Shuttle Hurdle Relay the hurdle marks must be 11 13/16 inches closer to the common finish line than the regular 110 Meter Hurdle marks. The start line for the 2nd and 4th relay competitors shall also be 11 13/16 inches closer to the finish line than the normal 110 Meter Hurdle start line. Instead of being 110 meters, each leg of the relay will be 109.7 meters.

No Common Finish Line/Multiple Finish Lines

If a common finish line is NOT used for every running event in a meet, the regular hurdle marks for the 100 Meter Hurdle event can be used for the junior high boys and girls Shuttle Hurdle Relays and the high school girls Shuttle Hurdle Relay. However, the start line for 1st & 3rd competitors (also serves as the finish line for this race) must then be located 2.5m outside (beyond) the normal finish line. Instead of 100 meters, each leg of the relay will be 102.5 meters.

The regular hurdle marks for the 110 Meter Hurdle event can be used for the high school boys Shuttle Hurdle Relay, but the start line for the 1st & 3rd competitors (also serves as the finish line for this race) must be located 11 13/16 inches before the normal finish line. Instead of 110 meters, each leg of the relay will be 109.7 meters.

Shuttle Hurdle Relay

Shuttle Hurdle Relay competitors 1 & 3 always run in odd numbered lanes; competitors 2 & 4 always run in even numbered lanes.

There must be a 1 meter Breakline mark for incoming competitors in the appropriate lanes.

Out of the State of Iowa meets

Iowa schools that compete in meets outside of Iowa may find:

- Different orders of events.

- Junior high boys may run 110 Meter Hurdles set at 33".

- High school boys may run 300 Meter Hurdles set at 36".

- High school girls may run 300 Meter Hurdles set at 30".

- Some states may run a high school 2000 Meter steeplechase.

SHOT PUT CONDENSED INSTRUCTIONS

Opening and Closing a Field Event Venue - Shot Put

Field Event Venues are considered closed when a brightly-colored cone is in the circle.
Only a Field Event Official is allowed to remove the cone to open the Field Event Venue.
Reference marks for records or qualifying marks may be adjacent to, but not in, the sectors.
The throwing sector for the shot put is 34.92 degrees, same as the discus. Sector lines themselves are out of bounds.

Check In - Shot Put

Each competitor must promptly and personally present to the Field Event Official at the Field Event Venue when the field event is announced to be allowed to compete in the event. No one else may check in a competitor.
Competitors not reporting prior to the competition starting are disqualified from the event.
Individual teammates may wear different colored and styled uniforms that are school-issued or approved.
Visible undergarments worn underneath the uniform are not subject to logo/trademark/patterns/color restrictions, as of early 2024.
Head coverings worn for religious reasons are not considered hair devices.

Leaving for other events - Shot Put

The time limit to be excused to compete in another event is determined by Meet Management.
Competitors should not be excused to warm up for another event. They need to remain in the Field Event Venue area until excused.
Competitors must tell the Field Event Official when actually leaving and upon their return.
Always record the time when an approved competitor leaves and returns the Field Event Venue.

Preliminaries and Finals - Shot Put

The ending time for preliminaries is set by Meet Management. No preliminary trials are allowed after the ending time.
To be eligible for the final, a competitor must have at least one legal preliminary trial.
The number of competitors in the finals is 1 more than there are scoring places. Those tying for the final spot are taken to the finals.
The order of competition in the finals is lowest to highest, the best competitor goes last.
If a competitor withdraws after finals have started, no replacement is made.

Implements and Grip - Shot Put

All implements should be weighed and measured at every meet.
The boys shot must weigh at least 5.443 kg (12 lbs), be 30.91cm-36.91cm (12 $\frac{1}{2}$ in-14 $\frac{1}{2}$ in) in circumference, be essentially smooth & round.
The girls shot must weigh at least 4.0 kg (8.818 lbs), be 29.84cm-34.56cm (11 $\frac{3}{4}$ in-13 $\frac{3}{4}$ in) in circumference, be essentially smooth & round.
Implements may be overweight but all other specifications must comply to be used in warm-ups or competition.
If a competitor uses an illegal implement at any time, warmups or competition, they are disqualified from the event.
Competitors may use chalk, adhesives, rosin, etc. during competition.
Tape may be put on fingers/hand/wrist, fingers must move independently. No gloves.
Support belts, of any material, are allowed, and are not subject to uniform rules.

Warm ups - Shot Put

Competitors may not warm up in the Field Event Venue until it is declared open by a Field Event Official.
Competitors must be supervised by their coach or an adult Field Event Official.
Once competition has begun, competitors are not allowed to use the venue for practice.
First occurrence: Warning. Second occurrence: Disqualification from the event. Third occurrence: Disqualification from the meet.

Call ups/Mechanics of Running the Competition - Shot Put

Competitors should not be called for a trial until the Field Event Venue is ready.
Each competitor is allowed a specified number of trials, as set by Meet Management.
The Field Event Official may change the order of competition to accommodate those who have been excused for other events. Competitors may be allowed to take more than one trial in succession.
When the Field Event Official is calling up the competitors, the proper sequence of commands is: "<1ST NAME> IS NEXT; <2ND NAME> IS ON DECK; AND <3RD NAME> IS ON HOLD, (short pause) <1ST NAME> YOU'RE UP". This final call-up should be accompanied with a hand signal toward the competitor to ensure that the Field Event Official, the competitor, and the Official operating the clock, are all coordinated. The clock for the time limit starts when the competitor's name is called UP.

The Trial - Shot Put

A competitor may enter the circle from anywhere, front or back.
A competitor may enter, then exit the circle without a trial, then re-enter the circle without a foul provided it occurs within the time allowed for the start of the trial. Once they start their trial motion they are not allowed to leave the circle.
A competitor may carry a towel/ object into the circle, and then throw the towel/object out of the circle prior to beginning their trial.
Competitors have 1 minute from the time their name is called UP to initiate a trial that ends in completion of the trial. A competitor making consecutive trials has 2 minutes.
With 15 seconds remaining, a visual or verbal signal may be given to the competitor.
Competitors must remain in the circle until their implement lands. It is a foul if they leave the circle prior to the implement landing.
Competitors must leave by the back half of the circle. The competitor does not need to be "in control" when leaving out the back half of the circle. It is a foul if the competitor leaves out the front of the circle.

No electronics allowed in the competition area. Video/Pictures/Recordings can only be viewed in an unrestricted area.

Measurements - Shot Put

The Field Event Official is responsible for the judging and measuring of each legal trial.

Field Event Officials should use flags to indicate a legal trial (white flag) or a foul (red flag.)

The Field Event Official should not yell "Mark", "Fair", or "Foul" after a trial.

Measurements must be made with a non-stretchable tape or certified measurement device. Make sure the zero mark is identified.

Measurements should be made so that the readings are made at the circle.

Each legal throw is measured from the first mark made by the implement nearest the circle, to the inside edge of the stopboard.

For shot put, measure to the nearest lesser one-quarter (¼) inch.

Breaking Ties - Shot Put

First tie-breaker: The second best trials are compared. The better performance is awarded the higher place.

Second tie-breaker: If the tie remains, the third best trials are compared. The better performance is awarded the higher place.

These tie-breakers continue until one competitor's performance is better than the other's.

Fouls - Shot Put

A foul trial is counted but is not measured. A red flag should be raised to indicate a foul. Mark an "X" for fouls on the recording sheet.

Competitor fails to initiate a trial that is carried to completion within the prescribed time.

After entering the circle, the competitor fails to have a discernible pause before starting their trial.

After stepping into the circle and until they leave the circle, touches the ground outside the circle (which includes the painted lines of the circle) or the top or sides of the stopboard/band. This does not include the inner face of the stopboard or the band.

Allows the shot to drop behind or below the shoulder during the put trial.

The implement does not fall within the sector lines. (The lines themselves are "out of bounds".)

Leaves the circle before the implement has landed.

Does not exit the back half of the circle.

Uses a cartwheel technique of shot putting.

Results - Shot Put

To place in a field event a competitor must have had at least one legal trial.

Competitors will be credited with their best performance regardless of whether this occurs in the preliminaries or finals.

The Field Event Official must sign the event sheet, indicating all the place winners.

Event Conclusion - Shot Put

At the conclusion of the Field Event there will be no practice and the Field Event Venue must be closed by placing a cone in the circle.

Disqualifications - Shot Put

Uses an indoor implement during outdoor competition.

Unacceptable conduct by a competitor includes, but is not limited to:

- Willful failure to follow the directions of a Meet Official.

- Using profanity which is not directed at someone.

- Any action which could discredit the individual or their school.

Unacceptable conduct shall result in disqualification from the event.

Unsportsmanlike conduct is behavior which is unethical or dishonorable.

This applies to all coaches, competitors, and other school/team personnel. It includes, but is not limited to:

- Disrespectfully addressing an Official.

- Any flagrant behavior, intentional contact, taunting, criticizing an opponent or an Official.

- The use of profanity which is directed at someone.

Unsportsmanlike conduct shall result in disqualification from the event and further competition in the meet.

When a disqualification is obvious and the Head Field Event Judge or Starter/Referee is not immediately available

The Field Event Official must notify the competitor of their disqualification and the reason for it.

Make note of the disqualification and the specific reason for it on the result sheet. Best practice is to use an Incident Report Form.

Immediately notify the Starter/Referee to verify the disqualification. The Starter/Referee will discuss it with the competitor's coach.

In situations where the disqualification is not obvious, immediately notify the Starter/Referee. The Starter/Referee will make the determination if a disqualification is justified.

Whenever possible the Head Field Event Judge should stay at the Field Event Venue to continue the competition.

DISCUS CONDENSED INSTRUCTIONS

Opening and Closing a Field Event Venue - Discus

Field Event Venues are considered closed when a brightly-colored cone is in the circle.
Only a Field Event Official is allowed to remove the cone to open the Field Event Venue.
Reference marks for records or qualifying marks may be adjacent to, but not in, the sectors.
The throwing sector for the discus is 34.92 degrees, the same as the shot put. The sector lines themselves are out of bounds.

Check In - Discus

Each competitor must promptly and personally present to the Field Event Official at the Field Event Venue when the field event is announced to be allowed to compete in the event. No one else may check in a competitor.
Competitors not reporting prior to the competition starting are disqualified from the event.
Individual teammates may wear different colored and styled uniforms. **The uniforms must be school-issued or approved.**
Visible undergarments worn underneath the uniform are not subject to logo/trademark/patterns/color restrictions, as of early 2024.
Head coverings worn for religious reasons are not considered hair devices.

Leaving for other events - Discus

The time limit to be excused to compete in another event is determined by Meet Management.
Competitors should not be excused to warm up for another event. They need to remain in the Field Event Venue area until excused.
Competitors must tell the Field Event Official when actually leaving and upon their return.
Always record the time when an approved competitor leaves and returns the Field Event Venue.

Preliminaries and Finals - Discus

The ending time for preliminaries is set by Meet Management. No preliminary trials are allowed after the ending time.
To be eligible for the final, a competitor must have at least one legal preliminary trial.
The number of competitors in the finals is 1 more than there are scoring places. Those tying for the final spot are all taken to the finals.
The order of competition in the finals is lowest to highest, the best competitor goes last.
If a competitor withdraws after finals have started, no replacement is made.

Implements and Grip - Discus

All implements should be weighed and measured at every meet.
The boys' discus must weigh at least 1.6 kg (3.527 lbs), have an overall diameter of 209 mm - 211 mm (8.228 in - 8.307 in), center thickness of 40 mm - 42 mm (1.575 in - 1.654 in), and be essentially smooth throughout.
The girls' discus must weigh at least 1.0 kg (2.205 lbs), have an overall diameter of 180 mm - 182 mm (7.087 in - 7.165 in), center thickness of 37 mm - 39 mm (1.457 in - 1.535 in), and be essentially smooth throughout.
Implements may be overweight but all other specifications must comply to be used in warm-ups or competition.
If a competitor uses an illegal implement at any time, warmups or competition, they are disqualified from the event.
Competitors may use chalk, adhesives, rosin, etc. during competition.
Tape may be put on fingers/hand/wrist, fingers must move independently. No gloves.
Support belts, of any material, are allowed, and are not subject to uniform rules.

Warm ups - Discus

Competitors may not warm up in the Field Event Venue until it is declared open by a Field Event Official.
Competitors must be supervised by their coach or an adult Field Event Official.
Once competition has begun, competitors are not allowed to use the venue for practice.
First occurrence: Warning. Second occurrence: Disqualification from the event. Third occurrence: Disqualification from the meet.

Call ups/Mechanics of Running the Competition - Discus

Competitors should not be called for a trial until the Field Event Venue is ready.
Each competitor is allowed a specified number of trials, as set by Meet Management.
The Field Event Official may change the order of competition to accommodate those who have been excused for other events. Competitors may be allowed to take more than one trial in succession.
When the Field Event Official is calling up the competitors, the proper sequence of commands is: "<1ST NAME> IS NEXT; <2ND NAME> IS ON DECK; AND <3RD NAME> IS ON HOLD, (short pause) <1ST NAME> YOU'RE UP". This final call-up should be accompanied with a hand signal toward the competitor to ensure that the Field Event Official, the competitor, and the Official operating the clock, are all coordinated. The clock for the time limit starts when the competitor's name is called "UP".

The Trial - Discus

A competitor may enter the circle from anywhere, front or back.
A competitor may enter, then exit the circle without starting a trial, then re-enter the circle without a foul provided it occurs within the time allowed for the start of the trial. **Once they start their trial motion they are not allowed to leave the circle.**
A competitor may carry a towel/object into the circle, and then throw the towel/object out of the circle prior to beginning their trial.
Competitors have 1 minute from the time their name is called UP to initiate a trial that ends in completion of the trial.
A competitor making consecutive trials has 2 minutes.
With 15 seconds remaining, a visual or verbal signal may be given to the competitor.
Competitors must remain in the circle until their implement lands. It is a foul if they leave the circle prior to the implement landing.

Competitors must leave by the back half of the circle. The competitor does not need to be "in control" when leaving out the back half of the circle. It is a foul if the competitor leaves out the front half of the circle.

No electronics allowed in the competition area. Video/Pictures/Recordings can only be viewed in an unrestricted area.

Measurements - Discus

The Field Event Official is responsible for the judging and measuring of each legal trial.

It is recommended that Field Event Officials use flags to indicate a legal trial (white flag) or a foul (red flag.)

The Field Event Official should not yell "Mark", "Fair", or "Foul" after a trial.

Measurements must be made with a non-stretchable tape or certified measurement device. Make sure the zero mark is identified.

Measurements should be made so that the readings are made at the circle.

Each legal throw is measured from the first mark made by the implement nearest the circle, to the inside edge of the circle.

Discus, measure to the nearest lesser one (1) inch.

Breaking Ties - Discus

First tie-breaker: The second best trials are compared. The better performance is awarded the higher place.

Second tie-breaker: If the tie remains, the third best trials are compared. The better performance is awarded the higher place.

These tie-breakers continue until one competitor's performance is better than the other's.

Fouls - Discus

A foul trial is counted but is not measured. A red flag should be raised to indicate a foul. Mark fouls as an "X" on flight sheet.

Competitor fails to initiate a trial that is carried to completion within the prescribed time.

After entering the circle, the competitor fails to have a discernible pause before starting their trial. After stepping into the circle and until they leave the circle, touches the ground outside the circle (which includes the painted lines of the circle) or the top or sides of the stopboard/band. This does not include the inner face of the stopboard or the band.

The implement does not fall within the sector lines. (The lines themselves are out of bounds.)

Leaves the circle before the implement has landed.

Does not exit the back half of the circle.

Results - Discus

To place in a field event a competitor must have had at least one legal trial.

Competitors will be credited with their best performance regardless of whether this occurs in the preliminaries or finals.

The Field Event Official must sign the event sheet, indicating all the place winners.

Event Conclusion - Discus

At the conclusion of the field event there will be no further practice and the Field Event Venue closed by placing a cone in the circle.

Disqualifications - Discus

Unacceptable conduct by a competitor includes, but is not limited to:

- Willful failure to follow the directions of a Meet Official.

- Using profanity which is not directed at someone.

- Any action which could discredit the individual or their school.

Unacceptable conduct shall result in disqualification from the event.

Unsportsmanlike conduct is behavior which is unethical or dishonorable.

This applies to all coaches, competitors, and other school/team personnel. It includes, but is not limited to:

- Disrespectfully addressing an Official.

- Any flagrant behavior, intentional contact, taunting, criticizing an opponent or an Official.

- The use of profanity which is directed at someone.

Unsportsmanlike conduct shall result in disqualification from the event and further competition in the meet.

When a disqualification is obvious and the Head Field Event Judge or Starter/Referee is not immediately available.

The Field Event Official must notify the competitor of their disqualification and the reason for it.

Make note of the disqualification and the specific reason for it on the result sheet. Best practice is to use an Incident Report Form.

Immediately notify the Starter/Referee to verify the disqualification. The Starter/Referee will discuss it with the competitor's coach.

In situations where the disqualification is not obvious, immediately notify the Starter/Referee.

The Starter/Referee will make the determination if a disqualification is justified.

Whenever possible the Head Field Event Judge should stay at the Field Event Venue to continue the competition.

LONG JUMP CONDENSED INSTRUCTIONS

Opening and Closing a Field Event Venue - Long Jump

Field Event Venues are considered closed when a brightly-colored cone is in the take-off board.

Only a Field Event Official is allowed to remove the cone to open the Field Event Venue.

Reference marks for records or qualifying marks may be adjacent to, but not in, the sectors.

Make sure the sand in the pit is level with the takeoff board.

Check In - Long Jump

Each competitor must promptly and personally present to the Field Event Official at the Field Event Venue when the field event is announced to be allowed to compete in the event. No one else may check in a competitor.

Competitors not reporting prior to the competition starting are disqualified from the event.

Individual teammates may wear different colored and styled uniforms. The uniforms must be school issued or school approved.

Visible undergarments worn underneath the uniform are not subject to logo/trademark/patterns/color restrictions, as of early 2024.

Head coverings worn for religious reasons are not considered hair devices.

Leaving for other events - Long Jump

The time limit to be excused to compete in another event is determined by Meet Management

Competitors should not be excused to warm up for another event. They need to remain in the Field Event Venue area until excused.

Competitors must tell the Field Event Official when actually leaving and upon their return.

Always record the time when an approved competitor leaves, and returns to, the Field Event Venue.

Preliminaries and Finals - Long Jump

The ending time for preliminaries is set by Meet Management. No preliminary trials are allowed after the ending time.

To be eligible for the final, a competitor must have at least one legal preliminary trial.

The number of competitors in the finals is 1 more than there are scoring places. Those tying for the final spot are taken to the finals.

The order of competition in the finals is shortest to longest, the best competitor goes last.

If a competitor withdraws after finals have started, no replacement is allowed.

Warm ups - Long Jump

Competitors may not warm up in the Field Event Venue until it is declared open by a Field Event Official.

Competitors must be supervised by their coach or an adult Field Event Official.

The sand/material in the landing pit should be smooth and level with the takeoff board.

Markers may be placed by the competitor alongside the long jump runway, but not on it.

Competitors may not run from the long jump pit back up the runway.

Once competition has begun, competitors are not allowed to use the venue for practice.

First occurrence: Warning. Second occurrence: Disqualification from the event. Third occurrence: Disqualification from the meet.

Call ups/Mechanics of Running the Competition - Long Jump

Competitors should not be called for a trial until the Field Event Venue is ready.

Each competitor is allowed a specified number of trials, as set by Meet Management.

The Field Event Official may change the order of competition to accommodate those who have been excused for other events.

Competitors may be allowed to take more than one trial in succession.

When the Field Event Official is calling up the competitors, the proper sequence of commands is: "<1ST NAME> IS UP; <2ND NAME> IS ON DECK; AND <3RD NAME> IS ON HOLD, (short pause) <1ST NAME> YOU'RE UP". This final call-up should be accompanied with a hand signal toward the competitor to ensure that the Field Event Official, the competitor, and the Official operating the clock, are all coordinated. The clock for the time limit starts when the first competitor's name is called the second time.

The Trial - Long Jump

Competitors have 1 minute from the time their name is called UP to initiate a trial that ends in the completion of the trial. A competitor making consecutive trials has 2 minutes.

With 15 seconds remaining, a visual or verbal signal may be given to the competitor.

No electronics allowed in the competition area. Video/Pictures/Recordings can only be viewed in an unrestricted area.

Measurements - Long Jump

The Field Event Official is responsible for the judging and measuring of each legal trial.

It is recommended that Field Event Officials use flags to indicate a legal trial (white flag) or a foul (red flag.)

The Field Event Official should not yell "Mark", "Fair", or "Foul" after a trial.

Measurements must be made with a non-stretchable tape or certified measurement device. Make sure the zero mark is identified.

Measurements should be made so that the readings are made at the take-off board.

Each legal jump is measured from the first mark made by the competitor, to the inside edge of the take-off board.

For the long jump measure to the nearest lesser ¼ inch.

Breaking Ties - Long Jump

First tie-breaker: The second best trials are compared. The better performance is awarded the higher place.

Second tie-breaker: If the tie remains, the third best trials are compared. The better performance is awarded the higher place.

These tie-breakers continue until one competitor's performance is better than the other's.

Fouls - Long Jump

A foul trial is counted but is not measured. A red flag should be raised to indicate a foul. Mark an "X" on the recording sheet.

Competitor fails to initiate a trial that is carried to completion within the prescribed time.

Allows their shoe to extend over the scratch line or make a mark in front of it on the takeoff.

Runs across the scratch line, or the scratch line extended.

Does not keep their head in the superior position, i.e., no somersaults.

In the process of landing or leaving the pit, they touch the ground or apron outside the landing pit nearer to the foul line than the nearest mark made in the landing pit.

Results - Long Jump

To place in a field event a competitor must have had at least one legal trial.

Competitors will be credited with their best performance regardless of whether this occurs in the preliminaries or finals.

The Field Event Official must sign the event sheet, indicating all the place winners.

Event Conclusion - Long Jump

At the conclusion of the field event there will be no further practice and the Field Event Venue closed by placing a cone on the take-off board.

Disqualifications - Long Jump

Unacceptable conduct by a competitor includes, but is not limited to:

Willful failure to follow the directions of a Meet Official,

Using profanity which is not directed at someone.

Any action which could discredit the individual or their school.

Unacceptable conduct shall result in disqualification from the event.

Unsportsmanlike conduct is behavior which is unethical or dishonorable.

This applies to all coaches, competitors, and other school/team personnel. It includes, but is not limited to:

Disrespectfully addressing an Official.

Any flagrant behavior, intentional contact, taunting, criticizing an opponent or an Official.

The use of profanity which is directed at someone.

Unsportsmanlike conduct shall result in disqualification from the event and further competition in the meet.

When a disqualification is obvious and the Head Field Event Judge or Starter/Referee is not immediately available

The Field Event Official must notify the competitor of their disqualification and the reason for it.

Make note of the disqualification and the specific reason for it on the result sheet. Best practice is to use an Incident Report Form.

Immediately notify the Starter/Referee to verify the disqualification. The Starter/Referee will discuss it with the competitor's coach.

In situations where the disqualification is not obvious, immediately notify the Referee.

The Starter/Referee will make the determination if a disqualification is justified.

Whenever possible the Head Field Event Judge should stay at the Field Event Venue to continue the competition.

HIGH JUMP CONDENSED INSTRUCTIONS

Opening and Closing a Field Event Venue - High Jump

Field Event Venues are considered closed when a brightly-colored cone is in the take-off board.

Only a Field Event Official is allowed to remove the cone to open the Field Event Venue.

Reference marks for records or qualifying marks may be adjacent to, but not in, the sectors.

Check In - High Jump

Each competitor must promptly and personally present to the Field Event Official at the Field Event Venue when the field event is announced to be allowed to compete in the event. No one else may check in a competitor.

Competitors not reporting prior to the competition starting are disqualified from the event.

Individual teammates may wear different colored and styled uniforms that are school-issued or approved.

Visible undergarments worn underneath the uniform are not subject to logo/trademark/patterns/color restrictions, as of early 2024.

Head coverings worn for religious reasons are not considered hair devices.

Leaving for other events - High Jump

The time limit to be excused to compete in another event is determined by Meet Management

Competitors should not be excused to warm up for another event. They need to remain in the Field Event Venue area until excused.

Competitors must tell the Field Event Official when actually leaving and upon their return.

Always record the time when an approved competitor leaves and returns the Field Event Venue.

For the high jump, if a competitor does not communicate with the Field Event Official and is not present, the competition will continue and the competitor's trials are recorded as a pass. When time limits have been met, the bar will be raised to the next level. Upon their return, the excused competitors must make their next trial at whatever height the bar is currently set.

Under no circumstance should the high jump bar be lowered to accommodate competitors who have left for other events.

Preliminaries and Finals - do not occur in the high jump.

Warm ups - High Jump

Competitors may not warm up in the Field Event Venue until it is declared open by a Field Event Official.

Competitors must be supervised by their coach or an adult Field Event Official.

Markers may be placed by the competitor on the high jump approach apron, the marks must not interfere with other competitors.

Meet Management should specify allowed marker type, number, & locations on the high jump apron. Tennis ball halves are discouraged.

A bungee cord, manufactured for use in the high jump, may be used during warm-ups, as approved by Meet Management.

Once competition has begun, competitors are not allowed to use the venue for practice, except when a competitor passes 3 or more consecutive heights, that competitor only may have one warm-up jump during the height change when they are entering.

First occurrence: Warning. Second occurrence: Disqualification from the event. Third occurrence: Disqualification from the meet.

Call ups/Mechanics of Running the Competition - High Jump

Competitors should not be called for a trial until the Field Event Venue is ready.

Each competitor is allowed a specified number of trials.

The crossbar should be placed the same side up every time; Best practice is to mark one side as the "up" side of the crossbar.

The Field Event Official may change the order of competition to accommodate those who have been excused for other events. Competitors may be allowed to take more than one trial in succession.

When the Field Event Official is calling up the competitors, the proper sequence of commands is: "<1ST NAME> IS NEXT; <2ND NAME> IS ON DECK; AND <3RD NAME> IS ON HOLD, (short pause) <1ST NAME> YOU'RE UP". This final call-up should be accompanied with a hand signal toward the competitor to ensure that the Field Event Official, the competitor, and the Official operating the clock, are all coordinated. The clock for the time limit starts when the competitor's name is called UP.

The Trial - High Jump

Each competitor is allowed a maximum of 3 trials or Passes at any one height.

A competitor is eliminated when they have 3 consecutive unsuccessful trials, regardless of the height(s).

A Pass can be used to forgo a trial or a height. Unless the competitor has had three unsuccessful trials at a given height, the competitor may elect to pass a height and take the remaining trial or trials at a subsequent height.

Passes must be declared to the Field Event Official before the competitor is called and the time clock started.

Competitors have (1) minute, after being called, to initiate a trial that is carried to completion.

For a competitor's first attempt in the competition they have (1) minute, after being called, to initiate the trial, regardless of height.

When a competitor first enters the competition, either at the starting height or after using a Pass, regardless of the total number of competitors remaining in the competition, the competitor is allowed one (1) minute, after being called, to initiate a trial that is carried to completion.

If a competitor passes 3 or more consecutive heights, they may have one warm-up jump during the height change they are entering.

A competitor who has not entered the competition within 60 minutes from the first jump of the competition by anyone shall be allowed 1 ½ minutes of warmup without the use of a crossbar or bungee cord under the supervision of an official. This will take place only at the beginning of a height change. If more than one athlete is entering at the same time, each athlete is allowed 1 ½ minutes. This time is not aggregated for the group. The competitor must make a minimum of one attempt at this height.

For a competitor attempting consecutive trials within a height and at a height change, two (2) minutes is allowed to initiate a trial that is carried to completion.

When 3 or fewer competitors remain, they are allowed three (3) minutes to initiate a trial that is carried to completion.

When a single competitor remains, they are allowed five (5) minutes to initiate a trial.

The takeoff must be from a single foot and without the use of weight or aides. Otherwise, a competitor may attempt to clear the bar in any manner.

No electronics allowed in the competition area. Video/Pictures/Recordings can only be viewed in an unrestricted area.

Measurements - High Jump

The Field Event Official is responsible for the judging and measuring of each legal trial.

Field Event Officials should use flags to indicate a legal trial (white flag) or a foul (red flag.)

The Field Event Official should not yell "Mark", "Fair", or "Foul" after a trial.

Measurements must be made with a non-stretchable tape or certified measurement device. Make sure the zero mark is identified.

Measurements should be made so that the readings are made at the lowest point of the upper side of the cross bar.

High Jump is measured to the lesser one-quarter (¼) inch.

Fouls - High Jump

A foul trial is counted but is not measured. A red flag should be raised to indicate a foul. Mark an "X" for fouls on the recording sheet.

The competitor fails to initiate a trial that is carried to completion within the prescribed time.

Fails to go over the bar.

Displaces the crossbar in an attempt to clear it.

Touches the ground or landing area beyond the plane of the crossbar without clearing the bar.

After clearing the bar touches the crossbar attempting to steady it, or contacts the upright thus displacing the crossbar.

Uses weights or artificial aids.

Takes off from two feet.

Not a foul if the competitor inadvertently kicks the high jump mat, unless they use the high jump mat to assist the jump or it is done on a regular basis.

Results - High Jump

To place in a field event a competitor must have had at least one legal trial.

Competitors will be credited with their best performance regardless of whether this occurs in the preliminaries, finals, or jump-off.

The Field Event Official must sign the event sheet, indicating all the place winners.

Event Conclusion - High Jump

At the conclusion of the field event there will be no further practice and the Field Event Venue closed by placing a cone between the standards.

Disqualifications - High Jump

Unacceptable conduct by a competitor includes, but is not limited to:

Willful failure to follow the directions of a Meet Official.

Using profanity which is not directed at someone.

Any action which could discredit the individual or their school.

Unacceptable conduct shall result in disqualification from the event.

Unsportsmanlike conduct is behavior which is unethical or dishonorable.

This applies to all coaches, competitors, and other school/team personnel. It includes, but is not limited to:

Disrespectfully addressing an Official.

Any flagrant behavior, intentional contact, taunting, criticizing an opponent or an Official.

The use of profanity which is directed at someone.

Unsportsmanlike conduct shall result in disqualification from the event and further competition in the meet.

When a disqualification is obvious and the Head Field Event Judge or Starter/Referee is not immediately available

The Field Event Official must notify the competitor of their disqualification and the reason for it.

Make note of the disqualification and the specific reason for it on the result sheet. Best practice is to use an Incident Report Form.

Immediately notify the Starter/Referee to verify the disqualification. The Starter/Referee will discuss it with the competitor's coach.

In situations where the disqualification is not obvious, immediately notify the Starter/Referee.

The Starter/Referee will make the determination if a disqualification is justified.

Whenever possible the Head Field Event Judge should stay at the Field Event Venue to continue the competition.

Breaking Ties - High Jump

First tiebreaker: The competitor with the fewest number of trials for the height at which the tie occurs, i.e., the last height successfully cleared, shall be awarded the higher place.

Second tiebreaker: If the tie remains, the competitor with the fewest total number of unsuccessful trials throughout the competition, up to and including the height last cleared, shall be awarded the higher place. Passed trials do not count as misses.

If the tie remains after the 2 tiebreakers, and the tie is not for first place, the competitors are awarded the same place and points divided equally.

If the tie remains after applying the 2 tiebreakers, and the tie concerns first place, a jump-off will commence; jump-offs only occur for a tie for first place when neither of the tie-breakers determine a winner.

During the jump-off, each competitor is allowed only one trial at each height until a winner is determined.

No Passes are permitted in jump-offs.

The jump-off shall commence at the next height down in the original progression, after the tying height.

If no competitor clears the lower height, the bar is lowered by one (1) inch increments until a successful trial is made by at least one competitor.

If no competitor clears the lower height, the bar is lowered by the next height down in the original progression, until a successful trial is made by at least one competitor.

If 2 or more of the tying contestants clear the lower height, the bar shall be raised by intervals of one (1) inch until a competitor has a successful trial and the other competitors in the jump-off are unsuccessful.

All bar movements during a Jump Off are in one (1) inch increments

A competitor withdrawing from a jump-off concedes the higher place but retains their best performance in the event.

A competitor shall be credited with their best achievement, regardless if it occurs in regular competition or a jump-off.

If the height which the competitors last attempted is not the same, because of a passed height by one or more of the remaining competitors, the bar shall be lowered to the lowest height last attempted by any of the remaining competitors to begin the jump-off.

TRACK & FIELD INCIDENT REPORT CARD

This form is designed to be printed on standard 8 1/2 X 11 inch paper then cut in half.

Event _____ Heat _____ Lane _____

Competitor _____ Team _____ Uniform Color/Pattern _____

Violation _____

Rule # _____

Sector/Area/Venue Reporting _____

Umpire _____ Head Umpire _____

Referee Use Only

Disqualified? Yes No _____

Timer Notified Yes No _____

Coach Notified Yes No _____

Meet Referee/Comments _____

TRACK & FIELD INCIDENT REPORT CARD

Event _____ Heat _____ Lane _____

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Violation _____

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Disqualified? Yes No _____

Timer Notified Yes No _____

Coach Notified Yes No _____

Meet Referee/Comments _____

UMPIRES PLACEMENT DIAGRAMS

These diagrams are designed to be used with up to 13 Umpires.

The Head Umpire should assign each Umpire an Umpire Assignment number, starting with #1 through the number of Umpires available.

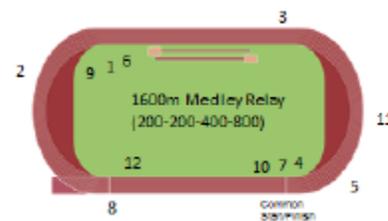
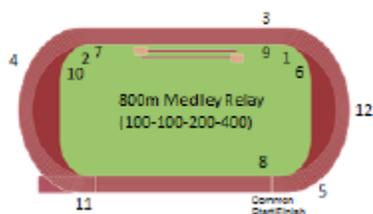
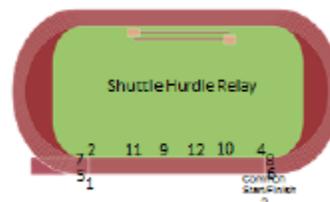
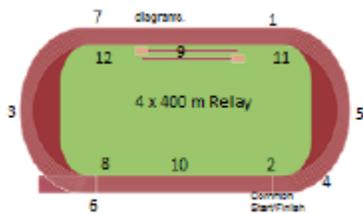
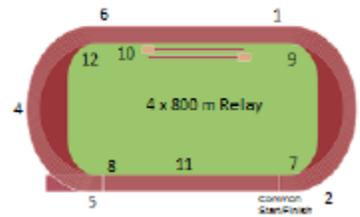
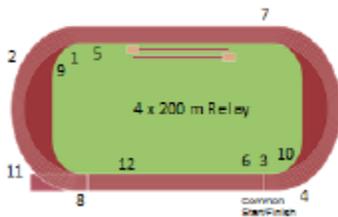
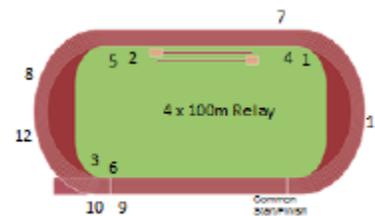
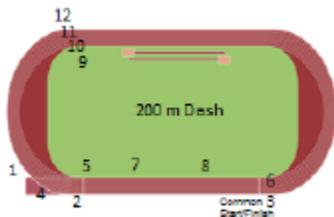
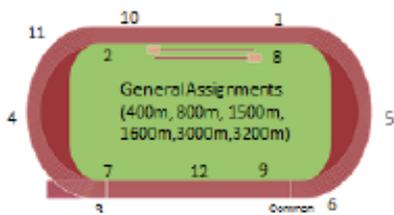
The Head Umpire should not have an Assignment number.

For example: if there are 8 available Umpires, one of the Umpires is designated Head Umpire.

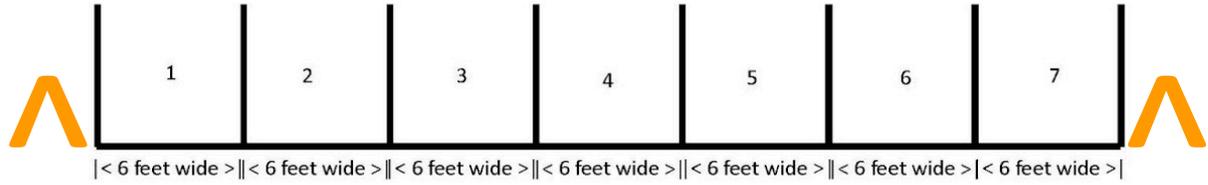
The rest of the Umpires are assigned numbers 1-7.

These numbers correspond to locations around the track for various events.

Numbered Locations are prioritized so there is even coverage around the track.



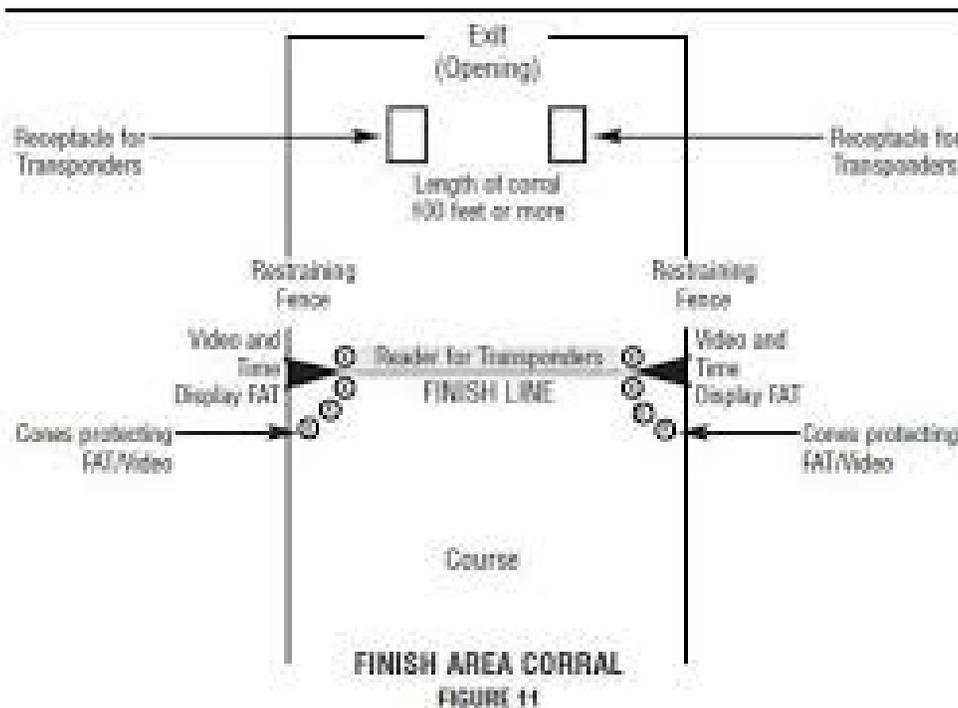
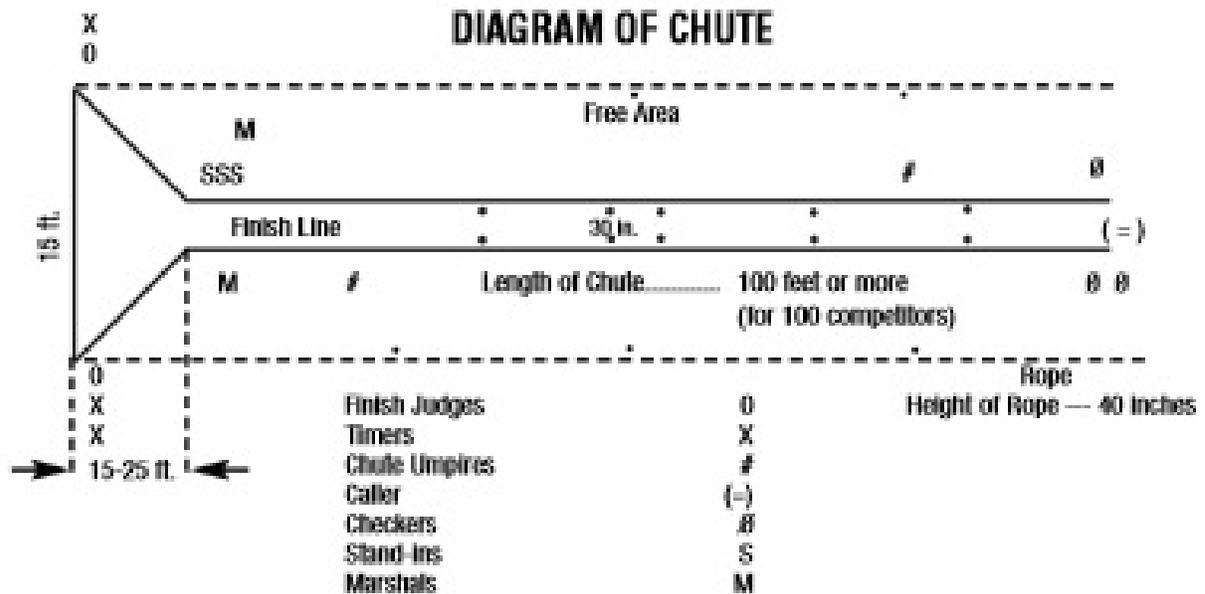
CROSS COUNTRY START LINE BOXES DIAGRAM



COURSE



CROSS COUNTRY FINISH LINE CHUTE & CORRAL



SUGGESTED TOPICS FOR COACHES MEETING

A coaches meeting should be held at a designated time on the meet schedule, no later than 30 minutes before the first race.

This should include the Meet Director, Clerks, Starter/Referee, and a representative from each team participating. Some recommended topics include:

Concerns about the track/course/venue.

Start area, finish area, track/course markings, exchange zone markings, competitor check-in, Field Event Venues, concessions.

Location of Athletic Trainer/medical personnel.

Weather concerns.

Review uniform rules, especially during cold weather.

Review timing system instructions: chips, tear-off bibs, index cards, popsicle sticks, etc.

Starting box assignments.

If Varsity and JV are run together, are the JV runners identified prior to the race, and how are they marked.

Adaptive/Special Needs competitors, guides, guide dogs, visual/hearing impaired, autistic spectrum competitors, etc.

Lead vehicle and trail vehicle information.

Collect medical notes.

Water for competitors, who is providing, if any.

Posting of results, i.e. where and when.

Location and time of awards ceremony.

Review State Association/Union letters or memos.

Additional concerns and questions.

ADDITIONAL RESOURCES

Iowa Girls High School Athletic Union ighsau.org

Iowa High School Athletic Association iahsaa.org

National Federation of High Schools nfhs.org

Field Event How To Videos: iatrackcoaches.org/officials-toolkit/

High Jump: <https://youtu.be/GQzGzENTXrA?si=IXds4G06NG7BLi8m>

Long Jump: <https://youtu.be/jhpNaYgQFm0?si=jVKZP1Ze63iwFdG9>

Throws: <https://youtu.be/XPDKRI86G2Q?si=nkrZaKFknCTxY6jC>

