



# 2010

# Track and Field Manual

*For Coaches & Officials*



**OHIO HIGH SCHOOL ATHLETIC ASSOCIATION**  
4080 Roselea Place  
Columbus, OH 43214  
(p) 614.267.2502  
(f) 614.267.1677  
[www.ohsaa.org](http://www.ohsaa.org)

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# **2010 Track and Field Rules Changes**

**Rule 3-2-4g new NOTE:** NOTE: All areas designated for the coaches to observe and confer with competitors shall be clearly identified and marked by the host meet management: Specifies that for gun starts only a closed barreled starter's pistol may be used by the starter.

*Rationale: The games committee has the authority to "designate specific areas for coaches to observe and confer with competitors." The rules now give further instructions regarding the requirement for these areas to be clearly identified and marked by the host meet management. Coaching boxes are established for a specific purpose, to assist competitors by way of better communication with their coaches, however, proper location and identification are important.*

**Rule 3-2-7:** Video replay or television monitoring equipment, other than the official equipment approved by the games committee prior to the start of competition, shall not be used to make decisions related to the meet.

*Rationale: The current rule allows for the use of video replay or television monitoring equipment to be used to make decisions related to the meet only if declared official and approved by the games committee. Now the determination to approve such equipment must be made prior to the start of competition eliminating electronic images and video from being presented to meet officials for approval after competition begins.*

**Rule 3-17-2 ...and finish.** In all races that require a wind reading, the anemometer shall be set 50 meter from the finish line, and for the long jump and triple jump, 20 meters from the foul line...It shall face...

*Rationale: This change makes more specific the location of the anemometer for all events requiring wind readings. In the horizontal jumps where competitors have a choice of take-off boards, the anemometer will remain at 20 meters from the foul line regardless of choice. The anemometer distance will be measured from the common take-off board, not the alternate choice board. The language regarding the 200 meter dash is out of date and no longer needed.*

**Rule 4-5-8e: e.** Communicating with a competitor through the use of any device.

*Rationale: This rule change broadens the description of devices that cannot be used to communicate with a competitor. As technology evolves new devices will be developed. The rule now prohibits communication with "any" device and eliminates the need for new language to constantly address new devices.*

**Rule 5-6-3:** All heats and/or sections shall use the same starting procedure.

*Rationale: In order for all competitors to receive an equal opportunity in a running event, the starting procedure for the event shall be the same for all heats and/or sections. This change does not prohibit sub-varsity heats and/or sections from using an alternate starting procedure to accommodate expanded participation, as determined by the state association or individual school.*

**Rule 5-13-2b: b.** Knocks down any hurdle by hand.

*Rationale: The word "deliberately" has been deleted from this rule. The official no longer needs to determine the intent of the competitor. The word "foot" has also been deleted from this rule. The deletion of the word "foot" does not remove the requirement that hurdlers must attempt to clear each hurdle.*

**Rule 6-5-5** A 34.92 degree sector shall be marked on the ground. Radial lines 2 inches (5 centimeters) wide shall extend from the center of the circle to form an area into which legal puts shall be made. The inside edges of these lines shall mark the sector, and the lines shall be placed equidistant from the ends of the stop board.

*Rationale: The rule was changed to correct a statement within the rule regarding the position of the sector lines in reference to the stop board. With the 34.92 degree sector the radial lines no longer extend from the extremities of the stop board.*

**Rule 7-2-11 new NOTE:** Note: A bungee cord manufactured for use in the high jump and pole vault may be used during warm-ups, as approved by the games committee.

*Rationale: The use of the bungee cord in the pole vault during warm-ups has previously not been allowed. A bungee cord may now be used during warm-ups for both the high jump and the pole vault. If used, the bungee cord must be approved by the games committee and must be a bungee cord manufactured specifically for use in track and field for this purpose. A bungee cord may only be used if the standards for the event are such that they accommodate the specific bungee cord approved for use by the games committee.*

**Rules 7-4-6, 7-5-11 new NOTE:** NOTE: Effective January 1, 2013, the crossbar shall be circular. Square with beveled edges or triangular crossbars shall no longer be legal for competition.

*Rationale: Crossbars are now being manufactured as circular crossbars. The January 1, 2013 effective date will allow for the replacement of current crossbars which are not circular.*

**Rule 7-5-4:** A competitor shall not use a variable weight pole, a pole which is improperly marked, a pole rated below his/her weight, or any other equipment which is not legal during warm-up or competition.

*Rationale: The reference to the use of a bungee cord during warm-ups has been removed. If used the bungee cord must be approved by the games committee and must be a bungee cord manufactured specifically for use in track and field for this purpose. A bungee cord may only be used if the standards for the event are such that they accommodate the specific bungee cord approved for use by the games committee.*

**Rule 7-5-29g:** Deleted letter g “clears the crossbar with the uprights positioned correctly.”

*Rationale: A competitor who clears an attempt in the pole vault should not be responsible for the uprights not being properly positioned by the officials.*

### **Major Editorial Changes:**

Rules 4-3-3, 4-5-9, 6-3-2a, 7-5-3

### **Points of Emphasis:**

Coaching box

Pole Vault

Games Committee Responsibilities

Contestant/Competitor

Application of “Design of Uniform” for relays and cross country

## Section 1. Enclosures

### **Section 1.1. For coaches**

- 2010 NFHS Track and Field Rules Book
- “Your Athletic Eligibility” brochure

### **Section 1.2. For officials**

- 2010 NFHS Track and Field Case Book
- 2010 NFHS Track and Field Rules Book
- 2010-2011 NFHS Track and Field Officials Manual

## Section 2. OHSAA Mission Statement

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

## Section 3. Calendar

### **Section 3.1. Important dates**

2010 OHSAA Track & Field Calendar	
March 8, 2010:	First day of coaching and instruction.
March 27, 2010:	Season Begins.
April 19, 2010:	Non-interscholastic competition no longer permitted (see Track & Field Regulation 4.2 for additional information).
May 3, 2010:	Deadline for entry/withdraw from the OHSAA tournament (\$150 late fee).
May 14, 2010:	Deadline for web-based entry to OHSAA tournaments.
May 26-29, 2010:	Regional tournaments: Division I and III Wed./Fri.; Division II Thur./Sat.
June 4-5, 2010:	State tournaments/coaching and season end.

## **2010 Track and Field Rules Interpretation Meetings**

Visit <http://myohsaa.ohsaa.org/ohsaahome.aspx> for regular updates to the rules interpretation meetings.

By OHSAA Board of Directors regulation, any school sponsoring interscholastic contests in track and field must have the head varsity track and field coach, assistant track and field coach, or athletic administrator attend one of the rules interpretation meetings. Any school failing to meet this requirement will be ineligible for tournament competition.

Officials who fail to attend one of the meetings will be suspended the following year. Attendance is also required in order to be eligible for Regional or State Tournament assignments. It will be the responsibility of the head track and field coach, assistant track and field coach, or athletic administrator of each school and officials to be in attendance within ten minutes of the start of the meeting and stay until the conclusion of the meeting in order to receive credit for attendance.

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

Those coaches or officials who do not attend a regularly scheduled rules interpretation meeting or the scheduled make-up meeting may request a special make-up meeting from an interpreter listed below. Such meeting must be held no later than February 25, 2009. The fee for a Special Make-up Meeting is \$50.00. Requests made after February 25, 2009 must be addressed to the Commissioner.

Interpreters	Email Address
Dale Gabor	<a href="mailto:dgabor@ignatius.edu">dgabor@ignatius.edu</a>
Bob Meuleman	<a href="mailto:bob@meuleman.us">bob@meuleman.us</a>
Max Benton	<a href="mailto:max.benton@wright.edu">max.benton@wright.edu</a>
Steve Hurley	<a href="mailto:stevenhurley@hotmail.com">stevenhurley@hotmail.com</a>
Steve Neil	<a href="mailto:sneil@ohsaa.org">sneil@ohsaa.org</a>

### **Section 3.2. 2010 Regional Track and Field Tournaments**

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

### **Section 3.3. Track and Field Officials Associations Meetings**

Visit <http://myohsaa.ohsaa.org/ohsaahome.aspx> for up-to-date information on Officials Associations meetings.

# **State and Local Rules Interpretation Meetings**

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

<u>Date/Time</u>	<u>Location</u>	<u>Contact</u>
1/25/2010 7:15	Mentor High School 6477 Center Street – Lecture Hall C – Mentor, 44060	Dale Gabor
1/26/2010 5:00	Roosevelt High School 1400 N. Mantua St. Auditorium – Kent, 44240	William Cox
1/26/2010 7:15	Unioto Junior High School 160 Moundsville Road – Auditeria, Chillicothe, 45601	Gayle Mahaffey
1/27/2010 7:15	Pickerington High School Central 300 Opportunity Way – Pickerington, 43147	Leonard Krsak
1/27/2010 7:15	Rogers High School 222 McTigue Drive - Auditorium – Toledo, 43615	Fredrick Atkins
1/27/2010 7:15	South Webster High School 10529 Main Street – Tierd Room – South Webster, 45682	James Smith
1/29/2010 9:30 A.M.	OATCCC Clinic Hilton-Columbus 3900 Chagrin Drive, Easton A, B, C, D, E – Columbus, 43219	Dale Gabor
2/1/2010 7:15	Mason High School 6100 S. Mason Montgomery Road – Harvard Room – Mason, 45040	Harold Grice
2/1/2010 7:15	Upper Valley JVS 8811 Career Drive – Hartzell Hall – Piqua, 45356	Edward Crawford
2/2/2010 5:30	Bath High School 2850 Bible Road – Auditorium – Lima, 45801	William Swank
2/2/2010 7:15	Kettering Fairmont High School 3301 Shroyer Road – Commons – Kettering, 45429	Robert Karl
2/3/2010 6:00	Midview High School 38199 W. Capel Rd. – APR – Grafton, 44044	Larry Dixon
2/4/2010 7:15	Mansfield Senior High School 124 N. Linden Dr. – Community Room – Mansfield, 44906	Alfred Ward, Jr.
2/8/2010 7:00	Bellevue High School 200 Oakland Avenue – Cafeteria – Bellevue, 44811	David Hershey
2/10/2010 6:00	Austintown Fitch High School 4560 Falcon Drive – Cafeteria – Youngstown, 44515	
2/10/2010 7:00	Four County Career Center SR 34 and SR 36, Durban Room – Archbold, 43502	James McPike
2/11/2010 7:15	Dover Middle School 21313 N. Wooster Ave. – Gymnasium – Dover, 44622	James Heller
2/11/2010 7:15	Independence High School 6001 Archwood Road – Auditorium – Independence, 44131	JoAnn Kitchen
2/17/2010 7:15	Athens High School 1 High School Road – Auditorium – The Plains, 45780	Thomas Pierson
2/17/2010 7:15	Glenwood Middle School 1015 44 <sup>th</sup> Street, NW – Little Theater – Canton, 44709	James Craig
2/18/2010 7:15	Bellaire High School 35 <sup>th</sup> & Guernsey Sts. – Cafeteria – Bellaire, 43906	Shawn Valloric
3/3/2010 4:30	Make-up – OHSAA Headquarters - \$50.00 Fee 4080 Roselea Place – Columbus, 43214	Dale Gabor

## Section 4. OHSAA Contact Information

Name	Title	Responsibilities	e-mail	Phone
Dale Gabor	Director/Coordinator of Track and Field; Head Rules Interpreter	Oversees the sport and coordinates meets; Head Rules Interpreter	<a href="mailto:dgabor@ignatius.edu">dgabor@ignatius.edu</a>	216-281-5395
Steve Neil	Assistant Commissioner	Assists with sport and meet coordination; rules interpreter	<a href="mailto:sneil@ohsaa.org">sneil@ohsaa.org</a>	614.267.2502
Henry Zaborniak	Assistant Commissioner	Oversees officials programs and meet assignments	<a href="mailto:hزابorniak@ohsaa.org">hزابorniak@ohsaa.org</a>	614-267-2502
Renee Moore	Administrative Assistant	Assists in the coordination of the sport and tournaments	<a href="mailto:rmoores@ohsaa.org">rmoores@ohsaa.org</a>	614.267.2502
Max Benton	State Rules Interpreter	Conducts state rules interpretation meetings and fields rules inquires	<a href="mailto:max.benton@wright.edu">max.benton@wright.edu</a>	937.775.4671
Bob Meuleman	State Rules Interpreter	Conducts state rules interpretation meetings and fields rules inquires	<a href="mailto:bob@meuleman.us">bob@meuleman.us</a>	419.737.2681
Steve Hurley	State Rules Interpreter	Conducts state rules interpretation meeting and fields rules inquires	<a href="mailto:stevenhurley@hotmail.com">stevenhurley@hotmail.com</a>	NA

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## Section 5. Track and Field Links

National Federation of State High School Associations  
 United States Track Coaches Association  
 Ohio Association of Track and Cross Country Coaches  
 USA Track and Field

[www.nfhs.org](http://www.nfhs.org)  
[www.ustrackcoaches.org](http://www.ustrackcoaches.org)  
[www.oatccc.com](http://www.oatccc.com)  
[www.usatf.org](http://www.usatf.org)



## Section 6. Coaches

### **Section 6.1. OATCCC Goals:**

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

### **Section 6.2. 2009 OATCCC Officers Directory**

Title	Name	School	E-Mail	Phone
President	Scott Dorne	Westerville So. HS	<a href="mailto:dornes@wesoh.org">dornes@wesoh.org</a>	614-797-6004
Past President	Greg Fraunfelter	Logan High School	<a href="mailto:gfraunfelter@loganhocking.k12.oh.us">gfraunfelter@loganhocking.k12.oh.us</a>	740-385-2069

Please refer the to OATCCC website for other contact information.

### **Section 6.3. Preseason information**

#### **• Pole Vault Education Requirement**

By Board of Directors action, all schools that intend to compete in the pole vault, high school and 7th and 8th grade schools, must send a coach to a pole vault coaching clinic sponsored by the OATCCC or another governing body. Please see the OATCCC web site or the OHSAA web site for additional information. **Any coach who attended a pole vault education clinic after the June, 2007, season shall be considered in compliance with this regulation for the 2010 season.**

#### **• Professionalism**

Your professionalism is of the utmost importance. Your athletes and fans will follow your lead. If you are respectful of the competition and the officials, your athletes and fans are more likely to do the same. If you are disrespectful of the competition and the officials, it will be reflected in the words and actions of your athletes and fans. Officials aren't perfect and mistakes will be made, but it is all part of the learning process for our young student-athletes. So please take those disappointments and turn them into positive learning experiences. What you permit, you promote.

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

#### **• Coaches' Comments to the News Media (OHSAA Sports Regulation 17)**

OHSAA Bylaw 8, Section 2, reads in part, “Great care shall be exercised in the selection of officials, well in advance of the contest and agreed upon by schools involved. When the contest begins each school waives all of its rights so far as objecting to the officials.”

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

- **Pre-Season Preparations**

During your pre-season preparations, invite a local official(s) to meet with your squad during pre-season workouts. It allows the officials to meet your athletes and discuss new rules. It gives your athletes an opportunity to ask questions and have a discussion prior to competition days. We would also recommend inviting an official to a pre-season meeting with your parents. Again, it provides a forum for healthy discussions and an opportunity for your parents to learn more about the game.

- **Scheduling Conflicts**

Certainly, scheduling conflicts are going to arise. **PLEASE COORDINATE WITH YOUR ATHLETIC ADMINISTRATOR TO ENSURE THAT OFFICIALS ARE NOTIFIED IN ADVANCE OF ANY CHANGES.** When dates, times, and / or locations are changed it not only affects the officials scheduled for that contest, but also other contests they are scheduled to work. Thanks so much for your assistance!

- **Protecting Athletic Eligibility**

If you have not received copies of the 2008-2009 OHSAA Athletic Eligibility Information Bulletin, entitled “Your Athletic Eligibility, which is written to explain the rules to coaches and student-athletes and their parents, **please note that a sample has been enclosed with this mailing.** See your school administrator for additional copies if these have not been distributed to your athletes.

The OHSAA strongly encourages all coaches to conduct pre-season orientation meetings for student-athletes and their parents. These meetings afford the coach the opportunity to present information pertaining to school policy, athletic codes of conduct, OHSAA eligibility rules and details concerning the track and field program. The eligibility bulletins could be presented at this time. Please remember that when parents sign their consent for their son or daughter's participation in interscholastic athletics on the OHSAA consent form, they also are indicating that they have read and understood the OHSAA Eligibility Bulletin “Your Athletic Eligibility.”

- **Inquiries**

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

## Section 7. Indoor Track and Field

The OHSAA does not sponsor tournament competition in indoor track and field. Thus, this sport is not considered to be an OHSAA “recognized” sport. However, many schools do sponsor interscholastic competition in indoor track and field. This information is provided to assist schools that have chosen to sponsor this sport. The following are answers to frequently asked questions pertaining to Indoor Track and Field.

- **Does the opening date for coaching to begin in Outdoor Track and Field apply to schools sponsoring indoor track and field?** No. The regulation adopted applies only to track and field as an outdoor sport. Indoor track and field is a non-recognized (non-tournament) sport. This means that schools sponsoring the sport may set their own dates for the season length and for number of contests permitted.”
- **What procedures must be followed for those schools desiring to compete in indoor track and field?** Due to a change in a Bylaw, there are no longer any requirements that schools comply with the Bylaws and applicable sports regulations of the OHSAA in non-recognized sports. The following steps are suggested to assist schools that may want to sponsor an indoor track and field program:
  - a. **Authorization/approval/recognition** by the appropriate Board of Education.
  - b. **Approval/recognition** of assigned coaches by the appropriate Board of Education.
  - c. **Determine the length of the season and the number of contests** to be competed. It is required that schools compete in at least one indoor competition during the season in order to be considered an interscholastic program.
  - d. **It is no longer necessary to register the sport with the OHSAA.**
  - e. **The OHSAA does not provide catastrophe insurance for participants in indoor track and field on the OHSAA catastrophic Insurance policy. For schools that wish to sponsor the sport and maintain this insurance, there may be a way to continue that coverage for a fee. The OHSAA will continue to work to provide schools with information about this option over the next school year.**
- If the Board of Education does not recognize and sponsor indoor track and field, what alternative is there for athletes interested in competing indoors? - Those individuals may participate as non-interscholastic participants without school affiliation. The OHSAA Lifetime Catastrophe/Liability insurance shall not apply in such cases, and no outdoor interscholastic track and field coach may coach them. The decision regarding whether to permit these athletes to wear school uniforms and/or use school equipment is a local school decision.
- However, member schools should note that the OHSAA has endorsed Loomis & LaPann (an AIG Company) to offer schools the opportunity to purchase catastrophic insurance coverage at a very reasonable cost for students who participate in sports not recognized by the Association.  
Contact Information: Greg Joly ([gjoly@loomislapann.com](mailto:gjoly@loomislapann.com)), Karen Boller ([kboller@loomislapann.com](mailto:kboller@loomislapann.com)), (p) 1.800.566.6479  
<http://www.loomislapann.com/> or  
[http://ohsaa.org/members/catinsurance\\_NonRecognizedSports.pdf](http://ohsaa.org/members/catinsurance_NonRecognizedSports.pdf)

**May athletes who are not planning to compete in indoor track and field receive coaching during the indoor season?** No. If they receive coaching and instruction from the school coach or coaches, it is a violation of the track and field coaching regulation. If they work out or practice on their own, there is no violation. Any further eligibility questions should be referred to the OHSAA office.

## **Section 8. Non-Interscholastic Participation**

### **Section 8.1. Physical fitness or conditioning sessions prior to the opening day of outdoor track and field practice.**

There are no restrictions for pre-season conditioning in this sport except as follows. Such programs are limited to calisthenics, weight training and running. The running shall consist only of jogging with no sprint or interval training or any activity where coaching and instruction are involved. No implements or equipment used in track and field competition may be used in the physical fitness program prior to the opening day of interscholastic outdoor track and field practice.

### **Section 8.2. Practice of individual events prior to the opening day of outdoor track and field practice.**

No coaching of interscholastic athletes by the school coaching staff may take place prior to the opening day of outdoor track and field practice. **Opening up a gym or an outdoor facility for athletes to practice track and field events without the instruction and direct supervision of a qualified coach is not a recommended practice.** Of particular concern are the events of pole vault, shot put and discus. Schools should not permit student-athletes to practice these events outside the season of the sport without the direct supervision of a coach.

### **Section 8.3. Attendance at clinics and instructional programs prior to the start of practice or after the last day of the season.**

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

### **Section 8.4. Members of a school's outdoor track & field coaching staff...**

May not coach athletes from the school during the school year outside the track and field season unless they are involved with a Board approved indoor season. Coaches are prohibited from coaching their athletes in outdoor track and field during the school year except during the track and field season.

### **Section 8.5. Summer Programs**

**Members of the school coaching staff combined are permitted ten days of coaching contact from June 1 - July 31.**

## Section 9. High School Regulations

**A competitor may compete in a maximum of four track and field events.** The four events may be any combination of track and field events, including relays, or may be four track events or four field events. **This regulation applies to all competitions – regular season and OHSAA tournaments.**

**PARTICIPATION LIMITATION PENALTY - An athlete who exceeds the participation limitation shall be disqualified. The forfeiture bylaws apply as written in Bylaw 11. In support of this, NFHS Rule 4-2-PEN specifies that a competitor who participates in more than the four allowable events shall forfeit all places and points and shall be disqualified from further competition in the meet/tournament. In relay events, the team's relay points and places shall also be forfeited.**

**The four-event limitation applies to single and multi-day competition – regular season and tournaments.**

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

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

### **OHSAA Handbook**

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

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

### **Length of Season and Coaching Regulations:**

No scrimmages permitted.

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

See calendar in section 3.1 for all dates

Each student-athlete is limited to a maximum of one meet per day, or no more than four events per day.

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

**Girls**

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

**Boys**

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

**NOTE:**

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

**FIELD EVENTS: (order is optional)**

**Girls**

- Discus (2 lbs., 3.2 oz.)
- High Jump
- Long Jump
- Shot Put 4K (8 lbs.13oz.)
- Pole Vault

**Boys**

- Discus (2 lbs., 3.2 oz.)
- High Jump
- Long Jump
- Shot Put 12 lbs.
- Pole Vault

**THROWING SECTORS:**

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

**SCHOOL NUMBERS:**

The range for required numbers can be found at [www.ohsaa.org](http://www.ohsaa.org) and in the School Directory or call Angie Lawler 614.267.2502.

## Section 10. 7<sup>th</sup> – 8<sup>th</sup> Grade School Regulations

**Ten days practice required prior to first interscholastic competition.**

In any one track and field contest, a participant may compete in a maximum of three events. The three events may be any combination of track and field events including relays, or may be three track events or three field events. **PARTICIPATION LIMITATION PENALTY:** An athlete who exceeds the participation limitation shall be disqualified. The forfeiture bylaws apply as written in Bylaw 11.

Individual competitors and squads are limited to a maximum of **12 meets** per season plus one league championship meet (team and individual). See Track and Field General Regulations 14-C-5 19, of the OHSA Handbook (page 123).

The following listed Order of Events shall be used for grade 7-8 girls and boys involving Ohio schools. This bulletin supersedes the Order of Events listed on page 74 of the 2009-10 NFHS Track and Field Rules Book. **The order of events in 7-8th grade meets shall be as listed below: In accordance with Rule 1-2, unless changed by the Games Committee in invitational meets or specified in the contract in dual, triangular or quadrangular meets, the events will count in scoring unless there is mutual consent of the coaches to delete the event.**

### Girls

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

### Boys

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

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

NOTE:

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

FIELD EVENTS: (order is optional)

### Girls

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

### Boys

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

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

THROWING SECTORS – Required for 2010 – 34.92 degrees for Shot Put and Discus.

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

**Bylaw 1-1-2.** "Students below grade seven are ineligible for participation in interscholastic athletics." "Participation" includes practice as well as competition with and against students above grade 6. See Sports Regulation 33.3.

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

## **Section 11. Uniforms and Jewelry**

### **Section 11.1. Shoes**

The rules require all track and field competitors to wear on both feet shoes with an upper portion and a definitely recognizable sole and heel. The shoes must be fastened securely to the foot with laces, zippers, Velcro or other closures. Slippers and socks do not meet the rule requirements.

### **Section 11.2. Uniform Tops/One-Piece Uniforms**

Each athlete must wear a full-length track uniform top or a one-piece uniform issued by the school. The uniform top or the top of the one-piece uniform shall be numbered as indicated in #5. Track tops must be full-length (i.e., either tucked into the bottoms or hanging BELOW the waistband of the bottoms when the athlete is standing erect). Bare midriff tops are not allowed. The top shall not be knotted or have a knot-like protrusion.

### **Section 11.3. Uniform Bottoms/One-Piece Uniform**

Each athlete shall wear track bottoms and/or a one-piece uniform issued by the school. The loose fitting boxer style shorts are permitted for boys and girls. The waistband of a competitor's bottom shall be worn above the hips.

### **Section 11.4. Items that are Legal on School Uniforms**

School identification on the tops and/or bottoms and one-piece uniform; athlete's name on the tops/top of the one-piece uniform; a single manufacturer's logo/trade name, no more than 2 ¼ square inches with no dimension more than 2 ¼ inches on each item of apparel; The American flag, not exceeding 2 x 3 in.

### **Section 11.5. Required Numbers on Uniform**

The OHSAA requires all competitors in high school track and field and cross country to wear a school-issued top and bottom or one-piece uniform with the number permanently attached to the back of the top or one-piece uniform. The numerals shall be plain Arabic numerals of a contrasting color with the color of the top and must be a minimum of 4" in height on the back. The numbers must appear in a horizontal fashion on the back of the uniform. Matching numbers may be attached to the front. NOTE: In order to avoid duplication of numbers as much as possible, each school is assigned a range of numbers that may be used. (See the OHSAA web site for assigned numbers <http://www.ohsaa.org/members.asp>).

### **Section 11.6. Visible Undergarments**



For girls, the sports bra or crop top that may be visible under the uniform top or top of the one-piece uniform does not have to be a solid color. The rule does require that any visible shirt(s) worn under the top/one-piece uniform by either boys or girls and any other visible apparel worn under the bottoms (the key concept here is visible and includes boxer shorts or any other type of undergarment), must be unadorned and of a single color. Visible items worn under both the tops and the bottoms of a uniform do not have to be the same color. A single manufacturer's logo/trademark/reference, no more than 2 ¼ square inches with no dimension more than 2 ¼ inches, is permitted on the top AND bottom of the uniform.

### **Section 11.7. Additional Restrictions for Relay Races and Cross Country Competition**

Each team member shall wear the same color and design of school uniform although the length of the bottom or one-piece uniform may vary. If worn by more than one team member, the apparel must be the same color but not necessarily the same length. Any visible shirts (sports bras for girls exempted) worn under the top/one-piece uniform and other visible apparel worn under the bottom/one-piece uniform must be unadorned and of a single color. Visible garments worn under the top/one-piece uniform and/or the bottom/one-piece uniform do not have to be the same color. If worn by more than one team member, that apparel must be the same color but not necessarily the same length.

### **Section 11.8. Headgear**

Hats and caps are prohibited. EXCEPTION - During inclement weather, track and field competitors may wear the Navy Watch-Style knit cap. The cap shall not have a bill, but may have a knit ball on top or a tassel or tail provided the tassel or tail is no longer than 1/2 the depth or length of the cap. Competitors may also wear a headband with or without ear protectors provided the headband is designed for the purpose of protecting the head and ears during inclement weather. Tassels, bows, pom-poms or streamers attached to the cap, hair or hair control device are not permitted.

### **Section 11.9. Removal of any part of the team uniform**

Excluding shoes, while in the area of competition as defined by the games committee, is illegal. This shall lead to a warning and if repeated, to disqualification from the event. If the incident recurs, the athlete will be disqualified from further competition in the meet. (OHSAA ejection policy would apply in this case!)

### **Section 11.10. Penalty**

The penalty for an illegal uniform is disqualification from the event.

### **Section 11.11. Jewelry**

Rule 4-3-3 stipulates that contestants shall not wear jewelry with the exception of religious or medical medals. If religious medals are worn, they shall be taken off the necklace or bracelet and taped to the body under the uniform. A medical alert medal must be taken off the necklace or bracelet and be taped to the body. The medical alert may be visible and should be taped to the chest area where emergency personnel will notice it. The penalty for jewelry is disqualification from the event. In general, no physical objects that are adornment may be worn on any body part. Exceptions: Eye glasses, if securely fastened, hearing aids, approved helmets for pole vault competitors, and certain medical appliances that are not deemed to be dangerous, such as braces, splints, knee or elbow supports, etc.

### **Section 11.12. Earrings and other body piercing jewelry**

Also prohibited by this rule. In addition, rings or bands of any type of material, earrings, necklaces, navel jewelry, any other type of body piercing adornment (note: replacing body piercing jewelry with other foreign objects or taping over the jewelry is not permitted), bracelets of any type of material including the rubber commemorative bands, etc. are prohibited.

### **Section 11.13. Wristwatch**

One wristwatch, secured to the wrist, may be worn in competition. This is considered track and field equipment, not jewelry.

### **Section 11.14. Medic alert or Medical Medal**

The rules permit one medical medal, which shall be taped to the body in a position where visible. Medical personnel are trained to look for these in the upper chest area. Religious medals must be taped to the body under the uniform.

### **Section 11.15. Hair control devices**

Hair control devices that are soft are permitted. Plastic barrettes, headbands, beads, hairpins or other decorative or control devices that are hard and unyielding are not permitted. Prowrap is legal if used to control hair, but not as a headband.

### **Section 11.16. Penalty for wearing jewelry**

Disqualification from the event.

## **Section 12. Regular Season Contest Procedures**

### **Section 12.1. Event entry limitations**

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

### **Section 12.2. Required roster**

Each school must provide a roster of athletes and each athlete's assigned number before competition begins. Duplicate numbers are NOT permitted in the same event. In dual, triangular and quadrangular meet competition, a copy must be provided to each opposing coach and the referee. In meets involving five or more schools, the school roster must be supplied to the meet manager. Competition will not be permitted until the roster is provided.

### **Section 12.3. Sub or non-varsity competition**

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

#### **Section 12.4. Competing boys and girls events simultaneously**

The Board of Directors has authorized the adoption of NFHS Rule 1-2-3, which permits simultaneous competition of boys and girls events provided the head coaches unanimously agree or if the referee deems it necessary.

#### **Section 12.5. Changing the order of events or the actual events competed**

Section 9 lists the adopted order of events for high school and for 7-8th grade interscholastic track and field competition. In dual, triangular and quadrangular meets, the listed events must be competed unless the changes are listed on the contest contract signed by the school administrators or certified OHSAA assignor. If there is no contractual exception, schools shall expect to compete in each of the events as listed. If some events are not offered or cannot be competed, the offending school, in accordance with the following procedure, will forfeit the points unless there is mutual consent of the coaches to change or delete an event or events.

Dual - forfeit points to opponent.

Triangular, quadrangular - forfeited points divided equally among the opposing schools.

Invitational - forfeited points divided equally among the opposing schools

#### **Section 12.6. Stagger for the 4 X 400 meters relay**

The OHSAA shall use a three-turn stagger for the 4 X 400 meter relay in all tournament competition. Schools may use this stagger in the regular season as well. Schools must have their tracks resurveyed and remarked if they wish to use this format for regular season competition.

#### **Section 12.7. Scrimmages or previews in track and field**

According to the definitions adopted and printed in the Sports Regulations, scrimmages and previews are **not permitted** in track and field. Track and Field is considered a sport of individuals with accumulative scoring applications resulting in a team score. Any type of interscholastic competition is considered a contest and subject to contest limitations.

#### **Section 12.8. Multiple day meet**

A meet scheduled for either a one-day period or more than one day counts as one meet. This applies even though the days of the meet are not consecutive. **NOTE: The entry limitation of a maximum of four events applies even though a meet is competed on two days.**

#### **Section 12.9. Scheduling two meets in one day**

This is permissible, but each meet must be listed on the school's schedule and counts in the maximum of 16 permitted for the school team and the athlete is limited to no more than four events total for the day.

#### **Section 12.10. Individual high school athlete limitation**

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

### **Section 12.11. School team participation in competition after June 12, 2010**

It is a violation of the regulation that prescribes the school season for a school to schedule competition after June 12, 2010. Individuals may compete non-interscholastically, but school team competition must cease as of June 13. The school coaching staff may have a total of ten days of coaching contact with track and field athletes from their school during the period of time from June 1-July 31 outside the interscholastic season.

### **Section 12.12.Pre-meet conference and coaches verification**

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

### **Section 12.13.Team competition in field events**

NFHS rule 5-9-1 clearly identifies relays as races between teams of four competitors, no one of whom may run more than one distance (leg)." Therefore, there is no such event as a relay field event. The following interpretations are made to apply to "**Team Competition in Field Events.**"

Invitational Meets sponsoring team field events shall determine the number permitted to participate for each team (2 or 3 or 4).

If a team enters and competes the required number (2 or 3 or 4), the team score shall be determined by adding the individual best of each team member.

If one or more team members fail to attain the starting height in pole vault or high jump, or fouls all trials in long jump, shot or discus, the team total is still determined by adding the best efforts of all team members. Thus, in a three-person team, the team score could be from the efforts of two members, and if the total is high enough, the team could still score points in that event.

In the team pole vault or high jump, the following procedure is recommended in the case of a tie in team competition:

- A. The Games Committee may establish that the tie remains a tie.
- B. If the Games Committee adopts a tie-breaking procedure, the following procedure is recommended.
  - i. The team that has the competitor with the best performance of all competitors shall be awarded the higher place.
  - ii. If the tie still remains, the team that has the competitor with the fewest misses at the height last cleared shall be awarded the higher place.
  - iii. If the tie still remains, the team that has the competitor with the lowest total number of unsuccessful trials throughout the competition shall be awarded the higher place.
  - iv. If the tie still remains, the team with the lowest total of unsuccessful trials throughout the competition shall be awarded the higher place.
  - v. If a, b, c, or d fail to break the tie, the result remains a tie.
- C. In the discus, long jump and shot put, all competitors shall be permitted four trials with no final trials as specified in Rule 6-2-1.

## **Section 12.14. Scratch or exhibition competition**

"Scratch" or "exhibition" running is not permitted under OHSAA Bylaws and results in the disqualification of athletes so involved. When a student participates in scheduled track and field competition, participation limitations do apply. As has been indicated, no school, coach, athletic administrator or any other individual may change the rules by mutual agreement. Officials do not have the authority to waive the rules. **Nor is it an official's responsibility to interpret eligibility rules or keep track of entry limitations.** In addition, only a student enrolled in one of the competing schools and eligible in all respects (age, grades, semesters, transfer status, etc.) is permitted to participate in interscholastic track and field meets. OHSAA Bylaw 11-2-1 provides that the meet shall be forfeited if an ineligible person competes. The following are some examples to illustrate this concept"

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

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

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

## **Section 12.15. Implements Used in Field Events**

All rules relative to safety in the field events must be strictly adhered to. In addition, in those events in which implements must be weighed and gauged or certified as legal (shot put and discus), once those implements are certified, competitors may not remove them until the competition has concluded. The use of the term "common implements" means that the games committee has determined that competitors may use only those implements provided by the competition site. In all other circumstances, competitors may provide their own implements that shall be determined to be legal as mandated by the games committee in accordance with NFHS rules. No official has the authority to compel an athlete to share his or her implement with another competitor.

**Pole Vault Verification** - NFHS Rule 7-5-3 requires that prior to competition the coach must verify that each of that school's pole vaulters meets the requirements specified in the article that pertains to protecting the safety of the vaulter. Each state association is authorized to determine its own procedure regarding coach's verification. For several years, Ohio has used a procedure requiring the coach to stipulate to the head pole vault event judge the weight of each vaulter and the pole rating of each pole submitted for competition for each vaulter. See Section 18 for a sample document that fulfills this requirement. **Each school that conducts the pole vault event shall adopt this form or develop its own form to maintain compliance with this important rule.**

## Section 13. Tournament Entry Information

Enclosed in this manual on pages 32-33 are the tentative 2010 Regional Track and Field Tournaments sites, dates, and times. Representation and qualifiers from the District Tournaments will be posted on the OHSAA web site at [www.ohsaa.org](http://www.ohsaa.org) once received from the six District Athletic Boards in early February. Please check the OHSAA web site for the most accurate tournament information.

The OHSAA will utilize an on-line entry and qualification management procedure for the 2010 tournaments. The tournament manager at the site to which your school has been assigned will supply information about that process.

## Section 14. Contest Officials

### **Section 14.1. Officiating Requirements (High School)**

A minimum of one OHSAA Class 1 Track and Field official is required at all high school track and field contests. This official shall be the meet referee. It is the responsibility of the host member school to insure compliance with this important regulation. If the school delegates the responsibility of contracting officials to a certified OHSAA assignor, then the responsibility for compliance rests with the certified assignor. The penalty for failure to adhere to this regulation is a fine of up to \$100 for the school or certified assignor and the officials involved who are not properly licensed.

### **Section 14.2. Officiating Requirements (7th-8th Grade)**

Although the above-mentioned regulation is not required for 7th-8th grade competition, it is strongly recommended. Registered officials should be used if available.

### **Section 14.3. Referee's Jurisdiction**

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

### **Section 14.4. No Jury of Appeals in Ohio**

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

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

### **Section 14.5. Use of video/electronic systems for making officiating decisions.**

In accordance with NFHS Rule 3-2-7, video replay or television monitoring equipment **shall not** be used to make decisions related to the competition except for finish line placement.

### **Section 14.6. Finish line aids**

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

### **Section 14.7. Use of firearms as starter's pistols**

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

Amended HB 442 is a recent amendment to O.R.C. §2923.161. See this link for the complete text of the amendment [http://www.legislature.state.oh.us/bills.cfm?ID=124\\_HB\\_442](http://www.legislature.state.oh.us/bills.cfm?ID=124_HB_442). The conduct prohibited under this section is the "discharge of a firearm." A firearm, for purposes of this law, is defined as a weapon "capable of expelling or propelling one or more projectiles by the action of an explosive or combustible propellant." If the starter is using a "starter's pistol," that device does not meet the definition of a firearm and therefore does not fall under the conduct prohibited. Thus the new provisions do not affect officials who use a true starter's pistol. However, those starters who use modified 22 caliber or other types of pistols to start competition run the risk of violating this code section and would have to defend their actions on the grounds provided in Section B, that is that they are "employees" with permission and their use of the pistol is within the scope of that permission. The difficulty in asserting this relationship is the "employee" vs. "independent contractor" status of officials. The OHSAA maintains that officials are independent contractors and not employees of member schools or the Association when officiating at regular season and/or tournament contests. The OHSAA Board of Directors will continue to investigate this matter in terms of prohibiting starting devices that are capable of discharging projectiles. Until such action is taken, officials are hereby advised of the risks of using those devices.

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

### **Section 14.8. Ejection report forms**

Officials shall file a written report with the school and the OHSAA office whenever a coach or a player is ejected from a contest. Use the Special Report Form provided to all officials. The form may also be obtained by contacting the Association office or the local officials association secretary. In addition, the official should telephone the school principal or athletic administrator no later than the next business day after the ejection unless the official has notified that administrator at the match site. The offending school (coach, athletic administrator or principal) must file a written report with the OHSAA anytime a coach or player is ejected from a contest, home or away. See the Sports Regulations enclosed with this mailing for the full text of the regulations governing player and coach ejections.

## Section 15. Officiating Ethics & Code of Conduct

(From [www.ohsaa.org](http://www.ohsaa.org) and the OHSAA Handbook for Officials)

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

### Officiating Code of Ethics

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

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

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

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

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

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

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

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

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

### Pre-season Preparations

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



### Address Changes

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

Address changes are now to be submitted via [www.myohsaa.org](http://www.myohsaa.org). Please log-on in order to make the appropriate changes.

### Uniform Requirements

The officiating uniform for track and field officials is solid, dark blue trousers (no blue denim), shorts or skirt and the OHSAA-registered officials shirt. No emblems, patches, or insignia of any type other than those referring to high school track and field or cross country may be worn by an official. The only legal shirt is the OHSAA Track and Field Officials' shirt available from Honig's Whistle Stop (1-800-468-3284). A dark blue jacket is required when a jacket is worn. Sponsors of invitational and conference meets may further identify the clerks, starters, referees and the head field judges by a distinctively colored sleeve, hat or vest. **In 2012 the official uniform for track and field officials will be solid black trousers, shorts, or skirt and the OHSAA-registered officials shirt.**

### Website Resources

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

#### **Topics include:**

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

### Application for Officiating in OHSAA Tournaments

Officials will be asked to provide information as to their interest in and availability for officiating OHSAA Regional and State Tournaments in the late winter. Requirements stipulate that officials be in their fifth year of officiating at the high school level. Interested officials should complete the availability forms that will be sent from the OHSAA and return them to the attention of, Connie Scherpf Administrative Assistant to Assistant Commissioner Henry Zaborniak.

## Section 16. Regulations

For up-to-date Track and Field regulations visit <http://myohsaa.ohsaa.org/ohsaahome.aspx>

## Section 17. Medical and Safety

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

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

### ***OHSAA POLICY ON MEDICAL HARDWARE***

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

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

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

## Section 18. NFHS Track and Field Rules Information

The rules as printed in the NFHS Edition 2009-2010 Track and Field Rules Book will apply in all competition involving OHSAA member schools. Exceptions are those noted below or by interpretation in future bulletins.

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

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

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

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

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



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

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

SCHOOL NAME \_\_\_\_\_

DIVISION \_\_\_\_\_ BOYS \_\_\_\_\_ GIRLS \_\_\_\_\_

HEAD COACH'S NAME \_\_\_\_\_

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

NFHS track and field and cross-country rules require the referee to meet with the head coach and captains to explain the expectations of good sporting conduct throughout this competition. In addition, the head coach is responsible for verifying to the referee/starter that all competitors are properly equipped (legal uniforms, legal equipment and no jewelry) in compliance with NFHS rules.

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

**Coach's Verification**

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

Coach's Signature \_\_\_\_\_ Date: \_\_\_\_\_

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



Ohio High School Athletic Association  
4080 Roselea Place  
Columbus, Ohio 43214  
(p) 614.267.2502  
(f) 614.267.1677  
Web Site: [www.ohsaa.org](http://www.ohsaa.org)

### SAMPLE POLE VAULT CERTIFICATION FORM

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

SCHOOL\_\_\_\_\_ DATE:\_\_\_\_\_

COMPETITOR	NUMBER	VAULTER'S WEIGHT	POLE RATING(S)

\_\_\_\_\_  
COACH'S SIGNATURE

## **Section 19. Safety in the Field Events**

Data on injuries in track and field indicate that the field events represent the greatest risk to the student athlete as well as to officials and spectators who may be in the area of an event. The following items are required of all event judges who are supervising competition in the field events. In addition, coaches and contest administrators shall make note of these items and instruct student-athletes about the safety protocol for these events in practice as well as all competitions.

Be certain the competition area is properly prepared and ready for warm-ups. Remember, warm-ups are not permitted unless supervised by an event official or a coach.

Prior to the event, review the assignments of judges and other workers.

Inspect the jumping and vaulting areas, making sure all hard and unyielding surfaces around high jump/pole vault landing pads are properly padded, not metal cross bars are being used and vaulting standards are securely fastened.

Use traffic control ropes, flags or fences around the competition area.

Keep the competition area clear of all non-participants.

Keep competitors out of the impact area during warm-ups and competition.

Implements shall be carried out of the landing sector by an official and then carried by the competitor to the waiting area.

During the competition, call competitors “up,” “on-deck” and “on-hold.”

Check to see that the competitor is under control prior to leaving the circle.

Ensure that the competitor has not left the circle before the implement has landed and “mark” has been called.

Use a white flag to indicate a fair trial and a red flag to indicate a foul.

At the conclusion of each event, permit no practice, have all implements removed from the area and place a traffic cone in a position to indicate the area is closed

Remember, warming up without a coach or an event official at the venue shall lead to a warning and, if repeated, disqualification from the event. If the incident reoccurs, the athlete shall be disqualified from the competition and considered ejected from the meet for unsporting conduct. Such disqualification shall require a two-meet denial of participation in accordance with OHSA sports regulations.

## **Lightning and Inclement Weather**

### **Recognition:**

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

- **Monitor Weather Patterns** – Be aware of potential thunderstorms by monitoring local weather forecasts the day before and morning of the competition, and by scanning the sky for signs of potential thunderstorm activity
- **Flash to Bang** – This method is used to assess how far away lightning is striking. It is determined by counting the number of seconds it takes to hear a clap of thunder after witnessing a flash of lightning. The number of seconds is then divided by five to get the distance, in miles, to the lightning flash. Generally, a 75-second or less flash-to-bang count suggests it is advisable to move athletes from the field to a safe shelter.
- **National Weather Service** – Weather can also be monitored using small, portable weather radios from the NWS. The NWS uses a system of severe storm watches and warnings. A watch indicates conditions are favorable for severe weather to develop in an area; a warning indicates severe weather has been reported in an area, and everyone should take proper precautions.

### **Management:**

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

## Section 20. Sporting Conduct



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

As we prepare for the upcoming seasons, we wish to emphasize to each of you the importance of your leadership role in sporting conduct, ethics and integrity. The professional manner in which officials and coaches conduct themselves prior to, during and following a contest unquestionably impacts the behavior of others involved. The OHSAA has joined the National Federation of State High School Associations (NFHS) in its quest to improve sporting conduct, ethics and integrity. We are involved in an ongoing campaign in every sport to do just that. Printed below is the mission statement of the NFHS concerning sporting conduct, ethics and integrity. Please take the time to read and digest this statement and then carefully consider your impact upon the players, officials, coaches, and fans. Thank you and have a great season.

### **NFHS Sporting Conduct Mission Statement**

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

### **Online Resources**

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

### **Statement of Mutual Respect**

#### **"Together"**

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

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

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

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

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

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



# **Regional Track and Field Assignments**

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

**Dates: Wednesday, May 26, 4:00 P.M. and Friday, May 28, 4:00 P.M. – Division 1 (Regions 1,2,3,4) and Division 3 (9,10,11,12);**  
**Thursday, May 27, 4:00 P.M. and Saturday, May 29, 11:30 A.M. – Division 2 Regions (5,6,7,8)**

## **Division 1**

Region 1      Youngstown – Austintown Fitch High School, 4560 Falcon Drive, Youngstown 44515.  
Tournament Director Ken Jakubec – (H) 330-792-2417; © 330-651-0329; e-mail: [runner@raex.com](mailto:runner@raex.com)  
Representation: Boys – Northeast 16; Girls – Northeast 16  
Qualifiers from: Mentor, North Canton, Ravenna, Youngstown

Region 2      Amherst – Steele High School, 450 Washington Street, Amherst, 44001. Tournament  
Director Dave Zvara – (H) 440-988-2791; (B) 440-988-5219; e-mail: [dave\\_zvara@amherst.k12.oh.us](mailto:dave_zvara@amherst.k12.oh.us)  
Representation: Boys – Northeast 12, Northwest 4; Girls – Northeast 8, Northwest 8  
Qualifiers from Amherst, Lakewood, Tiffin, Toledo

Region 3      Pickerington – Pickerington High School North, 7800 Refugee Road, Pickerington, 43147  
Tournament Director Kevin Good – (H) 614-264-3108; (B) 614-830-2700; e-mail:  
[Kevin\\_good@fc.pickerington.k12.oh.us](mailto:Kevin_good@fc.pickerington.k12.oh.us)  
Representation: Boys – Central 12, Northwest 4; Girls – Central 12, East/Southeast 4  
Boys Qualifiers from: Dublin 1, Dublin 2, Dublin 3, Tiffin  
Girls Qualifiers from: Dublin 1, Dublin 2, Dublin 3, Marietta

Region 4      Dayton – Perc Welcome Stadium, 1601 S. Edwin Moses Blvd., Dayton, 45408  
Tournament Director Max Benton – (H) 937-696-2065; (B) 937-775-3498; e-mail:  
[max.benton@wright.edu](mailto:max.benton@wright.edu) ; [max.benton@verizon.net](mailto:max.benton@verizon.net)  
Representation: Boys – Southwest 16; Girls – Southwest 16  
Qualifiers from Dayton, Fairfield, Mason, Troy

## **Division 2**

Region 5      Ravenna – Ravenna High School Stadium, 6589 N. Chestnut Street, Ravenna, 44266;  
Tournament Director Bill Cox – (H) 330-673-8549; e-mail: [coxkent2@sbcglobal.net](mailto:coxkent2@sbcglobal.net)  
Representation: Boys – Northeast 16; Girls – Northeast 16  
Qualifiers from: Andover, Grafton, Painesville, Salem

Region 6      Lexington – Lexington High School, 103 Clever Lane, Lexington, 44904; Tournament  
Director Mike Ziegelhofer – (H) 419-884-0090; (B) 419-884-2132; e-mail:  
[ziegelhofer.mike@lexington.k12.oh.us](mailto:ziegelhofer.mike@lexington.k12.oh.us)  
Representation: Boys – Central 4, Northeast 4, Northwest 8; Girls – Northeast 4, Northwest 12  
Boys Qualifiers from: Elida, Groveport 1, Oak Harbor, Orrville  
Girls Qualifiers from: Elda, Lima, Oak Harbor, Orrville

Region 7      Byesville – Meadowbrook High School, 58615 Marietta Road, Byesville, 43780;  
Tournament Director John Epperson – (H) 740-630-7142; (B) 740-685-2566; e-mail:  
[j.epperson@omeresa.net](mailto:j.epperson@omeresa.net)

Representation: Boys – East 8, Southeast 8; Girls – Central 4, East 4, Southeast 8  
Boys Qualifiers from: Byesville 1 & 2, Oak Hill, Washington Court House  
Girls Qualifiers from: Byesville, Groveport 1, Oak Hill, Washington Court House

Region 8      Dayton – Perc Welcome Stadium, 1601 S. Edwin Moses Blvd., Dayton, 45408;  
Tournament Director Max Benton – (H) 937-696-2065; (B) 937-775-3498; e-mail:  
[max.benton@wright.edu](mailto:max.benton@wright.edu); [max.benton@verizon.net](mailto:max.benton@verizon.net)

Representation: Boys – Central 4, Southwest 12; Girls – Central 4, Southwest 12;  
Qualifiers from: Dayton, Groveport 2, New Richmond, West Milton

Region 9      Navarre – Fairless High School, 11885 Navarre Rd., SW, Navarre, 44662  
Tournament Director Dan McGrath – (B) 330-767-3444

Representation: Boys – East 4, Northeast 12; Girls – Northeast 16;  
Boys Qualifiers from: Creston, Independence, Newcomerston, New Middletown  
Girls Qualifiers from: Creston, Independence A & B, New Middletown

Region 10      Tiffin – Columbian High School, 300 S. Monroe St., Tiffin, 44883; Tournament Director  
Nate Lynch –

Representation: Boys – Northwest 16; Girls – Northwest 16  
Qualifiers from: Bucyrus, Defiance, Pemberville, Spencerville

Region 11      Lancaster – Fairfield Union High School, 6401 Cincinnati Zanesville Road Northeast,  
Lancaster 43130; Tournament Director George Shreyer – (B) 740-536-7306; (C) 740-438-1375; e-mail:  
[georgeshreyer@fairfield-union.k12.oh.us](mailto:georgeshreyer@fairfield-union.k12.oh.us)

Representation: Boys – Central 8, Southeast 8; Girls – Central 4, East 4, Southeast 8  
Boys Qualifiers from: Chillicothe, Gahanna 1, Gahanna 2, Oak Hill  
Girls Qualifiers from: Chillicothe, Gahanna, Newcomerstown, Oak Hill

Region 12      Troy – Troy Memorial Stadium, 151 W. Staunton Road, Troy, 45373; Tournament  
Director Jeff Sakal – (H) 937-339-9776; (B) 937-332-6045; e-mail: [sakal-j@troy.k12.oh.us](mailto:sakal-j@troy.k12.oh.us)

Representation: Boys – Northwest 4, Southwest 12; Girls – Northwest 4, Southwest 12  
Qualifiers from: Dayton, Minster, New Richmond, West Milton

## Ohio Track and Field Modifications

<b><u>Rule</u></b>	<b><u>Modification</u></b>
Rule 1-3	Javelin is not permitted in Ohio
Rule 3-2-6	Conferences may not adopt special rules for interrupted events
Rule 3-2-7	Video reproductions may be used for finish placements only
Rule 3-5-1	No Jury of Appeals in Ohio
Rule 4-1-3	Field event contestants must report before the start of their flight
Rule 4-2-2	When athletes exceed the participation limitation, the team is penalized as if they had used an ineligible athlete
Rule 4-2-4-d	Teams CANNOT designate in advance which team will score, however, only one team from each school may score
Rule 4-3-1b1	Uniforms must have numbers assigned to the school by the OHSAA and rosters with these numbers must be provided to meet management and/or opposing coaches
Rule 4-3	No head gear may be used except headbands manufactured for that purpose and navy watch style Caps
Rule 5-2-4	In TOURNAMENT competition, the 4x400 meter relay shall start using a 3 turn stagger, the 4x800 relay and the 800 meter run shall use a 2-turn stagger, and the 1600 and 3200 meter run shall use a 1-turn stagger
Rule 5-8-2	Finish line aids are not permitted
Rule 6-2-1 and 7-6-8	In “team field events” each athlete shall get 4 attempts with no finals
Rule 7-5-22	Competitors are allowed one run through without a bar with a new pole
Rule 7-5-30	Jump offs for qualifying places in tournaments are NOT tie breakers, and those involved in the jump off shall be allowed a reasonable warm up
Rule 9-2-3	The use of modified scoring system is approved in Ohio

## NOTES

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**speak with courtesy**

**act with dignity**

**play with pride**

**Respect  
THE  
GAME**