

IOWA **A**SSOCIATION of **T**RACK **O**FFICIALS

2024
RECOMMENDED
PROCEDURES MANUAL

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

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Dedicated to:

John Lowry & Cornie Wassink

Co-Founders of IATO

Iowa Association of Track Officials

Recommended Procedures Manual

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IOWA ASSOCIATION of TRACK OFFICIALS

Recommended Procedures for Track & Field Meets and Cross Country Meets

ACKNOWLEDGEMENT

This manual is based on the rules, procedures and techniques found in the 2023 Track & Field and Cross Country Rules Book, the 2023 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 and therefore lends itself to widespread usage. 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 athletes, coaches, meet administrators, registered officials and volunteer officials. Distribution of this material to these groups should improve both the quality and the efficiency of our 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 also 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 compliment 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 both the IHSAA and the IGHSAU can access the PDF file of their 10-section material on both the IHSAA and IGHSAU websites.

IOWA ASSOCIATION of TRACK OFFICIALS

MEMO

FROM: Mike Stanley & Bill Neal
TO: IHSAA & IGHSAU Member High Schools
DATE: January, 2024
RE: IATO Recommended Procedure Manual

The updated materials for your 2024 Iowa Association of Track Officials Recommended Procedures Manual follow in this PDF file.

Each year we update the contents of the manual as needed. These updates are based primarily on rule changes and suggestions from our membership, the Iowa Association of Track Coaches, the Iowa High School Athletic Association (IHSAA) and the Iowa Girls' High School Athletic Union (IGHSAU). Please feel free to suggest improvements for either the content or the format of this manual.

The IHSAA and the IGHSAU have made a concerted effort to review all the criteria regarding the shuttle hurdle relay (SHR). The IATO is supporting that effort by addressing the administration and officiating mechanics of the event.

Do not discard any materials from your current manual unless you have replacement material for it in this packet.

Visit the official websites of the IHSAA and the IGHSAU for the **current order of events** for all 2024 girls, boys, and coed track and field meets.

The primary objective of our organization is to improve the officiating and administration of the track and field meets in the state of Iowa. We will continue to work with the above-mentioned organizations to achieve this objective.

In addition to compiling this manual for our membership and all of the high schools and middle schools in Iowa, the IATO will continue several other significant projects to promote both track & field and cross-country. Among these efforts is recognition of local volunteer officials.

The two most utilized sections of this manual are the annually updated sheets for the four (4) Iowa field events that meet managers laminate and put on the clipboards for their field event officials and the sportsmanship announcements which should be used at every meet by the public address announcer.

Remember that IATO board members are available to speak to high school and middle school track teams, track coaches, athletic administrators and officials concerning rules, procedures or any other topics covered in our manual. These board members are available to conduct short workshops to review duties and mechanics for all the volunteer assistants that work at your track and field meets.

Thank you for joining us in our effort to promote and improve Iowa high school track & field and cross-country!

2024 NFHS Track & Field Rule Changes

3-8-1: Permits the Games Committee to set requirements for each meet on the number of timing officials.

4-2-1 Note(New): Permits state associations to set the participation limitations within their state, with six events being the maximum number. Iowa is sticking with 4 event limit.

5-7-4c, d Note 2 (NEW): Extraneous motion before the device is fired does not necessarily require a false start to be charged unless the runner leaves their mark with hand or foot after the set command or leaves their mark with a forward motion without the starting device being fired.

Art. 4 Starting violations with the starter's commands.

- a. Failure to comply with the starter's commands.
- b. Having any part of the body in contact with the starting line or running surface beyond the line, when the starting device is fired.
- c. If a runner leaves their mark with a hand or foot after the "set" command but before the starting device is fired.
- d. If a runner leaves their mark with a forward motion without the starting device being fired.
- e. Failure to place starting blocks within the respective competitor's lane.
- f. Repeated use of disconcerting acts.

PENALTY: A competitor who commits a false start shall be disqualified.

NOTE: Extraneous motion before the device is fired does not necessarily require a false start to be charged unless the criteria listed in the rule above are met. If the starter thinks the movement creates a situation of unfairness to any of the competitors, the starter may cancel the start with the command "Stand Up, " or if the device has been fired, recall the race as an unsteady or unfair start and redo the start procedure.

5-14-1, 2: Clarifies that displacement of any hurdle by the hand is an infraction.

6-2-2d: Clarifies when a competitor enters a vertical jump for the first time, at any height, no matter the number of competitors left that his competitor is only permitted one minute for their attempt.

6-3-2b: Added language in vertical jumps when breaking ties and competitors withdraw from the competition/jump-off.

6-3-2b NOTES (NEW) Any athlete withdrawing from a jump-off concedes the higher place but retains their performance in the event.

6-4-1, 6-5-1, 6-6-1: Permits athletes in the throws to apply tape to their fingers as long as the fingers are not taped together and all fingers can move independently.

9-6-1 (NEW) Clarifies the indoor track and field exchange zone.

Iowa specific notes:

Shuttle Hurdle Relay exchange still requires outgoing hurdler to be motionless

Adaptation regarding undergarments eliminated; will follow 4-3-7 as written in NFHS rules

Adaptation regarding headband/hair devices eliminated

1/09/24

IOWA ASSOCIATION of TRACK OFFICIALS

IT IS STRONGLY RECOMMENDED THAT COACHES REVIEW THESE TOPICS WITH THEIR ATHLETES

1. All competing athletes must wear a school issued or school approved uniform.
2. Athletes competing in field events have the same uniform requirements as athletes competing in track events.
3. Extraneous motion before the device is fired doesn't necessarily require a false start to be charged unless the runner leaves their mark with hand or foot after the set command or leaves their mark with a forward motion without the starting device being fired.
4. All members of a relay team and all members of a cross-country team must be wearing the same color and basic design of uniform, although the length of the bottoms may vary.
5. **Members of a relay team ARE NOT ALLOWED TO WEAR GLOVES!**
6. Relay team members waiting to receive the baton are not allowed to step outside the exchange zone while doing so.
7. All members of the shuttle hurdle relay team must have a **discernible pause between their "set" position and their start**. The outgoing runner is not allowed to start until the incoming runner has broken the plane of the break-line.
8. A warning for a uniform violation carries over to all further competition by that athlete 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.
9. 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 shall be 30 meters long and include what was previously the acceleration zone.
10. Athletes are prohibited by rule from warming up at a field event venue until it is declared open and is supervised by either his/her coach or an adult official assigned to that venue.
11. Athletes competing in the shot put and in the discus **must exit the back half of the circle**. They do not have to be under control when leaving the circle. However, they **cannot exit until their implement has landed**.
12. Athletes are prohibited by rule from using electronic devices in unrestricted areas. **Field event areas and anywhere inside the track.**
13. Running in the direction other than how the event is conducted is prohibited during warmups, with the exception of the high jump.

IOWA ASSOCIATION of TRACK OFFICIALS

Recommended Procedures for Track and Field Meets

TRACK MEET ADMINISTRATION

Pre-Meet Recommendations:

- The National Federation Track Officials' Manual and the I.A.T.O. Recommended Procedures Manual material 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, etc.) for marking exchange zones for relay races.
- Prepare a running events and track marking legend, heat sheets, and uniform requirement information for the clerk of course, starter and each umpire. 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. That information should include criteria for the following: reporting in, warming up, athletes who must leave to compete in other events, qualifying for the finals, fouls, measurements, disqualifications, uniform requirements and violation warning forms, records and tie-breakers. (This information is all included in the specific field event information sheets included in the I.A.T.O. Recommended Procedures Manual.) If possible laminate these sheets so they remain usable during inclement weather.
- Prepare a running events and track marking legend for the starter/referee.
- Prepare heat sheets and lane assignment sheets for the head finish judge.
- **Maintain blocks and hurdles so they are in good working condition.**
- Set up easily identifiable rope or banner barriers to define restricted areas around each field event, the finish area and in the infield.
- If meet format allows, provide a written appeal form for the coaches in their packets.
- Mark sector lines for throwing events. 34.92 degree sector. Best practices recommend that all implements be weighed in at all meets.
- **Thoroughly work up the sand in the long jump pit. The pit should be full with sand and level with take off board.**
- Examine the discus cage and ensure that it meets recommended safety requirements.

Recommended Equipment:

- Provide a portable standard with large lap numbers and a bell at the finish line.
- It is mandatory that at least one complete set of blocks be available. If a crew of block setters is not available to transport the blocks, provide a wheeled rack or wheelbarrow. It is advantageous to provide two or three complete sets of blocks.
- It is mandatory that at least one complete set of hurdles be available. It is advantageous to provide two complete sets of hurdles. **One or two extra hurdles should be available to replace any that are broken during the course of the meet.**
- **Small orange or yellow cones should be located on the break-line** when appropriate. On all-weather surfaces that lack a curb on the inside of lane one, **cones that are 6" or larger should be located around both curves and on the straightaways, on the curb-line.** These cones should be placed every 1.5 meters (approx. 5 feet) or less.

- Two-way radios or headsets should be provided to the announcer, clerk, head finish judge, starter and meet manager for communication purposes.
- Provide a portable 15" to 18" starter's platform for the 100M, 200M, 100MH & 110MH races.

Meet Personnel Recommendations:

All meet personnel should wear distinctive apparel that enables competitors and coaches to readily identify them. This apparel can be in the form of caps, jackets, shirts or vests.

Starter/Referee (S/R)

- Utilize two starters whenever possible.
- The S/R's authority begins upon arrival at the meet site and concludes 30 minutes after the last-event results have been announced or made official.
- S/R should meet with the clerk of course to review duties and procedures.
- S/R should meet with field event judges to review rules and procedures before the meet starts.
- S/R should meet with 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.
- S/R should meet with the head finish judge to review communication procedures.
- S/R should meet with the meet announcer to review proper announcing procedures and give him/her a copy of the appropriate sportsmanship announcement (Co-ed, Boys' or Girls').
- S/R must check the starting blocks to make sure that they are in good working condition.
- S/R is directly in charge of activities during the meet. The S/R shall answer questions that are not specifically placed under the jurisdiction of other officials.
- The S/R has 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.
- **S/R must sign the final score sheet and record the time of that signing on the sheet.**

Clerk of Course (Clerk)

- Utilize two clerks whenever possible.
- The clerk shall help keep starting area near the chute free of extra personnel.
- The clerk shall help control noise when the starting line is near the chute.
- The clerk should walk over to the starting line with the 200-meter runners and have the first heat on the track with blocks set up by the time the starter arrives.
- The clerk shall be knowledgeable about uniform requirements and help with enforcement.
- **If the meet is being manually timed**, the clerk shall remind runners to stay in their lanes at the conclusion of any race run entirely in lanes, and return to the starting line.
- **The clerk should have knowledge concerning the proper procedure for setting up heat and assignments. This would allow him/her to re-structure heats and eliminate unnecessary heats.**
- **The clerk shall give very specific information to the relay team members concerning the exchange zone markings.**

Umpires

- Utilize six (6) to twelve (12) umpires at high school meets.
- **Umpires shall keep themselves stationed around the track for all running events, not just the relays. This is just good preventive officiating!**
- If a running event and track marking legend is available, one should be provided for each umpire.
- Umpires should be provided with heat sheets.
- **Umpires must review the exchange zones marks.**
- Meet management should provide incident-reporting cards for the umpires.
- An umpire assignment diagram should be provided for each umpire prior to the meet so they will know their specific assignment for each race.
- **Umpires must review the criteria regarding the shuttle hurdle relay break-line and the starting procedures concerning the 2nd, 3rd and 4th runners.**

- There should be enough umpires to release the starter and finish line personnel from exchange zones duties.
- Umpires shall help keep finish area free of extra personnel.
- Umpires shall be provided with either red/white or yellow/white flags or paddles.
- Umpires shall be provided with written information covering violations, and the uniform warning procedures.
- Any uniform warning that is issued by an umpire should immediately be reported to the referee. The information recorded must include: name of the athlete, school, event, type of uniform violation, the time of the violation and the name and assignment of the official who issued the warning.

Field Event Judges

- Each field event should have at least 3 adult judges.
- **An adult field event judge should open the field event venue prior to warm-ups and close the venue upon completion of the event.**
- Each field event should have a stop watch to time the appropriate time limits for each competitor. With 15 seconds remaining, a visual or verbal signal can be given to the competitor.
- Each field event shall be provided with the laminated sheet that contains the **current** information concerning rules for that specific event, as well as uniform requirements and all other pertinent information for that particular event.
- Red and white flags should be used at each field event. The white flag should be raised to indicate a successful attempt and the red flag should be raised to indicate that a foul has occurred.
- Field event judges shall not allow coaching in restricted areas.
- Coaching can only be done from unrestricted areas..
- **Indoor shot put implements are not legal in outdoor competition!**
- Any uniform warning that is issued by a field event judge should immediately be reported to the referee. The information recorded must include: name of the athlete, school, event, type of uniform violation, the time of the violation and the name and assignment of the official who issued the warning. This information should also be recorded on the event recording sheet.

Note that the cover sheet for the field events has been extensively revised to address some of the pressing issues in the throws events.

Split-readers

- The **only** people inside the fence reading splits to the participants shall be those designated by meet administration. Except as mentioned below they should be stationed on the start/finish line.
- **During the 1,500 and 3000 meter runs the primary split-readers should be stationed at the start lines to provide 400 meter splits.**
- Split-readers shall not compete with lap readers. They should be separated so the runners have an opportunity to process the information. **(An alternative to a split-reader is to provide a running digital clock that is visible to all runners. The clock should be located just beyond the line on which the split-reader would have been located so the runners can see their time as they are crossing the split line.)**

P.A. Announcer

- Five (5) minutes prior to the start of competition, the announcer should read the ***Sportsmanship Announcement*** provided by the Iowa High School Athletic Association and the Iowa Girl's High School Athletic Union. **All 3 versions (Co-ed, Boys' & Girls') of this announcement have been included with this material.**
- The announcer should defer to the Starter upon his signal to the finish line personnel that he/she is ready to start the next race or heat.
- **The announcer should always record the time of day on the event result sheet after he/she has given the final results of an event.**

Finish Line, Manual Timing:

- The head finish judge should meet with the starter prior to the meet to discuss communication procedures.
- The head finish judge should review finish line procedures with timers and pickers **before** the meet starts.
- Timers and pickers should be moved off the track at least 8-10 feet.
- The finish line area should be kept clear of helpers, athletes, teammates, hurdles and starting blocks. All meet personnel can assist with this task.
- Order of finish cards should be provided for the head finish judge.

Fully Automatic Timing (FAT):

- The finish line area should be kept clear of helpers, athletes, teammates, hurdles and starting blocks. The finish line proper, must remain vacant while runners are finishing. All meet personnel can assist with this task.
- **A manual back-up timer should be utilized when only a single FAT system is being used as the primary timing system.** This will ensure that a valid time will be captured for first place should the FAT system malfunction.

Meet Logistics:

- **Meet management shall follow IGHS AU and IHSAA guidelines about coaches on the infield for SQM. Meet management shall establish their own guidelines for regular scheduled meets.**
- Coaches should present physicians' letters to the Starter/Referee **prior** to the start of competition.
- Whenever possible hurdles should be set up during the previous race.
- When hurdles are set up during distance races, keep 3 to 4 lanes open.
- **Hurdle crews should always start setting up hurdles nearest the starting line.**
- Coaches should not give instructions to relay runners during the race which conflict with those given by officials.
- All fans, coaches, non-participating athletes and spectators shall be kept out of the starting area for 100-meter dash, 100-meter hurdles and 110-meter hurdles.
- If it is not possible to maintain proper silence at the starting line, everyone near the fence in that area should be moved back.
- **Whenever possible three-turn staggered starts should be utilized for the medley relays and 4 x 400.**
- It is recommended that the exchange zone triangle in lane one be multi-colored to reflect all of the exchange zone colors at that location.

Procedure for Enforcing the Uniform Warning

When a uniform violation is discovered, the observing official must issue a verbal warning to the athlete involved and record all pertinent information. The information concerning the warning and the recorded information should be promptly provided to the meet referee or starter.

The information should be recorded on a form or card (supplied by meet management if possible). This information should include the athlete's name, the athlete's school, the event involved, the type of uniform violation, the time of the violation and the name of the official issuing the warning. This information should also be recorded on the official field event sheet or the finish line clerk's event sheet.

Upon receipt of the warning information, the meet referee or starter must determine if the warning is valid. **If the warning is deemed valid, the meet referee or starter shall request that the head coach of the team involved report to the meet referee immediately so the coach can be properly informed.**

The athlete who has been warned must immediately make the uniform legal if he/she wishes to remain in competition (field events) and prior to checking in for any subsequent field event or running event. Any subsequent uniform violation by that athlete in the same event or any other event shall result in the disqualification of that athlete in the event(s) the subsequent violation(s) occurs. **Whenever an athlete is disqualified due to a subsequent violation (s), the meet referee or starter shall request that the head coach of the team involved report to the meet referee or starter immediately so the meet referee or starter can properly inform the coach about the disqualification.**

The meet referee or starter should keep all notification of uniform warnings and violations on his/her person. This will allow review of any and all uniform violations at any point during the meet or at the conclusion of the meet. When the meet referee or starter signs the official meet results the uniform violation cards can be given to meet management.

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

Personal note: I believe that this information form should be either a 3 x 5 inch index card or a 4 x 6 inch index card. This will allow for easy placement of the card(s) for the referee during the meet and manageable filing of the information by meet management at the conclusion of the meet.

1/09/24

IOWA HURDLE PLACEMENT AND HEIGHT

<u>Girls Indoor</u>	Number	Height	To 1st	Between	Last to Finish
H.S. 55 m	5	33"	13m	8.5m	8m
H.S. 60 m	5	33"	13m	8.5m	8m
<u>Boys Indoor</u>					
H.S. 55 m	5	39"	13.72m	9.14m	4.72m
H.S. 60 m	5	39"	13.72m	9.14m	9.72m
<u>Girls Outdoor</u>					
Jr High 100 m	10	30"	13m	8.5m	10.5m
Jr High 200 m	4	30"	55m	35m	40m
H.S. 100 m	10	33"	13m	8.5m	10.5m
H.S. 400 m	10	30"	45m	35m	40m
<u>Boys Outdoor</u>					
Jr High 100 m	10	30"	13m	8.5m	10.5m
Jr High 200 m	4	30"	55m	35m	40m
H.S. 110 m	10	39"	13.72m	9.14m	14.02m
H.S. 400 m	10	30"	45m	35m	40m
<u>Girls SH Relay</u>					
Jr High (102.5m x 4)	10	30"	13m	8.5m	13m
H.S. (102.5m x 4)	10	33"	13m	8.5m	13m
<u>Boys SH Relay</u>					
Jr High (102.5m x 4)	10	30"	13m	8.5m	13m
H.S. (109.7m x 4)	10	36"	13.72m	9.14m	13.72m

If a common finish line is used for every running event in a meet (Required for state qualifying meets), 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 100m hurdle marks. The start line for the 2nd and 4th relay runners shall also be 2.5 meters farther away from the common finish line than the normal 100m 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 110m hurdle marks. The start line for the 2nd and 4th relay runners shall also be 11 13/16 inches closer to the finish line than the normal 110m hurdle start line. Instead of being 110 meters, each leg of the relay will be 109.7 meters.

If a common finish line is NOT used for every running event in a meet, the regular hurdle marks for the 100m 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 runners (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 110m hurdle event can be used for the high school boys shuttle hurdle relay, but the start line for the 1st & 3rd runners (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.

(Remember: SHR runners 1 & 3 always run in odd numbered lanes, runners 2 & 4 always run in even numbered lanes, and there must be a 1 meter break-line mark for incoming runners in the appropriate lanes.)

Iowa schools that compete in meets outside of Iowa are likely to find that the junior high boys will run 110m hurdles set at 33", high school boys will run 300m hurdles set at 36" and high school girls will run 300m hurdles set at 30".

1/09/24

TRACK & FIELD INCIDENT REPORT

EVENT _____ HEAT _____ TEAM _____

OFFICIALS NAME _____ # _____

UNIFORM COLOR _____

SECTOR REPORTING _____ Lane _____ RELAY _____

VIOLATION _____

UMPIRE _____ HEAD UMPIRE _____

DISQUALIFIED YES NO

TIMER NOTIFIED YES NO

COACH NOTIFIED YES NO

MEET REFEREE _____

1/09/24

Public Address 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 and 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 GIRL'S HIGH SCHOOL ATHLETIC UNION THAT ALL PARTICIPANTS IN THIS MEET EXHIBIT GOOD SPORTSMANSHIP.

ALL COACHES, ATHLETES 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!

(Boy's 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 and 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 PARTICIPANTS IN THIS MEET EXHIBIT GOOD SPORTSMANSHIP.

ALL COACHES, ATHLETES 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!

(Girl's 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 and 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 GIRL'S HIGH SCHOOL ATHLETIC UNION THAT ALL PARTICIPANTS IN THIS MEET EXHIBIT GOOD SPORTSMANSHIP.

ALL COACHES, ATHLETES 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!

1/09/24

IOWA ASSOCIATION of TRACK OFFICIALS

Recommended Procedures for Track and Field Meets

CLERK OF COURSE

NO ONE IS MORE INSTRUMENTAL IN KEEPING THE MEET ON SCHEDULE THAN THE CLERK OF COURSE!

1. To be reviewed with Starter prior to the start of the meet:
 - The track marking legend and the scripted running events legend; 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 runners 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
2. Review the uniform requirements with **all** competitors.
 - Technically the warning concerning a uniform violation must be administered during competition. However, when a clerk of course witnesses an athlete wearing an illegal uniform he/she can practice preventive officiating by reminding the athlete about the uniform violation.
 - Clerks must also be aware of the rule change that Iowa high school track teams will follow the NFHS track and field rule (4-3-7) in regards to undergarments. Also, the Iowa adaptation regarding headband/devices has been eliminated.
3. Review the criteria for allowable spikes (shape and length) with all athletes.
4. If two clerks are available, one of them can accompany the athletes to the starting line for all races. The clerk can review their instructions while placing the athletes on the track in their respective lanes. This is similar to what the duties of an assistant starter or a clerk of the start would be.
5. If only one clerk is available, the clerk can accompany the athletes to the starting line and give them instructions in the following races:
 - 100 meter dash
 - 100 meter low hurdles
 - 110 meter high hurdles
 - 200 meter dash

6. During preliminaries and finals in the following races, athletes should be checked in well behind the starting line, and kept in their proper heat and lanes until such time as they move to the starting line:
 - 100 meter dash
 - 100 meter low hurdles
 - 110 meter high hurdles
 - 200 meter dash

7. **The clerk must have knowledge of the proper procedure to re-structure heat and lane assignments. This can eliminate unnecessary heats and save valuable time.** All scratches should be completed prior to the start of the meet, except for injuries. If heats are re-structured and lane assignments changed, this information must be relayed to both the head finish judge and the clerk of start or the starter prior to running those heats.

1/09/24

UMPIRES

1. **Only the starter/referee or jury of appeals can disqualify an athlete from competition.**
2. 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 judge 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 because of the absence of an umpire.
3. 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.
4. 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.
5. One umpire shall be designated as head umpire. The head umpire is responsible for gathering written and verbal violation information and reporting this information to the starter/referee. The head umpire shall also signal when the hurdles are properly set and umpires in position.
6. Each umpire shall have knowledge of the violation reporting procedure.
7. 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. They should also receive a written copy of the various violation criteria.
8. It is recommended that each umpire have a copy of the track marking legend, the scripted running events legend for the track meet and a copy of the umpire assignment diagrams with his/her specific assignments noted.
9. It is recommended that each umpire have a copy of all heat and lane assignments.
10. It is recommended that each umpire use the violation reporting sheets/forms provided by meet management.
11. Each umpire shall have either a red & white flag or paddle, or a yellow & white flag or paddle.
12. The red or yellow shall be displayed upon observation of a violation. Record the specifics of the violation on the violation reporting form. The head umpire, or someone assigned by the head umpire, will come to your location to pick up the completed form. **Maintain your position on the track.** Vacating your position on the track while races are in progress can lead to situations where the track is not adequately covered.
13. 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.
14. **One umpire shall be assigned to the break-line.** Small cones, provided by meet management, should be utilized to identify the break-line for every race that requires the runners to cut at the break-line. **The break-line umpire should signal with the yellow or red for any violations or with the white if all runners were legal when they cut.**
15. **One umpire shall be designated to be in charge of each relay exchange zone. That umpire will display the red or yellow until all runners at that zone are ready, and then display the white to signify readiness. The white flag should be displayed until acknowledged by the starter or the head umpire. All umpires assigned to an exchange zone should immediately signal whether the exchanges they were assigned to observe were legal or a violation occurred. Umpires must be aware of the expansion of some of the exchange zones to 30 meters and provide proper information and location to the athletes assigned to their exchange zone.**
16. In relay races which are run the entire distance in lanes, teammates of each starting competitor shall occupy the same lane or corresponding position at each exchange zone. The baton may be exchanged only in such lane or position.
17. **Gloves are not permitted in relay events.**
18. Each competitor shall carry the baton by hand throughout the race and shall pass it to the succeeding teammate. The first competitor shall start with the baton, and the last competitor shall carry the baton until he/she has finished the race. The baton must be passed while the baton is within the exchange zone.
19. The baton actually shall be handed, not thrown, from the competitor to the succeeding teammate. **The runners shall not simultaneously touch the baton outside the exchange zone. If the baton is dropped in the exchange zone, in a legitimate attempt to hand it, either competitor may retrieve it, even from another lane, provided the competitor does not interfere with an opponent 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.**

20. After passing the baton, in a common exchange zone, the relieved competitor should stand still or jog straight ahead and step off the track when clear. Other runners should look over their shoulder and check to make sure the track is clear, before they veer left or right to exit the track.
21. After passing the baton in an assigned lane, the relieved competitor should stay in his/her lane until all teams have cleared the exchange zone. Then the runners should clear the track.
22. **In relay races where the incoming competitor is running a leg of 200 meters or less in an assigned lane, the exchange zones have been expanded to 30 meters. There is no longer an acceleration zone and the outgoing runner shall be positioned entirely within the assigned lane and the boundaries of the exchange zone while waiting for the baton. The outgoing runner should be given very specific instructions concerning the distinctive mark that denotes the beginning of the exchange zone.**
23. **In all relay races each outgoing competitor, while waiting for the baton, shall take a position entirely within the exchange zone and must complete the exchange while the baton is within the exchange zone. The runners shall not simultaneously touch the baton outside the exchange zone.**
24. The track rules relative to violations, coaching or interference apply identically to relays, just as they do to individual runners. Also, incoming competitors may not assist teammates by pushing them.
25. The baton shall not be thrown following the finishing of any relay. **Rules specifically prohibit this action and call for disqualification.**
26. During the relays, umpires should focus their attention on the baton and the imaginary vertical plane of the exchange zone. **The actual moment of the baton exchange must take place entirely in the zone; the runner(s) need not be in the zone at the time of the exchange when the exchange takes place at the end of the zone.** Keep in mind control of the baton. Touching does not imply control. The entire painted exchange zone mark is in the exchange zone. Note: **The runners shall not simultaneously touch the baton outside the exchange zone.**
27. When a race is run in lanes, competitors are expected to run the entire race in their assigned lanes. Competitors who inadvertently run out of their lanes on a straightaway or in the lane to their outside on a curve are not in violation provided they do not interfere with or impede another runner. **A competitor shall be considered to be out of the lane when:**
 - a. Without being fouled and while running around a curve, steps on or over the inside lane line or curb for three or more consecutive steps with either foot or both feet.
 - b. While running on a straightaway, runs in an adjacent lane and interferes with or impedes another competitor.
 - c. While running around a curve, runs over the outside lane line and interferes with or impedes another competitor.
 - d. He/she 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.
 - e. He/she takes one or more steps inside the assigned lane line prior to the break line.
28. Whenever possible umpires should station themselves on the outside of the track. This position gives them a much better view of the competitors during the race. **This is especially true on the curves.**
29. It is recommended that umpires wear distinct, similar attire, as specified by meet management. Their presence should be obvious to all competitors and coaches. This encourages all competitors to adhere to the rules. (Preventive officiating at its finest!)
30. **Umpires must remember that they are not spectators and are expected to be in their proper location for all running events, not just during relays.**
31. **Each competitor is required to wear a legal uniform. A competitor shall not compete while wearing an illegal uniform.**
32. **Uniforms shall be worn as intended by the manufacturers. They should be worn "right side out". Boys are not allowed to roll over the waistbands of the shorts. Girls are allowed to roll over the waistbands of the shorts over. The top must hang below the waistband or be tucked into the waistband of the bottom when the competitor is standing erect.**
33. **A uniform shall consist of:**
 - A. Shoes (slippers or socks do not meet this requirement).
 - B. Full-length **track top** and **track bottom** or one-piece uniform issued **or approved** by the school.
 1. Teammates' bottoms may vary in length and style (must be the same color and design if worn in relay).

2. Loose-fitted, boxer-type bottoms, one-piece uniforms and closed-leg briefs are acceptable.
 3. The top and bottom or one-piece uniform may have school identification and the top may have the competitor's name.
 4. When numbers are used, each competitor shall wear his/her assigned, unaltered contestant number.
 5. The top shall not be knotted or have knot-like protrusions.
 6. The top must hang below or be tucked into the waistband of the bottom when the competitor is standing erect.
 7. A single manufacturer's logo/trademark/reference, no more than 2 ¼ square inches with no dimensions more than 2 ¼ inches is permitted on the uniform bottom or top or one-piece uniform.
 8. An American flag, not exceeding 2 X 3 inches, may be worn on each item of uniform apparel, and either a commemorative or memorial patch, not to exceed 4 square inches, may be worn on the uniform;
 9. **Any visible garment(s) worn underneath the uniform top and/or bottom is considered a foundation garment. Foundation garments are not subject to logo/trademark/reference or color restrictions. (a.) Head coverings worn for religious reasons are not considered hair devices. (b.) A single, visible manufacturer's logo as per NFHS rules. (c) Iowa adaptation regarding headband/hair devices has been eliminated.**
 10. **In relays**, each team member shall wear the same color and design (pattern of colors) of uniform although the length of the bottom or one-piece uniform may vary.
 11. French or high-cut apparel may be worn under, but not in lieu of bottoms.
 12. The waistband of a competitor's bottom shall be worn above the hips. The logo/trademark/reference on the uniform bottom may be larger than 2 ¼ square inches around the waistband.
 13. Bare midriffs are not acceptable.
- C. No part of the uniform, excluding shoes, shall be removed in or near the area of competition.

A warning shall be issued for the first uniform violation. Any subsequent violation by that athlete shall result in a disqualification from the event in which the subsequent violation occurs. Information concerning any uniform warning must be recorded by the covering official. The information recorded must include: name of the athlete, school, event, type of uniform violation, the time of the violation and the name and assignment of the official who issued the warning. This information must also be communicated to the meet referee immediately. The referee shall in turn inform the head coach of the athlete involved concerning any uniform warning and/or any uniform disqualification.

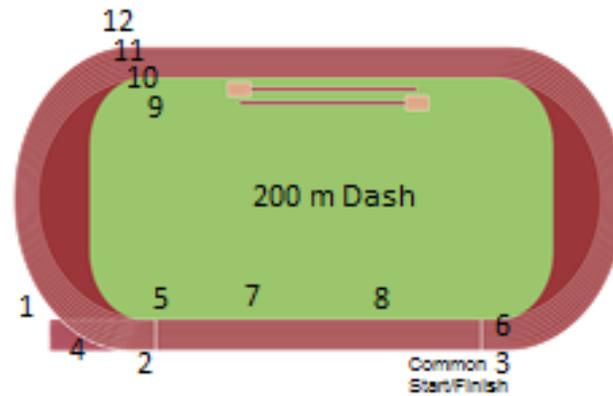
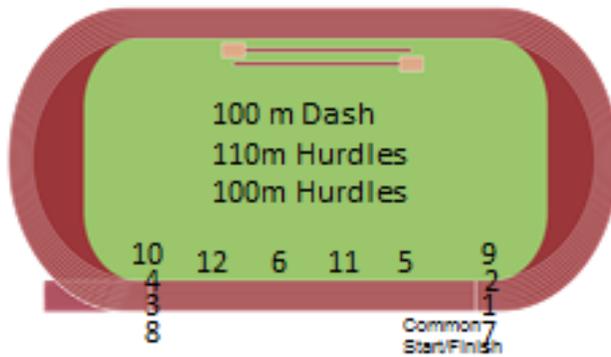
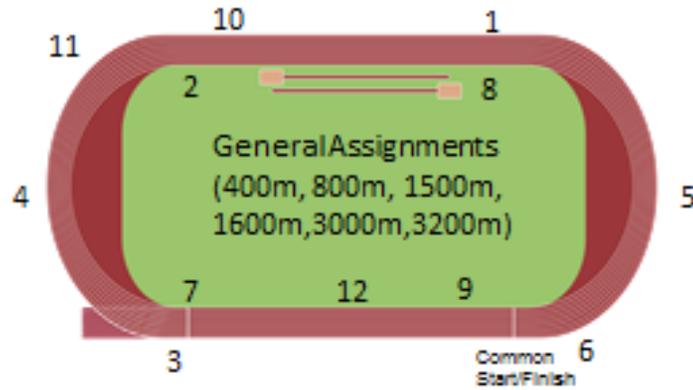
34. **When worn, medical alert medallions or bracelets should remain visible.**
35. Interference is any action by a competitor, which unfairly changes the course or natural running rhythm of a competitor during a race. This may include bumping, tripping or running across the competitor's path.
36. If a nonparticipating contestant interferes with a competitor during competition, the nonparticipating contestant may be disqualified from the meet. The nonparticipant's teammate (s) also may be disqualified from that event. 37. It is an unfair act when a competitor receives any assistance from any other person that could improve that competitor's performance. **Assistance includes:**
 - a. Interference with another competitor.
 - b. Pacing by a teammate or persons not participating in the event.
 - c. Competitors joining or grasping hands with each other during a race.
 - d. Competitor using an aid during the race.
 - e. Communicating with the competitor through the use of a wireless device.
 - f. **Coaching a competitor from a restricted area.**
 - g. Competitor viewing a videotape prior to the completion of the competition.
38. **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**. However, the competitor shall not participate further until appropriate treatment has been administered and/or the excessive blood has been removed from the uniform.
39. **When a break line is utilized, competitors shall run the entire distance to the break line in their assigned lanes before breaking to the pole position.**

40. No competitor shall deliberately run on or inside the track curb (or painted line), and thereby gain an advantage by improving position or shortening the course. A competitor may leave the track to retrieve a dropped relay baton provided no interference occurs and no advantage is gained.
41. In a race involving a curve where lanes are not specified, a competitor may move toward the inside or outside of the track providing he/she is one full running stride, approximately 7 feet, in advance of the competitor whose path is crossed. 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. A competitor shall not, when running around a curve, step on or over the curb, or painted line, for three or more consecutive steps with either or both feet.
42. **It is a hurdling infraction if a competitor:**
- Does not attempt to clear each hurdle.
 - Knocks down or displaces 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 not in the assigned lane.
 - Runs around a hurdle.
 - Interferes another hurdler.
43. During hurdle races watch for arm throwing by the hurdlers. If it (arm/hand) does not interfere, impede, or touch a hurdler in an adjacent lane, it is not a foul. Touching may be a foul and should be reported even if you observe it in lanes other than those assigned to you. Note position of trail leg and the top of the hurdle gate. The foot/leg should not drop below the plane of the gate extended.
44. In all shuttle hurdle relay races there shall be a "break line" one meter in front of the starting line. **The outgoing runner must be positioned behind her/his starting line and she/he must be motionless immediately prior to her/his "start". She/he cannot "start" until the incoming runner has broken the plane of the break line with her/his torso.** (In essence this means that each outgoing runner must have a discernable pause between her/his "set" and her/his "start", just like any other runner who is starting a race of 400 meters or less. This is true if she/he is using a 2-point start, a 3-point start or a traditional 4-point start.) **The "rolling start", which was legal until 2005 in girl's competition, is no longer allowed in the shuttle hurdle relay.**
45. **Umpires should protect downed runners, but not touch them.** Let the trainers or medical personnel handle these runners. If an umpire assists or touches a runner, that runner is disqualified.
46. **Umpires should use extreme caution when media people are present.** The media is often overly curious about disqualifications. When a call has been made and reported, the umpire's obligation is complete. Do not discuss the call with anyone other than the Referee or Jury when they require more information. If a coach or athlete 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.
47. **Unacceptable conduct** by a competitor includes, but is not limited to, willful failure to follow the directions of a meet official, using non-excessive profanity which is not directed at someone or any action which could bring discredit to the individual or his school. **Unacceptable conduct shall result in disqualification from the event.**
48. **Unsportsmanlike conduct** is behavior which is unethical or dishonorable. It includes, but is not limited to, disrespectfully addressing an official, any flagrant behavior, intentional contact, taunting, criticizing an opponent or an official, or the use of excessive profanity or profanity directed at someone. This shall apply to all coaches, contestants and other school/team personnel. **Unsportsmanlike conduct shall result in disqualification from the event and any further competition in the meet.**

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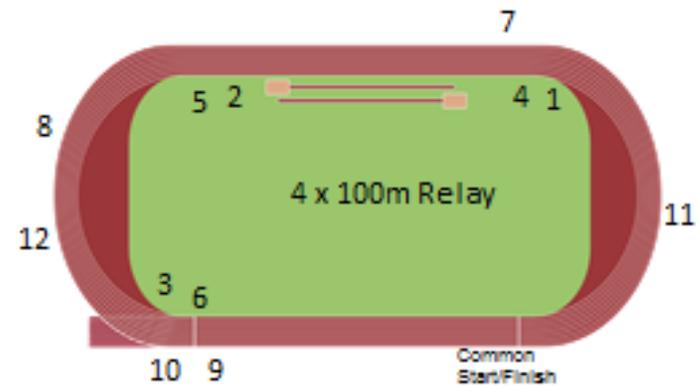
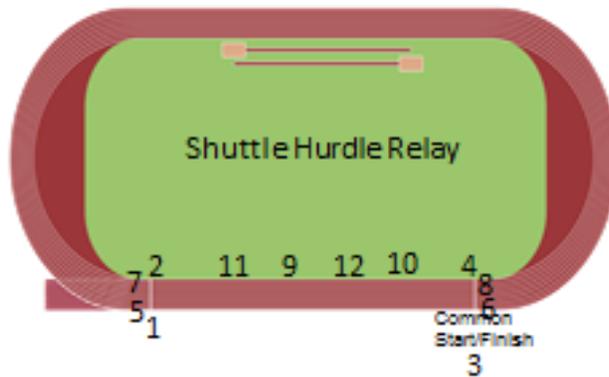
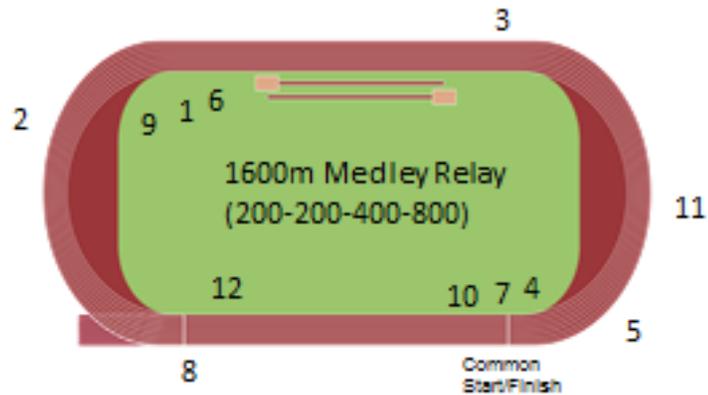
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1 thru 12 Umpires—This set of diagrams is designed to be used with any number of umpires from 12 down. For example: if you have 7 umpires, assign each umpire a number 1-7. The umpires are to locate themselves for all events as illustrated 1-7 on this set of diagrams.



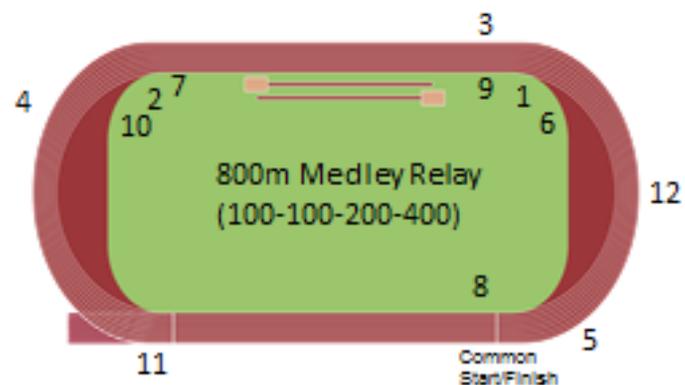
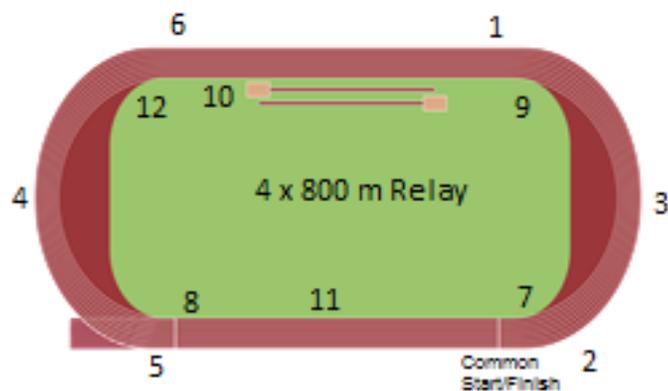
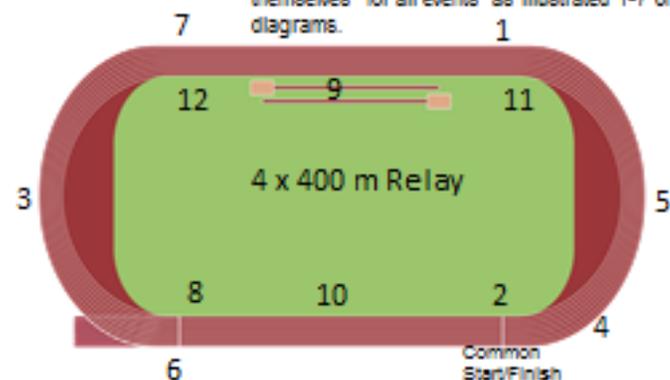
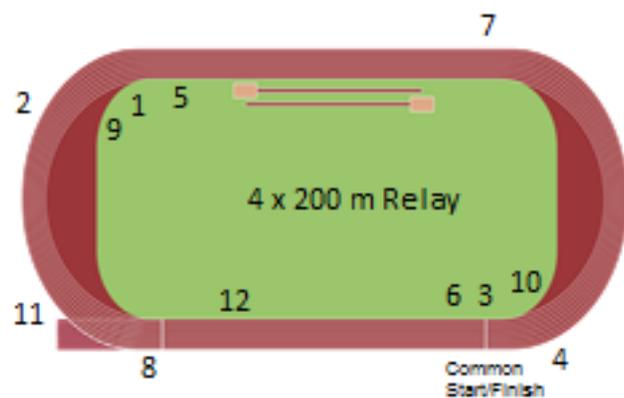
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IOWA ASSOCIATION of TRACK OFFICIALS

Recommended Procedures for Track and Field Meets

FIELD EVENT JUDGES

The information for each field event has been condensed so that it can be formatted on two 8½ X 11 sheets of paper. Reproduce the information on the front and back of a single sheet and laminate the sheet. Include this laminated sheet on the clipboard for the specific field event identified. Virtually all the information necessary for field event officials to properly supervise and judge that event is included on this single sheet.

It would be helpful if your field event judges could receive copies of the rules and mechanics for their respective field events a few days before the meet. This would 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 judge for each field event.

As specified by the IHSAA and the IGHSAU, all regular season Iowa high school coed meets should schedule the girl's Shot Put and High Jump first followed by the Discus and Long Jump. The boy's will have the Discus and Long Jump first followed by the Shot Put and High Jump. This is the schedule that will also be followed at all of the state qualifying meets.

The National Federation allows for the use of "coaching boxes" if approved by the games committee. Please refer to rule (3-2-4g).

Athletes are prohibited by rule from warm-ups at a field event venue until it is declared open. While warming up each athlete must be supervised, by his/her coach or an adult official assigned to that venue. The event officials should close the venue upon the completion of the event.

Meet management is encouraged to use large orange cones to designate that a field event venue is closed to warm-up and/or competition. These large orange cones should be placed:

- **on the take-off board of the long jump**
- **in the circle of the discus**
- **in the circle of the shot put**
- **in front of or on top of the high jump pad**

When an orange cone is placed in those positions it indicates that the field event venue is closed. Only an event official should be allowed to remove the cone and open the field event venue. At the conclusion of the event, the cone should be replaced by an event official to indicate that the event is closed.

The throwing sector for the discus and the shot put shall be 34.92 degrees. **When converting from either the 40° or 60° sector, the stopboard in the shot put can conform to the 34.92° sector, but it is not a requirement. If the stopboard being used still conforms to either the 40° or 60° sector, it must be clearly marked to delineate the sector lines on the stopboard. These lines must be placed equidistance from the ends of the stopboard.**

A warning shall be issued for the first uniform violation. Any subsequent violation by that athlete shall result in a disqualification from the event in which the subsequent violation occurs. Information concerning any uniform warning must be noted on the event result sheet. The information recorded must include name of the athlete, school, event, type of uniform violation, and the name and assignment of the official who issued the warning. **This information must also be communicated to the meet referee immediately. When any competitor receives a warning or is disqualified due to a subsequent violation, the referee should personally notify the head coach who is involved.**

When field event judges are 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, "<1st name> you're up". The clock for the time limit starts when the first competitor's name is called the **second** time. This final call-up should be accompanied with a hand signal toward the athlete. This hand signal ensures that the official, the athlete and the person running the clock, are all on the same page.

NOTE: The last few years there has been a slight change to the call-up sequence. This updated method drastically shortens the time between attempts, creates a good flow to the competition and keeps the athletes alert and ready to respond.

Throws: Upon completion of an attempt, the official should say, “<1st name> is next, <2nd name> is on deck and <3rd name> is on hold. If the attempt was successful, measure and record, then say “<1st name> you’re up”. If the attempt was a foul, after a brief pause the official will say “<1st name> you’re up.”

High jump and long jump: A similar sequence can be used in the jumps but the flow will be slightly different with bar replacement and bar height adjustment in the high jump and raking the pit in the long jump.

Judges who are working the throws must remember that **it is not a foul if the competitor:**

- Enters the circle from the front half of the circle
- Carries a towel into the circle and throws the towel out of the circle prior to beginning their attempt
- Enters the circle and then exits the circle prior to beginning their attempt
- Is not under control when exiting the circle as long as the implement has landed

Shot put officials are reminded that an indoor shot put is not legal for outdoor competition or outdoor warmups. Throwers are only allowed to use legal implements during warmups. This prohibits the use of either smaller or larger implements during warmups. By rule, the use of an illegal implement in warm-ups disqualifies the athlete from the competition.

Whenever possible throws competition should be run “cafeteria style”. (One throw at a time in the order that the names are listed on the event sheets.) If competitors need to be excused to compete in other events, allow them to take consecutive or alternating throws with other competitors. As their implement must be returned to them and they often consult with their coach between throws, alternating throws is sometimes quicker than allowing a competitor to take his throws consecutively.

Whenever there are more than 14 entries in a throws event meet management should divide the competitors into flights. This allows the competitors to complete their throws in a timely fashion, without having to repeatedly warm-up prior to each attempt.

Meet management should schedule the shot put and discus events in such a manner that the competition is completed in one before it begins in the other. This allows all the athletes who compete in both events to check in properly at both venues and eliminates the necessity of athletes having to continually shuttle back and forth between the two events.

Each athlete must personally check in at each venue (teammates and managers are not be allowed to check athletes in). At some meets these venues are not located near each other, and it is very problematic to have to check in for one throw event while still competing in the other throw event.

Athletes must check in for a field event prior to the beginning of competition in that event. Once the competition has started any athlete, who has not checked in shall be denied the opportunity to compete in that event.

The games committee or meet management shall determine time limits for competitors excused to compete in another event.

Its recommended that Field Event Judges use flags to indicate a fair or foul attempt rather than voice commands.

The crew assigned to each field event should be provided the following equipment:

- Stop watch for timing
- Red and white flags to indicate legal attempts and fouls
- Appropriate length and type of tape measure
- Marker stake attached to the end of the measuring tape (Shot Put, Discus and Long Jump)
- Clipboard with laminated sheet that contains current rules and mechanics for conducting the event
- Mechanical or lead pencils to record the performances
- Brooms and rakes appropriate for the venue

1/09/24

High School DISCUS – 2024

1. **Warming up or practice shall not be allowed in any throwing event venue until it is declared open. Each athlete must be supervised by an adult coach or adult event official.**
 - First occurrence: Warning
 - Second occurrence: Disqualification from the event
 - Third occurrence: Disqualification from the meet
 2. **Each contestant shall be responsible for knowing the time schedule.**
 3. Contestants shall report promptly to the discus event judges at the designated location when the discus is announced.
 4. Contestants officially become competitors when they report to the discus event judges.
 5. **Contestants who fail to report prior to the discus event judges starting competition shall not be allowed to participate.**
 6. Each competitor shall be allowed three preliminary trials. In the finals each qualifier is allowed three additional trials. In meets with limited entries, the games committee may allow all competitors just four trials.
 7. The order in which competitors take their first trials shall be determined by lot or the games committee.
 8. The time limit for competitors excused to compete in another event shall be determined by the games committee. **Always record the time when a competitor leaves an event to compete in another event and the time when the competitor returns.**
 9. The time at which the preliminaries in the discus shall terminate, should be set by the games committee. Any competitor who does not complete all preliminary attempts within the time specified shall forfeit any remaining preliminary trials.
 10. If there are preliminaries and 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.
 11. The head discus official may change the order of competition to accommodate those who may be excused to participate in other events. Competitors may also be allowed to take more than one trial in succession under these circumstances. They may even be allowed to take preliminary and final trials in succession.
 12. When preliminaries are held, one or more competitors than there are scoring places shall qualify for the finals. All competitors tying for the last position shall be finalists.
 13. To be eligible to participate in the finals, a competitor shall have had at least one legal throw in the preliminaries.
 14. If a qualifying competitor withdraws from competition in the finals, no substitute may replace the withdrawn competitor.
 15. **The use of a protective cage is required for the discus in both high school and junior high school competition.**
 16. A trial is an attempt. Each competitor is allowed a specified number of trials.
 17. A flight is a round of trials for a group of competitors. The three preliminary trials shall be taken in flights of no less than five.
 18. To qualify is to win the right to participate in finals.
 19. **A foul throw is one which is counted as a trial but which is not measured. A red flag should be raised to indicate a foul.**
 20. **It is a foul if the competitor:**
 - a. After stepping into the circle, fails to pause before starting the throw.
 - b. After stepping into the circle, touches the circle, not including the inner face of the band, if one is used, or the ground outside the circle during a throw.
 - c. Throws the discus so it does not fall within the sector lines. **(The lines are “out of bounds”).**
 - d. Throws a discus which hits the cage and/or an object outside the sector before landing within the sector.
 - e. Leaves the circle before the implement has landed.
 - f. Does not exit the back half of the circle.
 - g. Fails to initiate a trial that is carried to completion within **1 minute** after being called for a trial. For **consecutive trials** a competitor is allowed **2 minutes**.
 21. A competitor in the throwing events may enter and exit the circle without a foul provided it occurs within the time allowed for the trial and before the competitor starts his/her attempt beginning with a pause.
 22. The discus event judges shall be responsible for the judging and measuring of each legal throw of a competitor. **A white flag should be raised to indicate a legal throw.**
 23. Each legal throw shall be measured from the nearest edge of the first mark made by the discus, to the point **on the inside edge of the throwing circle** nearest such mark. Draw the measuring device through the center of the throwing circle where the two lines marking the throwing sector intersect. Measurements shall be recorded to the **nearest lesser inch** or even number centimeter. Measurement must be made with either a non-stretchable tape or certified scientific measurement device (laser). The judges shall hold the tape in such a way that the readings will be at the circle.
 24. **Meet management may place reference marks for records or qualifying marks adjacent to the sector.**
 25. To obtain a better grip, competitors are permitted to use chalk or an adhesive or similar substance such as rosin on their hands during competition.
 26. **Competitors shall not compete while using an illegal implement.**
 27. **Tape may be used on the hand and fingers provided that no two fingers are taped together. Taping of the wrist is permissible.**
 28. Gloves are not permitted. However, a support belt may be worn.
 29. **Competitors shall not be allowed to use electronic devices during competition in the area of competition. However, they are allowed to view videos or pictures of their performance between attempts if they do so in a non-restricted area.**
 30. **Each competitor is required to wear a legal uniform. A competitor shall not compete while wearing an illegal uniform.**
 31. **Uniforms shall be worn as intended by the manufacturers. They should be worn “right side out”. Boys are not allowed to roll over the waistbands of the shorts. Girls are allowed to roll over the waistband of their shorts over. **The top must hang below or be tucked into the waistband of the bottom when the competitor is standing erect.****
- A uniform shall consist of:**
- A. Shoes (slippers or socks do not meet this requirement).
 - B. Full-length track top and track bottom or one-piece uniform issued or approved by the school.

1. Teammates' bottoms may vary in length, style and color.
 2. Loose-fitting, boxer-type bottom, one-piece uniform and closed-leg briefs are acceptable.
 3. Top, bottom or one-piece uniform may have school identification and the top may have the competitor's name.
 4. When numbers are used, each competitor shall wear the assigned, unaltered contestant number.
 5. The top shall not be knotted or have knot-like protrusions.
 6. The top must hang below or be tucked into the waistband of the bottom when the competitor is standing erect.
 7. A single manufacturer's logo/trademark/reference is permitted on the uniform top or bottom or one-piece uniform.
 8. An American flag, not exceeding 2 X 3 inches may be worn on each item of uniform apparel, and either a commemorative or memorial patch, not to exceed 4 square inches, may be worn on the uniform top or bottom.
 9. Any visible undergarment(s) worn underneath the uniform top and /or bottom is considered a foundation garment. Foundation garments are not subject to logo/trademark/reference color restrictions. (a.) Head coverings worn for religious reasons are not considered hair devices. (b.) a single, visible manufacturer's logo a per NFHS rules. (c.) Iowa adaptation regarding headband/hair devices has been eliminated.
 10. French or high-cut apparel may be worn under the bottom, but not in lieu of the bottom.
 11. The waistband of a competitor's bottom shall be worn above the hips. The logo/trademark/reference on the uniform bottom may be larger than 2 ¼ square inches around the waistband.
 12. Bare midriffs are not acceptable.
- C. No part of the uniform, excluding shoes, shall be removed in or near the area of competition.
- D. Best practice to take nine to the finals. Games committee decision.

A warning shall be issued for the first uniform violation. Any subsequent violation by that athlete shall result in a disqualification from the event in which the subsequent violation occurs. Information concerning any uniform violation warning must be noted on the event result sheet. This information must also be communicated to the meet referee immediately.

-If medical medallions or bracelets are worn, the medical alert sign should remain visible.

32. To place in the discus a competitor must have had at least one legal throw.
33. Competitors shall be credited with their best performance regardless of whether this occurs in the preliminaries or finals.
34. When there is a tie in the final standings of the discus, places and points scored shall be awarded as follows:
First tie-breaker: If the distance resulting from the best performance of competitors is identical, the higher place is awarded to the tying competitor whose second-best performance is better from either the preliminary trials or the finals.
Second tie-breaker: If the second-best performances are also identical, the higher place is awarded to the tied competitor whose third-best performance is better than the third-best performance of any tied competitor, etc.
35. If after applying the above criteria, there is still a tie by any of the competitors for any scoring places, the points for tied places shall be added together and divided by the number of competitors who are involved in the tie.
36. A record will be recognized for each competitor when two or more tie at the record distance 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.
37. **A competitor who is bleeding, has an open wound or an excessive amount of blood on the uniform, may complete the discus attempt.** However, the competitor shall not participate further until appropriate treatment has been administered and/or the excess blood has been removed from the uniform.
38. The head discus official must sign the event card, indicating all the place winners.
39. **Unacceptable conduct** by a competitor includes, but is not limited to, willful failure to follow the directions of a meet official, using non-excessive profanity which is not directed at someone or any action which could bring discredit to the individual or his school.
Unacceptable conduct shall result in disqualification from the event.
40. **Unsportsmanlike conduct** is behavior which is unethical or dishonorable. 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 excessive profanity or profanity directed at some one. This shall apply to all coaches, contestants and other school/team personnel. Unsportsmanlike conduct shall result in disqualification from the event and any further competition in the meet.
41. A field event begins at a time designated by the games committee and concludes and is considered official when the places have been determined and the results have been recorded by the field event judge.
42. At the conclusion of the discus there shall be no further practice and implements shall be removed from the area.

In situations where a disqualification is obvious, and in the absence of a field event referee or a head field event judge over-seeing all of the field events, notify the competitor of his/her disqualification and the reason for it. Make note of the disqualification and the **specific** reason for it on the result sheet. Pass this information on to the referee so he/she can verify the disqualification and be prepared to discuss it 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 the head discus judge should stay at the event location and continue the competition.

Discus officials are reminded that they no longer have to say "Mark" when the implement lands and that the thrower does not have to be under control when exiting the ring.

High School HIGH JUMP - 2024

1. **Warming up or practice shall not be allowed in any jumping venue until it is declared open. Each athlete must be supervised by an adult coach or adult event official.**
 - First occurrence: Warning
 - Second occurrence: Disqualification from the event
 - Third occurrence: Disqualification from the meet
2. **Each contestant shall be responsible for knowing the time schedule.**
3. 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.
4. Contestants shall report promptly to the high jump event judges at the designated location when the high jump is announced.
5. Contestants officially become competitors when they report to the high jump event judges.
6. **Contestants who fail to report prior to the high jump event judges starting competition shall not be allowed to participate.**
7. The order in which competitors take their first trials shall be determined by lot or the games committee.
8. The head high jump official may change the order of competition to accommodate those who may be excused to participate in other events.
9. The time limit for competitors excused to compete in another event shall be determined by the games committee. General practice is contestant must return within ten minutes after the completion of their race or relay leg. The contestant must tell the event judge before leaving the competition area for another event. If contestant does not communicate with event judge and is not present, the competition will continue and contestant attempts are recorded as a pass. **Always record the time when an approved competitor leaves an event to compete in another event and the time when the competitor returns.** When that time limit has been met, the bar will be raised to the next level. Upon their return, the excused competitors must make their next attempt at whatever height the bar is currently set. **UNDER NO CIRCUMSTANCES SHOULD THE BAR BE LOWERED TO A PREVIOUS HEIGHT TO ACCOMMODATE THOSE COMPETING IN OTHER EVENTS.** It is unfair for other competitors to wait unreasonably long periods of time for excused competitors to return. **THE ONLY TIME THE BAR CAN BE LOWERED IS WHEN COMPETITORS JUMP-OFF A TIE CONCERNING FIRST PLACE.**
10. A trial is an attempt. Each 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 as soon as he/she has had three consecutive unsuccessful trials, regardless of the height or heights at which the unsuccessful trials were attempted. Pass can be used to forgo a trial or a height. The contestant must communicate the request to the event judge before the jumper is called up and the trial clock is started.** All previous failures are disregarded as soon as the competitor legally clears the bar.
11. 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 but shall enter the competition at that height. Such a warm-up must be taken at a height change.
12. The judges shall place the crossbar at the starting height as determined by the games committee. The games committee will also determine the schedule of increments that the bar will be raised during competition. When only one competitor remains in the competition, the competitor may determine successive heights of the crossbar.
13. A competitor may attempt to clear the bar in any manner, provided the takeoff is from one foot and provided no weights or artificial aids are used. All of the competitor's body must go over the bar.
14. **AFTER COMPETITION HAS STARTED, THE BAR SHALL NOT BE LOWERED, EXCEPT TO DETERMINE A FIRST-PLACE WINNER WHEN A TIE FOR THAT PLACE IS INVOLVED.**
15. An accurate measurement of the height of the crossbar shall be taken before each record attempt. Any displaced crossbar or jostled crossbar should be placed on the standards in exact same position before next attempt. To ensure this, one face of the crossbar should be marked for identification.
16. Measurements shall be recorded to the nearest lesser ¼ inch or centimeter. Measurements shall be made with a non-stretchable tape or a certified scientific measurement device (laser). Measurement of the official height shall be from a point on the same level as the takeoff to the lowest point on the upper side of the crossbar.
17. **It is a foul, and an unsuccessful trial is charged, if the competitor:**
 - a. Displaces the crossbar in an attempt to clear it.
 - b. 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 jumper uses the pit to assist with the jump or is done on a regular basis.
 - c. After clearing the bar, contacts the upright and displaces the crossbar or steadies the bar.
 - d. Fails to initiate a trial that is carried to completion within **1 minute** after being called for a trial and after the crossbar has been set and called up for a trial. For consecutive attempts at the same height, two minutes is allowed. When three or fewer competitors remain in the competition, the contestants are allowed three minutes. When only one competitor remains he/she will be allowed five minutes to initiate a jump.
 - e. Fails (total body) to go over the bar.
 - f. Takes off from two feet.
 - g. Uses weights or artificial aids.
18. **A red flag should be raised to indicate a foul and a white flag should be raised to indicate a legal jump.**

19. **WHEN THERE IS A TIE IN THE HIGH JUMP**, places and points scored shall be awarded as follows:
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 shall not count as misses.
If the tie remains after applying both tiebreakers listed above and:
1. **If it concerns first place**, the competitors tying shall make one more attempt at the height at which they failed. If no one clears the height, the bar shall be lowered by one (1) inch increments until a successful attempt. If two or more of the tying contestants cleared the height, the bar shall be raised by intervals of one (1) inch. Each competitor shall attempt one trial at each height until a winner is determined.
 2. **If the tie concern any place other than first place, the competitors shall be awarded the same place and points divided.**
 3. A competitor shall be credited with his best achievement if it occurs in a jump-off for first place.
 4. Any athlete withdrawing from a jump-off concedes the higher place but retains their performance in the event.
- Note 1:** 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.
Note 2: No passed heights shall be permitted in the jump-offs.
20. The games committee shall 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 jumper. Use of tennis balls are discouraged.
 21. **Competitors shall not be allowed to use electronic equipment during competition in the area of competition. However, for safety they are allowed to view videos or pictures of their performance between trials if they do so outside the area of competition and are not called up to jump and the trial clock is started. The use of cell phones by all competitors should be prohibited for safety reasons.**
 22. **Each competitor is required to wear a legal uniform. A competitor shall not compete while wearing an illegal uniform.**
 23. **Uniforms shall be worn as intended by the manufacturers. They should be worn "right side out". Boys are not allowed to roll the waistbands of the bottoms over. Girls are allowed to roll the waistband of their bottoms over. The top must hang below or be tucked into the waistband of the bottom when the competitor is standing erect. **A uniform shall consist of:****
 - A. Shoes (slippers or socks do not meet this requirement).
 - B. Full-length **track** top and **track** bottom or one-piece uniform **issued or approved by the school.**
 1. Teammates' bottoms may vary in length, style and color.
 2. Loose-fitting, boxer-type bottoms, one-piece uniforms and closed-leg briefs are acceptable.
 3. The top and bottom or one-piece uniform may have school identification the top may have competitor's name.
 4. When numbers are used, each competitor shall wear the assigned, unaltered contestant number.
 5. The top shall not be knotted or have knot-like protrusions.
 6. The top must hang below or be tucked into the waistband of the bottom when the competitor is standing erect.
 7. A single manufacturer's logo/trademark/reference is permitted on the uniform bottom or top or one-piece uniform.
 8. An American flag, not exceeding 2 X 3 inches may be worn on each item of uniform apparel, and either a commemorative or memorial patch, not to exceed 4 square inches, may be worn on the uniform top or bottom.
 9. **Any visible undergarment(s) worn underneath the uniform top and/or bottom is considered a foundation garment. Foundation garments are not subject to logo/trademark/reference color restrictions. (a) Head coverings worn for religious reasons are not considered hair devices. (b.) A single visible manufacturer's logo as per NFHS rules. (c.) Iowa adaptation regarding headbands/hair devices has been eliminated.**
 10. French or high-cut apparel may be worn under the bottom, but not in lieu of the bottom.
 11. The waistband of a competitor's bottoms shall be worn above the hips. The logo/trademark/reference on the uniform bottom may be larger than 2 ¼ square inches around the waistband.
 12. Bare midriffs are not acceptable. - C. **No part of the uniform, excluding shoes, shall be removed in or near the area of competition. A warning shall be issued for the first uniform violation. Any subsequent violation by the athlete shall result in a disqualification from the event in which the subsequent violation occurs. Information concerning any uniform violation warning must be noted on the event result sheet. This information must be communicated to the meet referee immediately.**
 24. **If medical medallions or bracelets are worn, the medical alert sign should remain visible.**
 25. **To place in the high jump a competitor must have had at least one successful jump. Also, when a competitor enters the high jump for the first time, at any height, no matter the number of competitors left that this competitor is only permitted one minute for their attempt.**
 26. A record will be recognized for each competitor when two or more tie at the record height even though the points and places in the event are determined by the method of breaking ties. A record is valid even when it is made in a jump-off for first place.
 27. **A competitor, who is bleeding, has an open wound or an excessive amount of blood on the uniform, may complete the high jump trial.** However, the competitor shall not participate further until appropriate treatment has been administered and/or the excessive blood has been removed from the uniform.
 28. The head high jump official must review for accuracy and sign the final results, indicating all the place winners required by the Games Committee.
 29. **Unacceptable conduct by a competitor includes, but is not limited to, willful failure to follow the directions of a meet official, using non-excessive profanity which is not directed at someone or any action which could bring discredit to the individual or his school. Unacceptable conduct shall result in disqualification from the event.**

30. **Unsportsmanlike conduct** is behavior which is unethical or dishonorable. 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 excessive profanity or profanity directed at someone. This shall apply to all coaches, contestants and other school/team personnel. **Unsportsmanlike conduct shall result in disqualification from the event and any further competition in the meet.**
31. A field event begins at a time designated by the games committee and concludes and is considered official when the places have been determined and the results have been recorded by the field event judge.
32. At the conclusion of the high jump there shall be no further practice allowed on the approach apron or the landing pit.

In situations where a disqualification is obvious, and in the absence of a field event referee or a head field event judge over-seeing all of the field events, notify the competitor of his/her disqualification and the reason for it. Make note of the disqualification and the **specific** reason for it on the result sheet. Pass this information on to the referee so he/she can verify the disqualification and be prepared to discuss it 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 the head high jump judge should stay at the event location and continue the competition.

1/09/24

High School LONG JUMP - 2024

1. **Warming up shall not be allowed in any jumping venue until it is declared open. Each athlete must be supervised by an adult coach or adult event official. It is illegal to run backward or in the opposite direction (non-legal direction) on a horizontal jump runway. Once competition has begun, competitors are not allowed to use for practice purpose the runway associated with the competition.**
 - First occurrence: Warning
 - Second occurrence: Disqualification from the event
 - Third occurrence: Disqualification from the meet
2. Each contestant shall be responsible for knowing the time schedule.
3. Contestants shall report promptly to the long jump event judges at the designated location when the long jump is announced.
4. Contestants officially become competitors when they report to the long jump event judges.
5. Contestants who fail to report prior to the long jump event judges starting competition shall not be allowed to participate.
6. Each competitor shall be allowed three preliminary trials. In the finals each qualifier is allowed three additional trials. In meets with limited entries, the games committee may allow all competitors just four trials.
7. The order in which competitors take their first trials shall be determined by lot or the games committee.
8. The head long jump official may change the order of competition to accommodate those who may be excused to participate in other events. Competitors may also be allowed to take more than one trial in succession under these circumstances. They may even be allowed to take preliminary and final trials in succession.
9. The time limit for competitors excused to compete in another event shall be determined by the games committee. Always record the time when a competitor leaves an event to compete in another event and the time when the competitor returns.
10. The time at which the preliminaries in the long jump shall terminate should be set by the games committee. Any competitor who does not complete all preliminary attempts within the time specified shall forfeit any remaining preliminary trials.
11. If there are preliminaries and 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.
12. When preliminaries are held, one or more competitors than there are scoring places shall qualify for the finals. All competitors tying for the last position shall be finalists.
13. To be eligible to participate in the finals, a competitor shall have had at least one legal jump in the preliminaries.
14. If a qualifying competitor withdraws from competition in the finals, no substitute may replace the withdrawn competitor.
15. A trial is an attempt. Each competitor is allowed a specified number of trials.
16. A flight is a round of trials for a group of competitors. The three preliminary trials shall be taken in flights of no less than five.
17. To qualify is to win the right to participate in finals.
18. A foul jump is one which is counted as a trial but which is not measured.
19. **It is a foul if the competitor:**
 - a. Allows his/her shoe to extend over the scratch line or make a mark in front of it on the takeoff.
 - b. Runs across the scratch line, or the scratch line extended.
 - c. Does not keep his/her head in the superior position, i.e., no somersault.
 - d. In the process of landing or leaving the pit, touches the ground or apron outside the landing nearer the foul line than the nearest mark made in the landing pit.
 - e. Fails to initiate a trial that is carried to completion within **1 minute** after being called for a trial. **For consecutive trials a competitor is allowed 2 minutes.**
20. **A red flag should be raised to indicate a foul and a white flag should be raised to indicate a legal attempt.**
21. The long jump event judges shall be responsible for the judging and measuring of each legal trial of a competitor.
22. Each legal jump shall be measured perpendicularly in a straight line from the edge of the takeoff board, or its' extension, nearest the landing pit to the mark in the landing pit, made by the competitor, nearest the takeoff board. Measurements shall be recorded to the nearest lesser $\frac{1}{4}$ inch or centimeter. Measurement must be made with either a non-stretchable tape or certified scientific measurement device (laser).
23. Markers may be placed alongside the runway, but not on it. May have up to two markers.
24. The rectangular takeoff area or board should be a minimum of 8 inches wide and can be up to 24 inches wide.
25. Meet management may place reference marks for records or qualifying marks adjacent to the landing pit.
26. Competitors shall not be allowed to use electronic devices during competition in the area of competition. However, they are allowed to view videos or pictures of their performance between attempts if they do so in a non-restricted area.
27. Each competitor is required to wear a legal uniform. A competitor shall not compete while wearing an illegal uniform.
28. **Uniforms shall be worn as intended by the manufacturers. They should be worn "right side out". Boys are not allowed** to roll the waistbands of the bottoms over. **Girls are allowed** to roll the waistband of their bottoms over. Tops must hang below or be tucked into the waistband of the bottom when the competitor is standing erect. **A uniform shall consist of:**
 - A. Shoes (slippers or socks do not meet this requirement).
 - B. Full-length **track** top and **track** bottom or one-piece **uniform issued or approved by the school.**
 1. Teammates' bottoms may vary in length, style and color.
 2. Loose-fitted, boxer-type bottoms, one-piece uniforms and closed-leg briefs are acceptable.
 3. The top and bottom or one-piece uniform may have school identification and the top may have competitor's name.
 4. When numbers are used, each competitor shall wear the assigned, unaltered contestant number.

5. The top shall not be knotted or have knot-like protrusions.
6. The top must hang below or be tucked into the waistband of the bottom when the competitor is standing erect.
7. A single manufacturer's logo/trademark/reference, is permitted on the uniform bottom or top or one-piece uniform.
8. An American flag, not exceeding 2 X 3 inches may be worn on each item of uniform apparel, and either a commemorative or memorial patch, not to exceed 4 square inches, may be worn on the uniform top or bottom.
9. **Any visible undergarment(s) worn underneath the uniform top and/or bottom is considered a foundation garment. Foundation garments are not subject to logo/trademark/reference color restrictions. (a.) Head coverings worn for religious reasons are not considered hair devices. (b.) A single visible manufacturer's logo as per NFHS rules. (c.) Iowa adaptation regarding headbands/hair devices has been eliminated.**
10. French or high-cut apparel may be worn under the bottom, but not in lieu of the bottom
11. **The waistband of a competitor's bottom shall be worn above the hips.** The logo/trademark/reference on the uniform bottom may be larger than 2 ¼ square inches around the waistband.
12. Bare midriffs are not acceptable.
 - C. No part of the uniform, excluding shoes, shall be removed in or near the area of competition.
 - D. **Best practice to take nine to the finals. Games committee decision.**

A warning shall be issued for the first uniform violation. Any subsequent violation by that athlete shall result in a disqualification from the event in which the subsequent violation occurs. Information concerning any uniform violation warning must be noted on the event result sheet. This information must also be communicated to the meet referee immediately.

29. If medical medallions or bracelets are worn, the medical alert sign should remain visible.
30. To place in the long jump a competitor must have had at least one successful jump.
31. Competitors shall be credited with their best performance regardless of whether this occurs in the preliminaries or finals.
32. When there is a tie in the final standings of the long jump, places and points scored shall be awarded as follows:
First tie-breaker: If the distance resulting from the best performance of competitors is identical, the higher place is awarded to the tying competitor whose second-best performance is better from either the preliminary trials or the finals.
Second tie-breaker: If the second-best performances are also identical, the higher place is awarded to the tied competitor whose third-best performance is better than the third-best performance of any tied competitor, etc.
33. If after applying the above criteria, there is still a tie by any of the competitors for any scoring places, the points for tied places shall be added together and divided by the number of competitors who are involved in the tie.
34. A record will be recognized for each competitor when two or more tie at the record distance even though the points and places in the event are determined by the method of breaking ties. A record is valid even when it is made in a preliminary trial.
35. **A competitor who is bleeding, has an open wound or an excessive amount of blood on the uniform, may complete the long jump trial.** However, the competitor shall not participate further until appropriate treatment has been administered and/or the excessive blood has been removed from the uniform.
36. The head long jump official must sign the event card, indicating all the place winners.
37. **Unacceptable conduct** by a competitor includes, but is not limited to, willful failure to follow the directions of a meet official, using non-excessive profanity which is not directed at someone or any action which could bring discredit to the individual or his school. **Unacceptable conduct shall result in disqualification from the event.**
38. **Unsportsmanlike conduct** is behavior which is unethical or dishonorable. 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 excessive profanity or the use of profanity directed at some one. This shall apply to all coaches, contestants and other school/team personnel. **Unsportsmanlike conduct shall result in disqualification from the event and any further competition in the meet.**
39. A field event begins at a time designated by the games committee and concludes and is considered official when the places have been determined and the results have been recorded by the field event judge.
40. At the conclusion of the long jump there shall be no further practice allowed on the approach runway or in the landing pit.

In situations where a disqualification is obvious, and in the absence of a field event referee or a head field event judge over-seeing all of the field events, notify the competitor of his/her disqualification and the reason for it. Make note of the disqualification and the **specific** reason for it on the result sheet. Pass this information on to the referee so he/she can verify the disqualification and be prepared to discuss it 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 the head long jump judge should stay at the event location and continue the competition.

High School SHOT PUT – 2024

1. **Warming up or practice shall not be allowed in any throwing venue until it is declared open. Each athlete shall be supervised by an adult coach or adult event official.**
 - First occurrence: Warning
 - Second occurrence: Disqualification from the event
 - Third occurrence: Disqualification from the meet
2. **When warming up throwers are only allowed to use implements that are legal for the actual competition. Therefore all undersized or oversized implements as well as any other illegal implements are prohibited during warmups. By rule the use of an illegal implement in competition or warm-ups disqualifies the athlete from the competition.**
3. **Each contestant shall be responsible for knowing the time schedule.**
4. Contestants shall report promptly to the shot put event judge at the designated location when the shot put is announced.
5. Contestants officially become competitors when they report to the shot put event judges.
6. **Contestants who fail to report prior to the shot put event judges starting competition shall not be allowed to participate.**
7. Each competitor shall be allowed three preliminary trials. In the finals each qualifier is allowed three additional trials. In meets with limited entries, the games committee may allow all competitors just four trials.
8. The order in which competitors take their first trials shall be determined by lot or the games committee.
9. The time limit for competitors excused to compete in another event shall be determined by the games committee. **Always record the time when a competitor leaves an event to compete in another event and the time when the competitor returns.**
10. The time at which the preliminaries in the shot put shall terminate should be set by the games committee. Any competitor who does not complete all preliminary attempts within the time specified shall forfeit any remaining preliminary trials.
11. If there are preliminaries and 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.
12. The head shot put official may change the order of competition to accommodate those who may be excused to participate in other events. Competitors may also be allowed to take more than one trial in succession under these circumstances. They may even be allowed to take preliminary and final trials in succession.
13. When preliminaries are held, one or more competitors than there are scoring places shall qualify for the finals. All competitors tying for the last position shall be finalists.
14. To be eligible to participate in the finals, a competitor shall have had at least one legal throw in the preliminaries.
15. If a qualifying competitor withdraws from competition in the finals, no substitute may replace the withdrawn competitor.
16. A trial is an attempt. Each competitor is allowed a specified number of trials.
17. A flight is a round of trials for a group of competitors. The three preliminary trials shall be taken in flights of no less than five.
18. To qualify is to win the right to participate in finals.
19. **A foul throw is one which is counted as a trial but which is not measured. A red flag should be raised to indicate a foul.**
20. **It is a foul if the competitor:**
 - a. Fails to initiate a trial that is carried to completion within **1 minute** after being called for a trial. **For consecutive trials a competitor is allowed 2 minutes.**
 - b. After stepping into the circle, fails to pause before starting the put.
 - c. After stepping into the circle, touches the circle, not including the inner face of the stopboard or the band, if one is used, or the ground outside the circle during a put.
 - d. Allows the shot to drop behind or below the shoulder during the put attempt.
 - e. Touches the top or end of the stopboard before leaving the circle.
 - f. Puts the shot so it does not fall within the sector lines. **(The lines are “out of bounds”).**
 - g. Leaves the circle before the implement has landed.
 - h. Does not exit the back half of the circle.
 - i. Uses a cartwheel technique of shot putting.
 - j. **Uses an indoor implement during outdoor competition. (Disqualification from the competition)**
21. **A white flag should be raised to indicate a legal throw.**
22. A competitor in the throwing events may enter and exit the circle without a foul provided it occurs within the time allowed for the trial and before the competitor starts his/her attempt beginning with a pause.
23. The shot put event judges shall be responsible for the judging and measuring of each legal put of a competitor.
24. Each legal throw shall be measured from the nearest edge of the first mark made by the shot, to **the inside edge of the stopboard** nearest such mark. Draw the measuring device through the center of the throwing circle where the two lines marking the throwing sector intersect. Measurements shall be recorded to the nearest **lesser 1/4 inch** or centimeter. Measurement must be made with either a non-stretchable tape or certified scientific measurement device (laser). The judges shall hold the tape in such a way that the readings will be at the circle.
25. **Meet management may place reference marks for records or qualifying marks adjacent to the sector.**
26. To obtain a better grip, competitors are permitted to use chalk or an adhesive or similar substance such as rosin on their hands during competition.
27. **Competitors shall not compete while using an illegal implement. It is not legal to use an indoor shot put outdoor.**
28. **Tape may be used on the hand and fingers provided that no two fingers are taped together. Taping the wrist is permissible.**
29. Gloves are not permitted. However, a support belt may be worn.
30. **Competitors shall not be allowed to use electronic equipment during competition in the area of competition. However, they are allowed to view videos or pictures of their performance between attempts if they do so in a non-restricted area.**
31. **Each competitor is required to wear a legal uniform. A competitor shall not compete while wearing an illegal uniform.**

32. Uniforms shall be worn as intended by the manufacturers. They should be worn “right side out”. **Boys are not allowed** to roll the waistbands of the shorts over. **Girls are allowed** to roll the waistband of their shorts over. **Tops must hang below or be tucked into the waistband of the bottom when the competitor is standing erect.**
33. **A uniform shall consist of:**
- A. Shoes (slippers or socks do not meet this requirement).
 - B. Full-length **track** top and **track** bottom or one-piece uniform **issued or approved by the school.**
 1. **Teammates’ bottoms may vary in length, style and color.**
 2. Loose-fitted, boxer-type bottom, one-piece uniform and closed-leg briefs are acceptable.
 3. Top, bottom or one-piece uniforms may have school identification and the top may have the competitor’s name.
 4. When numbers are used, each competitor shall wear his/her assigned, unaltered contestant number.
 5. The top shall not be knotted or have knot-like protrusions.
 6. The top must hang below or be tucked into the waistband of the bottom when the competitor is standing erect.
 7. A single manufacturer’s logo/trademark/reference, is permitted on the uniform bottom or top or one-piece uniform.
 8. An American flag, not exceeding 2 X 3 inches may be worn on each item of uniform apparel, and either a commemorative or memorial patch, not to exceed 4 square inches, may be worn on the uniform top or bottom.
 9. **Any visible undergarment(s) worn underneath the uniform top and/or bottom is considered a foundation garment. Foundation garments are not subject to logo/trademark/reference color restrictions. (a.) Head coverings worn for religious reasons are not considered hair devices. (b.) A single, visible manufacturer’s logo as per NFHS rules. (c.) Iowa adaptation regarding headband/hair devices has been eliminated.**
 10. French or high-cut apparel may be worn under the bottom, but not in lieu of the bottom.
 11. **The waistband of a competitor’s bottom shall be worn above the hips.** The logo/trademark/reference on the uniform bottom may be larger than 2 ¼ square inches around the waistband.
 11. Bare midriffs are not acceptable.
 - C. No part of the uniform, excluding shoes, shall be removed in or near the area of competition.
 - D. **Best practice to take nine to the finals. Games committee decision.**

A warning shall be issued for the first uniform violation. Any subsequent violation by that athlete shall result in a disqualification from the event in which the subsequent violation occurs. Information concerning any uniform violation warning must be noted on the event result sheet. This information must also be communicated to the meet referee immediately.

34. If medical medallions or bracelets are worn, the medical alert sign should remain visible.
33. To place in the shot put a competitor must have had at least one legal put.
34. Competitors shall be credited with their best performance regardless of whether this occurs in the preliminaries or finals.
35. When there is a tie in the final standings of the shot put, places and points scored shall be awarded as follows:
First tie-breaker: If the distance resulting from the best performance of competitors is identical, the higher place is awarded to the tying competitor whose second-best performance is better from either the preliminary trials or the finals.
Second tie-breaker: If the second-best performances are also identical, the higher place is awarded to the tied competitor whose third-best performance is better than the third-best performance of any tied competitor, etc.
36. If after applying the above criteria, there is still a tie by any of the competitors for any scoring places, the points for tied places shall be added together and divided by the number of competitors who are involved in the tie.
37. A record will be recognized for each competitor when two or more tie at the record distance 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.
38. **A competitor who is bleeding, has an open wound or an excessive amount of blood on the uniform, may complete the discus attempt.** However, the competitor shall not participate further until appropriate treatment has been administered and/or the excess blood has been removed from the uniform.
39. The head shot put official must sign the event card, indicating all the place winners.
40. **Unacceptable conduct** by a competitor includes, but is not limited to, willful failure to follow the directions of a meet official, using non-excessive profanity which is not directed at someone or any action which could bring discredit to the individual or his school. **Unacceptable conduct shall result in disqualification from the event.**
41. **Unsportsmanlike conduct** is behavior which is unethical or dishonorable. 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 excessive profanity or profanity which is directed at some one. This shall apply to all coaches, contestants and other school/team personnel. **Unsportsmanlike conduct shall result in disqualification from the event and any further competition in the meet.**
42. A field event begins at a time designated by the games committee and concludes and is considered official when the places have been determined and the results have been recorded by the field event judge.
43. At the conclusion of the shot put there shall be no further practice and implements shall be removed from the area.

In situations where a disqualification is obvious, and in the absence of a field event referee or a head field event judge overseeing all the field events, notify the competitor of his/her disqualification and the reason for it. Make note of the disqualification and the **specific** reason for it on the result sheet. Pass this information on to the referee so he/she can verify the disqualification and be prepared to discuss it 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 the head shot put judge should stay at the event location and continue the competition.

The event judge is also no longer required to yell “Mark” when a legal throw has landed and throwers are no longer required to be under control when exiting the circle.

IOWA ASSOCIATION of TRACK OFFICIALS

Recommended Procedures for Track and Field Meets

TIMERS

Prior to the start of the meet the head timer should review the following information with all timers.

1. One person shall be designated as the head timer.
2. 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.)
3. The proper procedure for starting, stopping and clearing a stopwatch should be reviewed.
4. The proper procedure for **when to clear** the watches and **when not to clear** them should be reviewed.
5. It is recommended that there be at least two timers for each place. Many larger meets provide three timers for first place. If it is not possible to recruit this many timers, provide two timers for first place and one timer for each of the other places.
6. If two watches agree and the third (if there is one) disagrees, the time indicated by the two is considered the official time.
7. If all (3) of the watches disagree, the time indicated by the watch showing the middle time is official.
8. When only two watches record a time, the slower time shall be recorded.
9. 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.
10. **Meets that use a single FAT system as the primary source of timing, need to use a manual back-up system. (This is required at state qualifying meets in Iowa.) To assure that the manual back-up system can provide accurate times, the starter should be using black powder shells that produce smoke.**
11. If FAT and manual times must be 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., $MT + .24 = FAT$).
12. The official time of a race starts with the firing of a pistol, which provides smoke or the visible flash from an electronic, gunless device. Upon sighting the smoke or flash, the timers should start their watches.
13. 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. When a competitor reaches

this first edge of the finish line, the timers responsible for timing that competitor should stop their watches.

14. Immediately after the finish of the race, timers shall present their watches to the head timer, who will record the official time. **Timers should not give participants their times.** This practice slows down the process of recording the results of each race, which in turn slows down the entire meet.
15. Upon the completion of recording the results of each race, the head timer shall verbally instruct all timers to clear their watches.
16. Timers should then properly position themselves to observe the start of the next race.

It is recommended that the above information be taped to the back of the head timer's clipboard and also be distributed to all timers.

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IOWA ASSOCIATION of TRACK OFFICIALS

Recommended Procedures for Track and Field Meets

FINISH JUDGES **(PICKERS)**

The head finish judge should review the following information with all finish judges prior to the start of the meet.

1. One person shall be designated as the Head Finish Judge.
2. The head finish judge shall designate the places to be picked by the finish judges.
3. At least two judges shall be assigned to each place to be scored, and they should be positioned on opposite sides of the track.
4. The judges shall pick one or more places than the number to be scored.
5. Without consulting other judges, each finish judge shall write the number or numbers of the place winner they selected on a card and hand the card to the head finish judge.
6. 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. Judges shall make their selections based on this criteria.
7. The decision of any judge picking the higher scoring place shall overrule the decision of any judge(s) picking a lower scoring place.
8. 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 judges cannot determine the matter.
9. Proper procedure dictates that judges concentrate on the competitors until they are all within 10 meters of the finish line. The judges should then watch the finish line.
10. In races 400 meters or longer, it is recommended one judge select the first competitor to finish, another judge select the first and second to finish, another judge select second and third, another the third and fourth, etc.
11. At the conclusion of the race, the head finish judge shall certify the order in which the competitors finish.
12. The decision of the judges shall be final and without appeal except for possible action taken by the head finish judge, referee, or the jury of appeals, whoever is so designated as the final board of appeals.

It's recommended that the above information be included in the finish judge packet.

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REQUIRED ORDER OF EVENTS WITH NO PRELIMINARIES-HIGH SCHOOL

Field Events::

High Jump (Girls First)
Shot (Girls First)
Shot Wheelchair
Long Jump (Boys First)
Discus (Boys First)

Running Events:

800m sprint medley relay	Start-3T-Blue, Ex-Blue to Blue, 400 runner cuts at break line
800 meter wheelchair	Start-1T-Green, cut at break line/ White Waterfall
3000/3200 meter run	Start-White double waterfall, cut at break line
4 X 800 meter relay	Start-White double waterfall, 1 st runner cut at break line, Exchanges Green common line
Shuttle Hurdle relay (Girls)	Start-White line-Hurdlers 1 & 3, #2 & 4-White line-Girls-33"-White marks
(Boys)	Start-White line-Hurdlers 1 & 3, #2 & 4-Red line-Boys-36"-Red marks
100 meter	Start-Yellow line
100 meter wheelchair	Start-Yellow line
1600 distance medley relay	Start-3T-Blue line, Ex-1 & 2-Blue to Blue, Exchange-3-Green common line, 400 runner cut at break line
400 meter dash	Start-2T-Yellow line, Lanes all the way
400 meter wheelchair	Start-2T-Lanes all the way
4 X 200 meter relay	Start-4T-Red line, Ex-1 & 2-Red to Red, Exchange 3-Yellow to Yellow
100 meter hurdles	Start-Yellow line, hurdles-33"-Yellow marks
110 meter high hurdles	Start-Blue line, hurdles-39"-Blue marks
800 meter run	Start-White double waterfall, cut at break line
200 meter dash	Start-White line, Lanes all the way
200 meter wheelchair	Start-White line, Lanes all the way
400 meter hurdles	Start-2T-Yellow line, Lanes all the way-Green marks
1500 meter run	Start-White waterfall, cut A.S.A.P.
1600 meter run	Start-White double waterfall, cut at break line
4 X 100 meter relay	Start-2T-Yellow, Exchanges Yellow to Yellow
4 X 400 meter relay	Start-3T-Blue, Exchange 1-Blue to Blue, 2 nd runner cuts at Break line, Exchange 2 & 3-Green to Green common exchange

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Required Order of Events Junior High/Middle School:

Field Events:

High Jump (Girls First)
Shot (Girls First)
Long Jump (Boys First)
Discus (Boys First)

Running Events:

4 x 800 Relay	Start-White waterfall, 1 st runner cut at break line
Shuttle Hurdle Relay	Start-White line-Hurdlers 1 & 3, #2 & 4-white line-30"-White marks
100 meter	Start-Yellow line
1600 Distance Med Relay	Start-3T-Blue, Ex-1 & 2-Blue to Blue, Exchange 3-Green common Line, 400 runner cut at break line
400 meter dash	Start-2T-Yellow line, Lanes all the way
4 x 200 Relay	Start-4T-Red line, Ex 1 & 2-Red to Red, Exchange 3-Yellow to Yellow
1500/1600	Start on White waterfall, cut A.S.A.P.
100 Hurdles	Start on Yellow line, hurdles-30"-Yellow marks
200 Dash	Start on White line, Lanes all the way
800 Sprint Med Relay	Start-3T-Blue line, Ex-Blue to Blue, 400 runner cuts at break line
200 Meter Hurdles	Start-White line, 4 flights hurdles, 30"-Green marks 800 meter
run	Start-White waterfall, cut A.S.A.P.
4 x 100 Relay	Start-2T-Yellow line, Exchanges Yellow to Yellow
4 x 400 Relay	Start-3T-Blue line, Exchange 1-Blue to Blue, 2 nd runner cuts at break line, Exchange 2 & 3-Green to Green common exchange

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IATO SUGGESTED HIGH SCHOOL MARKING LEGEND for a BLACK TRACK

Line/Stagger Color

Finish Line All races finish on a common White line.

Common Exchange Green/Green

1 Turn Stagger Green (with a 3-meter walk-up mark (Green dot) in each lane prior to the start line)

2 Turn Stagger Yellow

3 Turn Stagger Blue

4 Turn Stagger Red

100MH **Yellow start line** with Yellow hurdle marks

110MH **Blue start line** with Blue hurdle marks

400MH **Yellow start line** (2-turn stagger) with Green hurdle marks. Lanes all the way.

100M **Yellow start line**

200M **White start line** (1-turn stagger) Lanes all the way.

400M **Yellow start line** (2-turn stagger) Lanes all the way.

800M **Green start line** (1-turn stagger with 3-meter walk-up marks {Green dots} in middle of each lane). All lanes cut @ break-line.

Or **White Double Waterfall*** with 3-meter walk-up marks (White dots) in middle of each lane. Back (full) waterfall, lanes 1-8, cut ASAP. Front (half) waterfall, lanes 5-8, cut @ break-line.

1500M **White waterfall** with 3-meter walk-up marks (White dots) in the middle of each lane prior to the start line. All runners cut ASAP.

1600M/3200M **White Double Waterfall*** with 3-meter walk-up marks (White dots) in middle of each lane. Back (full) waterfall, lanes 1-8, cut ASAP. Front (half) waterfall, lanes 5-8, cut @ break-line.

3,000M **White Double Waterfall*** with 3-meter walk-up marks (White dots) in middle of each lane. Back (full) waterfall, lanes 1-8, cut ASAP. Front (half) waterfall, lanes 5-8, cut @ break-line.

Girl's SH Relay **Runners 1 & 3** (Lanes 1-3-5-7) **Start on White finish line** with White 15" break-line marks @ 1 meter in lanes 2-4-6-8 for incoming runners.

Runners 2 & 4 (Lanes 2-4-6-8) **Start on White line** (2.5 meters beyond 100MH Yellow start line) with White 15" break-line marks @ 1 meter in lanes 1-3-5-7 for incoming runners.

White hurdle marks (2.5 meters further away from finish line than the 100M Yellow hurdle marks)

(Each runner will run 102.5 meters.)

Boy's SH Relay **Runners 1 & 3** (Lanes 1-3-5-7) **Start on White finish line** with White 15" break-line marks @ 1 meter in lanes 2-4-6-8 for incoming runners.

Runners 2 & 4 (Lanes 2-4-6-8) **Start on Red line** (11 13/16" closer to finish line than Blue 110MH start line) with Red 15" break-line marks @ 1 meter in lanes 1-3-5-7 for incoming runners.

Red hurdle marks (11 13/16" closer to the finish line than the 110M Blue hurdle marks)
(Each runner will run 109.7 meters.)

4 X 100 Relay **Yellow start line** (2-turn stagger): All exchange zones are 30 meters long (lane-wide Yellow triangles).

4 X 200 Relay **Red start line** (4-turn stagger): 1st & 2nd exchange zones are 30 meters long (lane-wide Red triangles). The 3rd exchange zone is 30 meters long (lane-wide Yellow triangles).

4 X 400 Relay	Blue start line (3-turn stagger): 1 st exchange zone is staggered and 20 meters long. Start of the zone: lane-wide White triangles. End of the zone: lane-wide Blue triangles). The 2 nd & 3 rd exchanges use the 20-meter common exchange zone (lane-wide Green triangles). The 2 nd runner cuts @ break-line.
4 X 800 Relay	White Double Waterfall* start with 3-meter walk-up marks (White dots) in each lane. Back (full) waterfall, lanes 1-8, cut ASAP. Front (half) waterfall, lanes 5-8, cut @ break-line. All exchanges are in the 20-meter common exchange zone (lane-wide Green triangles).
800M Medley	Blue start line (3-turn stagger): First two exchange zones are 30 meters long (lane-wide Blue triangles). The 3 rd exchange zone is 30 meter long (lane-wide White to Blue triangles). The 4 th runner cuts @ break-line.
1600M Medley	Blue start line (3-turn stagger): 1 st exchange zones are 30 meters long (lane-wide Blue triangles). The second exchange zone is 30 meter long (lane-wide White to Blue triangles). The 3 rd exchange zone is the 20-meter common exchange zone (lane-wide Green triangles). The 3 rd runner cuts @ break-line.

Double Waterfall* White arched line with 3-meter walk-up marks (White dots) in the middle of each lane. The back (full) waterfall covers lanes 1-8. The front (half) waterfall covers lanes 5-8. **On an 8-lane track the white line between lanes 4 & 5 should have a green 6" dash every 3 feet from the front start line to the break-line on both curves.** This eliminates the need to put cones down around the curve when the double waterfall is used.

Exchange zones -All exchange zones are marked by **lane-wide triangles**. The base of the triangle designates either the beginning or the end of the exchange zone and the tip of each triangle points into the exchange zone. The entire triangle is considered to be part of the exchange zone.

-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 shall be 30 meters long and include what was previously the acceleration zone.

Exchange zones in lane 1 will be yellow on turn 2, turn 3 and turn 4. It will be green on Turn 1. (Lane one needs a lane-wide green triangle 10 meters prior to the common exchange zone.

-The common exchange zone is 20 meters long.

Break-lines Green dashes across the entire track at the end of turn 2 and the outside half of the track (lanes 5-8) at the end of turn 4. Place small orange cones at the break-line for the runners required to cut there. This would be lanes 2-8 when all runners are assigned individual lanes and lane 5 for those runners assigned the front waterfall of a double-waterfall start. If the turn 2 break-line corresponds to the start line for the 1500M Run, put a green 6" dash on that start line in the middle of each lane.

*At the Iowa State High School Co-ed Track & Field Championship Meet and at the Drake Relays; the 800M run, the 1600M run, the 3,000M run, the 3200M run, and the 4 X 800M Relay are all started with a double waterfall. They use a 3-turn stagger to start the medley relays and the 4 X 400M Relay. The IHSAA and the IGHSAA recommend that state qualifying meets start these races in the same manner if the track is so marked.

This document is a legend for a BLACK 8-lane track. (Adjust accordingly for a 6-lane track.)

IOWA ASSOCIATION of TRACK OFFICIALS

Recommended Procedures for Adaptive Competition

Purpose

The Adaptive 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.

Pre-meet Duties for the Starter/Referee

(If possible perform these duties in the prescribed order found below.)

1. Check with meet director to see if there are any adaptive competitors involved in the meet.
2. Check to see what events will be contested and how many competitors will be involved.
3. Meet with assistant starter and clerk to review respective duties and expectations involving adaptive races.
4. Review the order of events schedule. If the adaptive events are not printed in the order of events, the meet announcer should notify the audience concerning the adaptive competition schedule and the clerk of course should notify the adaptive competitors concerning the adaptive competition schedule. Meet management should list all adaptive competition events in the printed order of events schedule.

Adaptive Competition Events

1. Girls' competition is contested in the 100M, 200M, 400M, and 800M races and the shot put.
2. Boys' competition is contested in the 100M, 200M, 400M, and 800M races and the shot put.
3. At each meet during the season an athlete may compete in a maximum of four (4) events.
4. With the exception of the state meet, no team points will be awarded for competition.
5. Adaptive participants will compete in their own division throughout the season.
6. Adaptive participants will compete in the SQM to qualify for the State Meet.

There are additional specific equipment requirement concerning the size, shape and dimension of the wheelchair and attachments. Please look on the IHSAA and the IGHS AU website for that information.

Rules of Competition for Track Events Wheelchair

1. Propulsion and direct steering of the wheelchair shall be made by the hands and arms only.
2. No gears, lever, 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.
3. Any athlete attempting to overtake another athlete or change lanes must ensure that he/she has full clearance of all athletes before changing position.
4. The **front axle** of the wheelchair must be completely behind the vertical plane of the starting line.
5. Once the athlete is positioned in his/her chair and on the track they will not be allowed to receive coaching or tactical assistance from their coach.
 - a. In the event of a mechanical failure or other unsafe situation the athlete may summon assistance of an attendant. The attendant may be any person designated as such by the athlete's school.
6. In laned races, each competitor shall keep the front wheel of the chair in the assigned lane from start to finish.
 - a. If the front wheel leaves the lane, the athlete shall be disqualified.
 - b. The rear wheels may drift out of the lane as long as they do not interfere with another competitor.If interference does occur, the competitor shall be disqualified.
6. In laned races around a turn, each competitor shall keep the front wheel of the chair in the assigned lane from start to finish.
 - a. If the front wheel leaves the lane, the athlete shall be disqualified.
 - b. The rear wheels may drift out of the lane as long as they do not interfere with another competitor. If interference does occur, the competitor shall be disqualified.
 - c. If any part of the chair shall drift over the inside edge of the lane, the competitor shall be disqualified.
8. 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.
9. If an athlete either wheels outside his/her lane in the straight or wheels outside his/her outer line in a turn, with no material advantage being gained, and no other competitor is obstructed, they will not be disqualified.
 - a. If another competitor is obstructed then the athlete will be disqualified.
10. If a competitor is pushed or forced by another person to wheel outside his/her lane the competitor will not be disqualified.
11. If an accident should occur during a race, a competitor may be assisted back into his/her chair by a bystander in order to continue.
 - a. The competitor may not receive a push or other assistance during the race.
12. If, during a race, there is an infringement of the rules the race official may disqualify a competitor from the race.

Starting Commands

1. All competitors should be asked to roll their wheelchairs to the starting line in such a manner that the **front axle** of the wheelchair must be completely behind the vertical plane of the starting line. The assistant starter or clerk should handle this duty.
2. When all wheelchairs are so positioned and motionless, the starter will give the commands and promptly fire the gun or other approved starting device.
3. The start commands should be identical to those that you use throughout the meet.
100, 200, 400 – “On your marks”, “Set”, followed by the firing of the starting device.
4. 800 – “On your marks”, followed by the firing of the starting device.
5. “Wheelers back” if you are going to cancel the start. Explain to the athletes what was going on so that it can be corrected. Repeat the commands and start the race.

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.

Rules of Competition for Field Events Wheelchair

1. The field event chair must be stationary during the competition.
 - a. If wheelchair tiedowns are not used, a competitor may have a qualified individual hold his/her chair and/or use their wheelchair brakes to prevent excessive movement.
2. Only the footrests or the push rim may be outside the vertical plane of the inner circumference of the circle.
 - a. Any part of the chair used for propulsion must remain inside the circle including push rims and footrests.
 - b. If tiedowns are used to secure the chair, competitors may not use these same tiedowns to assist in stabilizing any part of the body. If any part of the competitor's body comes in contact with the tiedowns 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.
 - c. No part of the chair may rest on top of the stopboard.
3. The feet may be in contact with the ground.
4. The use of gloves is not allowed.
5. To obtain a better grip, athletes are permitted to use a suitable substance on their hands only.
6. To protect the spine from injury, an athlete may wear a belt of leather or other suitable material.
7. A competitor may leave the throwing circle from the front half without penalty.
8. A competitor may interrupt a trial once started, may lay the implement down inside the circle, and may leave the circle before returning to a stationary position and beginning a fresh trial.
9. 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.
 - a. If there are seven or more competitors in an event each competitor will have three preliminary trials. Three event finals throws will then be completed by the eight highest qualifying competitors in the reverse order of qualifying.
10. 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 athlete's upper legs or buttocks must remain in contact with the chair until the implement is released.
 - a. In order to allow the judges better visibility, athletes may not wear baggy or loose fitting clothing which may hide any infringement of this rule.
12. 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.
13. The competitor or their chair shall not touch the ground on or outside the ring once the trial has begun.
14. If, in the opinion of the field judge, there is an infringement of the rules during a trial. That trial will be considered a fault and will not be considered in the results of competition.
 - a. After the infringement has occurred and the fault recorded the judge may inform the athlete of the nature of the infringement so that the athlete may make corrections before the next trial.

Records and Recognition

1. It is strongly recommended that any athlete who participates in Adaptive interscholastic sports be rewarded equally with the other athletes. This would include, but not be limited to:
 - a. Ribbons, medals, etc. awarded at the meets in which the athlete participates and places in the final standings.
 - b. The opportunity to earn a school letter by meeting the individual school standards which are set for all athletes at that school.
2. Records should be kept and updated for each event in which Adaptive athletes compete.

There are specific responsibilities for governing organizations, the athlete, the athlete's family, the athlete's school and the school hosting competition. Please look on the IHSAA and the IGHS AU website for this information on Adaptive competition.

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IOWA ASSOCIATION of TRACK OFFICIALS

Recommended Procedures for Cross Country Meets

COURSE MARKINGS

The course may be marked with a wide line (4") in the middle of the course or with painted boundary lines marking each side of course, with the narrowest place on the course never being less than three feet wide. The use of boundary lines on both the inside and outside of the course not only aids the runners but also serves as a deterrent in keeping fans and other non-competitors off the race course.

FLAG DESIGNATIONS

- a. A red flag indicates a turn to the left.
- b. A yellow flag indicates a turn to the right.
- c. A blue flag indicates a course straight ahead.

The race course should include the following features:

- a. Signs or flags should be 6 feet above ground and visible for 100 feet.
- b. No ground obstructions which may cause tripping, turned ankles, etc. and no overhead objects such as tree branches, lower than 8 feet above the ground.
- c. A 2 inch wide starting line marked at the beginning of a lengthy straightaway, wide enough to accommodate all teams. Each team's box should be at least 6 feet wide. All boxes should be numbered.
 - a. At the end of the course, a straightaway of at least 150 yards, ending in a rope funnel with a mouth 15 feet wide. The finish line should be at the mouth of the tunnel and 15 to 25 feet from the chute. The stakes supporting the supporting the ropes should be solid enough to permit taut ropes and the stakes should be well padded.
 - b. A lead cart and at least one trail cart should be used during the meet.

START

A cross country race begins when the competitors are called to the starting line for final instructions.

Once the teams have been called to the starting line by the starter for final instructions, no further run-outs shall be permitted.

The runners are observed for 100 meters, if a runner falls due to contact with another runner, the race shall be recalled by firing the starting device.

UNIFORM CRITERIA

1. **A competitor shall not compete while wearing an illegal uniform.**
2. **Uniforms shall be worn as intended by the manufacturers. They should be worn “right side out”. Boys are not allowed to roll the waistbands of their shorts over. Girls are allowed to roll the waistbands of their shorts over. Jerseys should be tucked in unless specifically designed to be worn over shorts. A uniform shall consist of:**
 - A. Shoes (slippers or socks do not meet this requirement).
 - B. Full-length cross country top and bottom or one-piece body uniform issued or approved by the school.
 1. Teammates’ shall wear the same color and design of school uniform although the length of the bottom or one-piece uniform may vary.
 2. Loose-fitted, boxer-type bottom, one-piece uniform and closed-leg briefs are acceptable.
 3. The one-piece uniform, top and bottom may have school identification and the top may have competitor’s name.
 4. When numbers are used, each competitor shall wear the assigned unaltered contestant number.
 5. The top shall not be knotted or have knot-like protrusions.
 6. The top must hang below or be tucked into the waistband of the bottom when the competitor is standing erect.
 7. 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 uniform bottom or top or one-piece uniform.
 8. An American flag, not exceeding 2 X 3 inches may be worn on each item of uniform apparel, and either a commemorative or memorial patch, not to exceed 4 square inches, may be worn on the uniform top or bottom.
 9. **Each team member shall wear the same color and design of school uniform. Any visible undergarment(s) worn underneath the uniform top and/or bottom is considered a foundation garment. Foundation garments are not subject to logo/trademark/reference color restrictions. (a.) Head coverings worn for religious reasons are not considered hair devices. (b.) A single, visible manufacturer’s logo as per NFHS rules. (c.) Iowa adaptation regarding headband/hair devices has been eliminated.**
 10. French or high-cut apparel may be worn under the bottom, but not in lieu of the bottom.
 11. **The waist-band of a competitor’s shorts shall be worn above the hips. The logo/trademark/reference on the uniform bottom may be larger than 2 ¼ square inches around the waistband.**
 12. **Bare midriffs are not acceptable.**
 - C. No part of the uniform, excluding shoes, shall be removed in or near the area of competition.

A warning shall be issued for the first uniform violation. Information concerning any uniform violation warning must be communicated to the meet referee immediately. (If the warning is given by the clerk well before the scheduled start of the race and the athlete(s) involved has ample time and is able to rectify the violation prior to the start of the race, they are expected to do so. In this circumstance, running in the race with the illegal uniform would be cause for disqualification.)

If medical medallions or bracelets are worn, the medical alert sign should remain visible.

THE FINISH

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

After crossing the finish line the runners shall advance into a chute as diagramed in Rule 8.4, figures 15 and 17. The use of a chute is recommended at all cross country meets that do not use a transponder (chip) system to aid in meet administration and to provide accuracy and fairness to the competitors.

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

- It is recommended that a video or photograph, officially designated by the meet director, be used to verify the order of finish in all cases in which the timing system indicates a one-tenth second or less differential.
- If the finish order as determined by the transponder/chip is reversed through the use of the video system, the times shall also be changed.
- The use of a finish corral as diagramed in Rule 8.4, figure 17, is recommended at all cross country meets in which a transponder system is used for the order of finish to aid in meet administration.

DISQUALIFICATION

Competitors shall be disqualified for:

- False starts
- Interfering with another competitor
- Unsportsmanlike or unacceptable conduct
- Receiving assistance from any other person who could improve that competitor's performance
(Providing liquids during competition is not considered to be aid or assistance.)
- Failing to complete the prescribed course that is defined by a legal marking system
- Illegal uniform (2nd and subsequent violations)

CONCLUSION

The meet is considered to be official and concluded 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 result sheet and list the time and date of that signing.

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