

2022 TRACK AND FIELD RULES MEETING

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1

HEAT & HYDRATION




- Take plenty of water breaks during practice.
- Use the information provided by the IHSAA and the IGHSAU.
 - Heat and Humidity Gauge
 - Heat Index Chart
 - Urine Color Chart






2

HEAT & HYDRATION




- Heat-related deaths are preventable if specific steps are taken by coaches and administrators.
 - Develop an Emergency Action Plan
 - Allow student-athletes to acclimatize to heat and humidity
 - Access to water should never be restricted
 - Student-athletes should be encouraged to take in fluids frequently before and after practices and games
 - Practices should be scheduled at times during the day that minimize exposure to heat and humidity






3

HEAT & HYDRATION




- Use the "BUDDY SYSTEM"
 - Assign student-athletes a "Buddy" and have them monitor each other for signs and symptoms of heat related problems
- Signs of Possible Heat Stroke
 - Altered consciousness
 - Semi-consciousness, confused, irrational behavior
 - Combative
 - Headache, dizziness, weakness
 - Hot skin – with or without sweating
 - Increased heart and breathing rates
 - Nausea, vomiting or diarrhea






4

HEAT & HYDRATION



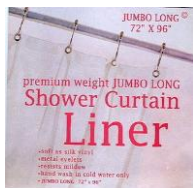
- The actions taken in the first 5-10 minutes after recognizing heat stroke are critical to the student-athlete's survival!
- Cold water submersion cools the body the fastest!
 - For student-athletes wearing pads, remove the pads and place the student in a plastic tub of ice and cold water
 - Can also use a piece of plastic with ice and cold water that is held at the corners

5



6



7

HEAT INDEX TABLE

The Heat Index (that perception of how hot it is) is a combination of heat and humidity. It is a measure of how hot it will feel. Heat Index is a measure of how hot it will feel. Heat Index is a measure of how hot it will feel.

How to Use the Heat Index Chart:
 1. Locate the air temperature on the top of the chart.
 2. Locate the relative humidity on the left side of the chart.
 3. Take temperature & humidity readings in the sun, or practice will take place in the sun.
 4. Where the temperature and humidity meet on the chart, the Heat Index is the number of heat index units that will be felt.

Heat Index	70°	75°	80°	85°	90°	95°	100°	105°	110°	115°	120°
0%	64	69	73	78	83	87	91	95	99	103	107
10%	65	70	75	80	85	90	95	100	105	110	115
20%	66	72	77	82	87	93	99	105	112	118	125
30%	67	73	79	84	90	96	104	113	123	133	145
40%	68	74	79	86	93	101	110	123	137	151	170
50%	69	75	81	89	98	107	120	135	155	180	210
60%	70	76	82	90	100	110	125	145	170	200	240
70%	70	77	85	93	105	118	138	165	200	240	300
80%	71	78	86	97	113	130	155	190	230	280	350
90%	71	79	88	102	122	145	180	220	270	330	400
100%	72	80	91	108	130	160	200	250	310	380	460

HEAT INDEX & POSSIBLE RISK:
 80-104: Mild to moderate heat stress. Drink plenty of water & wear light, loose-fitting clothing. If you feel dizzy, nauseous, or tired, stop all activities and get into the shade or air conditioning.
 105-129: Moderate to severe heat stress. Drink plenty of water & wear light, loose-fitting clothing. If you feel dizzy, nauseous, or tired, stop all activities and get into the shade or air conditioning.
 130 or higher: Extreme heat stress. Heatstroke is possible. Stop all activities and get into the shade or air conditioning immediately. Seek medical attention if symptoms persist.

DIRECTIONS FOR USING THE MARIJUANA THERMOMETER:
 1. The thermometer is used to measure the temperature of the marijuana.
 2. The thermometer is used to measure the temperature of the marijuana.
 3. The thermometer is used to measure the temperature of the marijuana.

8

IHSAA URINE COLOR CHART

The urine color chart is used to help determine if you are hydrated. It is a measure of how hydrated you are. It is a measure of how hydrated you are.

Urine Color	Hydration Level
1 (Lightest)	Well Hydrated
2	Well Hydrated
3	Well Hydrated
4	Well Hydrated
5	Well Hydrated
6	Dehydrated
7	Dehydrated
8 (Darkest)	Dehydrated

1, 2, 3 = WELL HYDRATED
 Continue drinking enough fluids to keep your urine this color. It's good for your performance & your health.

4, 5 = Hydrated, but not well hydrated. Drink additional fluids on a regular basis so the color of your urine is equivalent to numbers 1, 2 or 3.

6, 7, 8 = DEHYDRATED
 You are dehydrated. Drink a lot more fluids on a regular basis to enhance your performance and avoid getting muscle cramps, or heat stress. It may also improve your health.

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9

MANDATORY CONCUSSION COURSE

TITLE IX 50
 Enriching and Inspiring Opportunities

Concussion in Sports
 Elective Course

Student Coach Parent Administrator Official

Free! Completion: 11/15/21

ALL 7-12 coaches (paid or volunteer) are required to view the NFHS course, "Concussion in Sports" before the beginning of their respective sport season. Information regarding accessing this course has been sent to your school administrator.

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10

CONCUSSIONS

TITLE IX 50
 Enriching and Inspiring Opportunities

Iowa Code Section 280.13C states, in part, "Annually, each school district and nonpublic school shall provide to the parent or guardian of each student a concussion and brain information sheet, as provided by the Iowa High School Athletic Association and Iowa Girls High School Athletic Union. The student and student's parent or guardian shall sign and return the concussion and brain injury information sheet to the student's school prior to the student's participation in any interscholastic activity for grades seven through twelve."

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11

HEADS UP: Concussion in High School Sports

A FACT SHEET FOR PARENTS AND STUDENTS

What is a Concussion?
 A concussion is a mild traumatic brain injury (MTBI) caused by a blow to the head or a jolt to the body. It can be caused by a fall, a bump, a blow to the head, or a jolt to the body.

What are the symptoms of a concussion?
 Symptoms of a concussion can include: headache, dizziness, nausea, vomiting, blurred vision, ringing in the ears, sensitivity to light or noise, confusion, memory loss, and loss of consciousness.

What should I do if my child has a concussion?
 If your child has a concussion, you should take them to a healthcare provider for a proper diagnosis and treatment. Do not let your child return to school or sports until they are fully recovered.

How can I prevent a concussion?
 You can help prevent a concussion by ensuring your child wears proper protective gear, such as a helmet, and by teaching them proper techniques for playing sports.

What are the long-term effects of a concussion?
 Most concussions resolve within a few days to weeks. However, some people may experience long-term effects, such as chronic headaches, memory problems, and difficulty concentrating.

What are the signs and symptoms of a concussion?
 Signs and symptoms of a concussion can include: headache, dizziness, nausea, vomiting, blurred vision, ringing in the ears, sensitivity to light or noise, confusion, memory loss, and loss of consciousness.

What are the risk factors for a concussion?
 Risk factors for a concussion include: age, sex, genetics, and previous history of concussions.

What are the treatment options for a concussion?
 Treatment for a concussion typically involves rest, hydration, and over-the-counter pain relievers. In some cases, more advanced treatments may be necessary.

What are the prevention strategies for a concussion?
 Prevention strategies for a concussion include: wearing proper protective gear, using proper techniques, and avoiding alcohol and recreational drugs.

What are the return-to-play guidelines for a concussion?
 Return-to-play guidelines for a concussion typically involve a gradual return to activity over a period of several days to weeks, with close monitoring for any symptoms.

What are the legal implications of a concussion?
 There are legal implications of a concussion, particularly regarding liability and insurance. It is important to understand your rights and responsibilities in this regard.

What are the resources available for parents and students?
 There are many resources available for parents and students, including educational materials, support groups, and professional services.

12

CONCUSSIONS

TITLE IX 50
Celebrating and Growing Opportunities

Iowa Code Section 280.13C continued –

▪ "If a student's coach or contest official observes signs, symptoms, or behaviors consistent with a concussion or brain injury in an extracurricular interscholastic activity, **the student shall be immediately removed from participation.**

▪ A student who has been removed from participation shall not recommence such participation until the student has been evaluated by a licensed health care provider trained in the evaluation and management of concussions and other brain injuries and **the student has received written clearance to return to participation from the health care provider."**



13

CONCUSSIONS

TITLE IX 50
Celebrating and Growing Opportunities

- **Coach Removal** – Iowa law requires a student's coach who observes signs, symptoms, or behaviors consistent with a concussion or brain injury, during any kind of participation, i.e. practices, scrimmages, contests, etc., **to remove the student from participation immediately and the student shall not return until the coach, or school's designated representative, receives written clearance to return from a licensed health care provider.**



14

CONCUSSIONS

TITLE IX 50
Celebrating and Growing Opportunities

- **Contest Official Removal** – Iowa law requires a contest official who observes signs, symptoms, or behaviors consistent with a concussion or brain injury during scrimmages, contests, etc., **to remove the student from participation immediately and that official, or a designated contest official at the contest/event, must receive the written clearance to return from a licensed health care provider before the student can return to participation in that contest/event**, including an event that takes place over multiple days.



15

CONCUSSION RECOGNITION & MANAGEMENT



- Information on concussions can be found at www.iahsaa.org. Click on "Health and Safety" under "Resources" on the IHSAA home page



16

LIGHTNING GUIDELINES

- ALL thunderstorms produce lightning and are dangerous.
- Lightning often strikes as far as 10 miles away from the storm.
- Each school should have a lightning safety plan, which includes knowing where teams & spectators will go and how long it will take them to get there safely.



17

LIGHTNING GUIDELINES

If thunder is heard, or lightning is seen, immediately suspend the contest and instruct everyone to take safe shelter.
Once the contest is suspended due to lightning, **wait at least 30 minutes after hearing the last thunder before having teams & spectators leave safe shelter and resuming the contest.**
Complete guidelines regarding lightning safety appear in every NFHS rule book.
Remember, lightning kills, play it safe!



18

JOINT TRACK AND FIELD ADVISORY COMMITTEE

Jeff Bissen(Chair)	Glenwood
Scot Lamm	Mount Pleasant
Greg Williams	Monticello
Blaire Puls	Hudson
Jon Pedersen	Central Decatur
Mark Tigges	Clive (Official)

3 openings to be filled in coming weeks



19

CLASSIFICATIONS



In the sport track and field, member schools that are placed in different classes due to cooperative agreement decisions made by other member schools, shall remain in the same class. The member school will be placed in the lower of the two split classifications. Member schools placed in different classes, based on the member school's decision to have different cooperative programs for each gender or cooperative programs with different schools, will remain in different classifications and be assigned to state qualifying events as classified. Member schools will not be allowed the choice to participate in a higher classification. In order for classifications to be determined in a timely manner, no new cooperative program will be accepted, nor will any existing cooperative program be allowed to dissolve after 5:00 pm Friday, March 18, 2022 for track and field.



20

MEET LIMITATION



- Sixteen (16) Meets
- Does not include Drake Relays, State Qualifying or State Meet
- Both boys and girls have an exception for the Drake Relays regarding a competitor competing in only one meet per day. The exception is only for the Drake Relays.



21

STATE QUALIFYING MEET INFORMATION



- State qualifying meets in all classes will be held on Thursday, May 12, 2022
 - Rain date – Friday, May 13, 2022
- All qualifying meet entries will be online
 - Deadline for qualifying meet entries will be 10:00 AM on Wednesday, May 11
 - All scratches or substitutions must be sent by email to the host no later than 10:00 a.m. on the day of the meet
 - No substitutions will be allowed after that time. Scratches after that time will count as an event.
 - Emergency situations will be considered and can only be approved by the IHSAA or IGHSAU.



22

STATE QUALIFYING MEET INFORMATION



- Scratches and substitutions made in events after the 10:00 am deadline on Thursday, May 12 will require meet managers to reseed the event.
- All substitutes will receive a "No Time" seed time and will be seeded last in the event
- Deadline to challenge a seed time is 1:00 pm on Thursday, May 12
 - Meet managers expected to get heat and lane assignments to each school electronically by 10:30 am



23

STATE QUALIFYING MEET INFORMATION




- All state qualifying meet entries must be verified on Varsity Bound
- Boys check dates will be:
 - Tuesday, April 12
 - Tuesday, April 26
 - Tuesday, May 10
- Girls check dates will be each Tuesday of the season starting April 12
- Any time discrepancies (faster or slower than what is posted on Varsity Bound) will result in "No Time" seed time. No split times are allowed for individual event seed times




24

STATE MEET QUALIFYING




- All state qualifying will be based on meet place and state qualifying meet performances
- Class 4A – Top two finishers plus next best twelve (12) performances
- Class 2A and 3A – Top two finishers plus next best eight (8) performances
- Class 1A– Top finisher plus next fourteen (14) performances
- No more than 24 qualifiers in any event
 - State qualifying meet place
 - Last alphabetical, as the school name appears in the IHSAA directory
- All races will run to the common finish line




25

STATE MEET INFORMATION




- Class 1A and 4A will compete in the morning sessions
- Class 2A and 3A will compete in the afternoon sessions
- Complete state meet schedule can be found online




26

OFFICIALS' INFORMATION




- Registered with both organizations if working meets that involve both boys and girls
 - Pay the appropriate registration fee
 - View the online rules meeting
 - Pass the online open book examination




27

IATO RECOMMENDED PROCEDURES MANUAL







28




2022 NFHS TRACK AND FIELD AND CROSS COUNTRY RULES CHANGES






29

Rule Change




RULE 4-3-1



b. Each competitor shall wear a school-issued or school-approved full-length track top and track bottom or one-piece uniform. Any outer garment (e.g., t-shirts, sweatpants, tights) that is school-issued or school-approved becomes the official uniform, when worn.

5. A single manufacturer's logo/trademark/reference, no more than 2½ square inches with no dimension more than 2½ inches, is permitted on the top or one-piece uniform. Bottoms may have manufacturer's logo/trademark/references larger than 2½ square inches around the waistband.




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30


Rule Change

RULE 4-3-1b, 8 (NEW)

TITLE IX⁵⁰
Celebrating 50 Years of Creating Opportunities



- Players may wear head coverings for religious reasons.
- The headwear must fit securely and be made of non-abrasive or soft materials.

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31

Rule Change

RULE 5-3-3, 5-10-6 NOTE


TITLE IX⁵⁰
Celebrating 50 Years of Creating Opportunities

Section 3 Track Markings

ART. 3 . . . An exchange zones is designated for exchanging the baton during relay races. It is an area the width of one lane and 20 or 30 meters long. The lines marking the limits of the exchange zone are included in these measurements. In relay races in which the incoming competitor is running 200 meters or less in lanes, the exchange zone shall be extended 10 meters in the direction of the incoming competitor.

ART. 6 . . . Each competitor shall carry his/her own team's 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. A baton that inadvertently leaves a runner's hand must be retrieved immediately without interference to other runners.

NOTE: In the 4x100-meter relay and 4x200-meter relay, and other relays with legs of 200 meters or less, each exchange zone in which the incoming competitor is running 200 meters or less in lanes will be 30 meters long. All exchange zones for races with incoming legs of more than 200 meters or when the incoming competitors are not in assigned lanes will remain at 20 meters.

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32

Editorial Change

RULE 6 FIELD EVENTS

TITLE IX⁵⁰
Celebrating 50 Years of Creating Opportunities

- Reorganization
 - Sections
 - Definitions
 - General Field Rules
 - Breaking Ties
 - Shot Put
 - Discus Throw
 - Javelin Throw
 - Horizontal Jumps
 - Vertical Jumps
 - Venue Specifications
 - Implement Specifications

NEW

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33

Rule Change

RULE 6-2-6 THRU 9

TITLE IX⁵⁰
Celebrating 50 Years of Creating Opportunities

Section 2 General Rules For Field Events


ART. 6 . . . Warm-ups shall not be allowed unless supervised by an event official or the contestant's coach and the venue has been declared open by the meet director.

ART. 7 . . . Warm-up approaches, in horizontal jumps, pole vault or javelin shall only be run in the direction the event will be conducted. **NOTE:** During competition and while a competitor is on the clock (6-2-2), it is permissible for an athlete, after an aborted attempt, to run, jog, or walk backward in the opposite direction the event is being conducted.

ART. 8 . . . Once a competition has begun, except as scheduled, competitors are not allowed to use for practice purposes the runway, ring, takeoff area or throwing implements associated with the competition.

ART. 9 . . . At the conclusion of any field event, there shall be no further practice and implements, including vaulting poles, shall be removed from the area.

PENALTY: (Articles 6-9) First offense shall result in a warning and, if repeated, disqualification from that event. If the incident recurs, the athlete will be disqualified from further competition in the meet.

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34


Rule Change

RULE 6-9-9

TITLE IX⁵⁰
Celebrating 50 Years of Creating Opportunities

Section 9 Long Jump and Triple Jump

ART. 9 . . . Each legal jump shall be measured perpendicularly to the foul line or its extension and from that point in the pit touched by the person or anything that was attached to the body at the time it made the mark which is nearest the foul line or its extension.

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35

Rule Change


RULE 9 RECORDS
9-3-2 b and c, 6-4-12, 6-5-25

TITLE IX⁵⁰
Celebrating 50 Years of Creating Opportunities

ART. 1 . . . In the field events, a record will be recognized for each competitor when two or more tie at the record height or distance even though the points and places in the event are determined by the method for breaking ties. A record in the field events is valid even when it is made in a preliminary trial and regardless of whether the competitor places in the final standings.

ART. 2 . . . In the vertical jumping events:

- A competitor shall be credited with his/her best achievement, including performances made in the jump-off of a first-place tie.
- An accurate measurement of the height of the crossbar shall be taken before each record attempt. Mark the crossbar and base of the standards to ensure consistent placement of the crossbar. Any displaced crossbar should be placed on the standards in exactly the same position as before its displacement. A displaced cross bar means any movement of the bar not only a dislodged bar from the pins or standards.
- The crossbar height shall also be measured if the bar has been touched by a competitor before another competitor also jumping at the record height proceeds.

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36



PIRATES PIRATES PIRATES


2022 NFHS TRACK AND FIELD AND CROSS COUNTRY EDITORIAL CHANGES






37

Editorial Change

RULE 2-2-4



Section 2 Scoring of Ties
Art. 4 . . . The number of tied competitors determines the number of scoring places to be added together.
NOTE: A tie by two competitors for second place means the scoring points for second and third places shall be added together and divided by two. Third place shall remain vacant.





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38

Editorial Change

RULE 3-2-3



Section 2 The Games Committee
ART. 3 . . . The games committee has the authority to determine the:
 h. Approved items (tape, chalk, half-tennis balls, etc.) and locations of these marks for all relay races run in lanes.





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39

Editorial Change

6-9-13 NOTE



ART. 13 . . . The declination in the approach shall be limited to 2:100 (2 percent) laterally and 1:1000 (0.1 percent) downward in the running direction and in the jumping direction.
NOTE: Calculate the slope by comparing the elevation at the start of the runway to the elevation at the take-off board; intermediate measurements are not considered.

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40



PIRATES PIRATES PIRATES


2022 NFHS TRACK AND FIELD AND CROSS COUNTRY POINTS OF EMPHASIS





41

Points of Emphasis




EXCHANGE ZONE



EXISTING EXCHANGE ZONE
(shown as per most commonly misused)



NEW 30M EXCHANGE ZONE
(shown as per new emphasis)

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42

USE OF ELECTRONIC DEVICES



- The games committee for each meet determines the restricted and unrestricted areas in the meet.
- The use of electronic devices is permitted in unrestricted areas and coaches' boxes provided it doesn't interfere with the progress of the meet.
- When a competitor views a video or uses a wireless device in a restricted area there is an unfair advantage gained.
 - During competition = an athlete is on the clock for a trial in a field events of in a race for running events.



43

USE OF ELECTRONIC DEVICES



- Case Scenario – While at the rail in Section O of Drake Stadium, A1's coach shares video with A1 of A1's previous attempt in the high jump. (a) A1 has been called up while viewing the video and A1 is on the clock; (b) A1 just finished the attempt and heads to the rail to view the video with C1 called up and on the clock; (c) A1 has been called up while at the rail and is just conferring with the coach (no use of electronic devices)
- A1 is disqualified in (a) as competitors are not permitted to review video or use electronic devices to communicate during a trial.
- Legal action in (b) as A1's trial has concluded, and the athlete has not been called for its next trial
- Legal action in (c) as athletes may verbally speak with their coaches in unrestricted areas during a trial as long as they initiate their trial within the time limit



44

ADAPTED ATHLETES



- Existing playing rules can be adapted to include students with disabilities and many times do not require undue administrative burden.
- Existing track and field venues can be used.
- Accommodations should not fundamentally alter the sport, heighten risk to the athlete or others or place an opponent at a disadvantage.
- The NFHS is available to assist state associations with questions and accommodations.



45

IHSAA/IGHS AU CONTACT INFORMATION

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46