1. **PRESEASON AND OUT-OF-SEASON**
   a. Organizational meetings may be conducted outside the season provided no instruction or practice is included and the meeting(s) has been approved by school administration.
   b. So long as participation is voluntary and available to all interested students, there shall be no restrictions upon schools, school teams and school coaches (grades 9-12) relative to assembling in the summertime, for up to 5 days which do not need to be consecutive for all WIAA sports sponsored by the school. Unrestricted contact days must conclude no later than July 31.
   c. It is the philosophy of this Association that athletes should not be unreasonably restricted, except during the actual school season of a sport. Subsequently, students may voluntarily assemble at any time without school and/or school coach involvement. With school consent, in the summertime, members of a school’s team may voluntarily assemble with their teammates and coaches for purposes of instruction and/or competition for up to 5 days in all WIAA sports sponsored by the school, without restriction. **Note:** Whether an opportunity is school sponsored or not, coach contact may not exceed Board of Control approved contact days.
   d. Other than during the actual school season and those days designated as unrestricted coach contact days in the summertime, the following provisions shall apply to nonschool participation in accordance with the above:
      (1) An acceptable nonschool program or activity is one which is not limited to students on the basis of a school affiliation, athletic experience, team status, etc. and no school monies or resources can be applied.
      (2) The person who will be coaching a student in the following school season shall not be permitted to coach that student other than during the designated school season and Board of Control approved coach contact days in the summertime. Board of Control approved summertime contact is as follows:
         (a) Unrestricted School Coaching Contact - Coaches in all WIAA recognized sports (baseball, cross country, football, golf, gymnastics, softball, swimming & diving, tennis, track & field, volleyball, soccer, basketball, hockey and wrestling) have been afforded up to 5 days of unrestricted school coaching contact between the end of school and July 31, in accordance with the Bylaws and as described in item B of this section. The five days do not need to be consecutive.
            1) There must be a minimum of one calendar week (Sun.-Sat.) of no unrestricted school coaching contact prior to (i.e. the week immediately preceding) the first allowed practice in a fall sport. This does not affect unlimited nonschool coaching contact.
            2) Football must follow the WIAA Fall Acclimatization policy.
         (b) Unlimited Nonschool Coaching Contact – Coaches in all sports except football have been afforded unlimited nonschool coaching contact beyond the five unrestricted days that is permitted to continue throughout the summertime (when school is not in session from the last day of school to the start of school) in accordance with the Bylaws and as described in Section 2 – A and C-1) of Rules of Eligibility, Article VI - Nonschool Participation. **Note:** Coaches or others may not mandate participation or provide any incentives to athletes for participating in summertime/out-of-season activities/programs. Participation may not be a requirement for making a school team or earning a letter award, etc.

2. **LENGTH OF SEASON**
   The earliest day practice may begin is the Monday of Week 36 (March 9). The season ends with the State Meet concluding on the Saturday of Week 48 (June 6).

3. **MINIMUM DAYS OF PRACTICE**
   a. There must be practices on a minimum of seven different days before the first competition may be conducted.
   b. The minimum days of practice may not involve a team from outside the school.
   c. The minimum days of practice prior to the first competition is a team requirement. While it is desirable for each participant to satisfy this requirement, schools will determine when athletes may begin competition.
   d. Teams must rest from all physical activity for at least one calendar day after six consecutive days of practice or competition. In the event extreme weather forces a WIAA tournament contest to be cancelled, school administration may request relief.

4. **SCRIMMAGES**
   Any interschool scrimmage counts toward the maximum number of allowed meets.

5. **DATE OF FIRST MEET**
   The first meet may not be held before Tuesday, March 17.

6. **MAXIMUM ALLOWED MEETS**
   a. The maximum number of meets is 20. Schedules of all teams should be clearly published and separated by level for each team sponsored by a school.
   b. Conference tournaments must be included in count of regular season maximums.
   c. No meet may continue more than two days.
11. Licensed Officials

- Two WIAA licensed officials (meet referee and starter) are required for all interscholastic competition.

12. Medical Coverage

- For all meets and practices, emergency procedures should be in place as per DPI and Wisconsin Statute 121.02 (1) (g) Emergency Nursing Service.
- These should include, but are not limited to, such things as:
  - A physician available by phone or on location.
  - Phone location and phone numbers available for contacting physician and/or ambulance service.

13. Concussion and/or Unconscious Participant

- No athlete shall return to play or practice on the same day of being diagnosed with a concussion or rendered unconscious. Any athlete suspected of having a concussion must be evaluated by an appropriate health-care professional that day. Any athlete with a concussion must be medically cleared by an appropriate health-care professional prior to resuming participation in any practice or competition.
- Return to play must follow a step-wise protocol which includes provisions for delaying return to play based upon the return of any signs or symptoms.

14. Oxygen and Fluids Provided Intravenously

- Oxygen administered by mechanical means for recuperative purposes is not permitted.
- Fluids provided intravenously is an invasive procedure to be used only in emergency situations. An athlete may not return to competition the same day.

Note: See WIAA Medical Policies and Procedures for additional medical information.
15. RULES GOVERNING COMPETITION

The official rules for all interscholastic competition are contained in the (a) current edition of TRACK & FIELD AND CROSS COUNTRY RULES BOOK, CASE BOOK, AND OFFICIALS MANUAL and (b) related publications and interpretations of the National Federation with these additional provisions:

NATIONAL FEDERATION ALLOWED ADAPTATIONS

a. The National Federation order of running events is NOT followed in Wisconsin. The correct order of events designed by the Wisconsin high school track and field coaches is as follows: (Rule 1-2-1)

Note: Other events, but not the javelin or hammer throw, are permissible.

Boys | Girls
--- | ---
(1) 3200 Meter Relay | (1) 3200 Meter Relay
(2) 110 Meter High Hurdles | (2) 100 Meter High Hurdles
(3) 100 Meter Dash | (3) 100 Meter Dash
(4) 1600 Meter Run | (4) 1600 Meter Run
(5) 800 Meter Relay | (5) 800 Meter Relay
(6) 400 Meter Dash | (6) 400 Meter Dash
(7) 400 Meter Relay | (7) 400 Meter Relay
(8) 300 Meter Intermediate Hurdles | (8) 300 Meter Low Hurdles
(9) 800 Meter Run | (9) 800 Meter Run
(10) 200 Meter Dash | (10) 200 Meter Dash
(11) 3200 Meter Run | (11) 3200 Meter Run
(12) 1600 Meter Relay | (12) 1600 Meter Relay
(13) Discus Throw | (13) Discus Throw
(14) High Jump | (14) High Jump
(15) Long Jump | (15) Long Jump
(16) Pole Vault | (16) Pole Vault
(17) Shot Put | (17) Shot Put
(18) Triple Jump | (18) Triple Jump

b. The correct order of events designed by the Wisconsin high school track and field coaches for combined (boy-girl) meets is as follows:

(1) 3200 Meter Relay (girls)* | (14) 400 Meter Relay (boys)
(2) 3200 Meter Relay (boys)* | (15) 300 Meter Low Hurdles (girls)
(3) 100 Meter High Hurdles (girls) | (16) 300 Meter Intermediate Hurdles (boys)
(4) 110 Meter High Hurdles (boys) | (17) 800 Meter Run (girls)
(5) 100 Meter Dash (girls) | (18) 800 Meter Run (boys)
(6) 100 Meter Dash (boys) | (19) 200 Meter Dash (girls)
(7) 1600 Meter Run (girls) | (20) 200 Meter Dash (boys)
(8) 1600 Meter Run (boys) | (21) 3200 Meter Run (girls)*
(9) 800 Meter Relay (girls) | (22) 3200 Meter Run (boys)*
(10) 800 Meter Relay (boys) | (23) 1600 Meter Relay (girls)
(11) 400 Meter Dash (girls) | (24) 1600 Meter Relay (boys)
(12) 400 Meter Dash (boys) | (25) Field Events
(13) 400 Meter Relay (girls)

Note: (a) *The 3200 meter relay and run must be conducted in the normal order of running events. It is legal, however, to run each of these events jointly (boys & girls together).
(b) Other events, but not the javelin or hammer throw, are permissible.
(c) Co-ed relays are NOT permitted.

c. If a student participates in more than the allowed number of events, the student is only disqualified from the excessive event(s). The points/places earned in the excessive event(s) shall be forfeited. Lower place winners will be advanced. (Rule 4-2-2)
d. Pole Vault Competition (Rule 6-5)
   (1) Pole vault competition can only be scheduled at facilities where the rule book equipment specifications are met.
   (2) If a host school cannot schedule pole vault because equipment/facility does not meet rule book specifications, the following options are available to that host school:
      (a) Conduct pole vault competition at an alternate site and add vaulting points to the total meet score.
      (b) No pole vault competition – points are lost to the meet. Total team score from 17 events only.
   (3) If a host school can schedule pole vault, but is competing with schools which do not sponsor pole vault because of illegal equipment/facilities, the conference (if a conference meet) or the host school (if a nonconference meet) shall determine meet events. Decisions which must be made include: if pole vault will be conducted and scored or if pole vault will be conducted for exhibition only.
   (4) If a school, however, has legal equipment/facilities, but is not sponsoring pole vault because of lack of a coach or athletes, pole vault must be scheduled in meets with schools sponsoring pole vault and appropriate points for the pole vault forfeited to opponent(s).

e. Jury of Appeals (Case Book Situation 3.4.3 Comment, page 14)
   Responsibilities include hearing and ruling on appeals of referees’ decisions, including the decision to re-run (or not re-run), who is eligible and when it will occur.

GUIDELINES FOR WHEELCHAIR ATHLETES
a. Wheelchair athletes are part of the WIAA Track and Field Tournament series. Schools having a wheelchair athlete are required to fill out the submittable form located on the WIAA website each time the athlete competes. Additional information on rules can also be found on the WIAA website.

For the WIAA Tournament Series:
   (1) Wheelchair team must compete in a minimum of four meets during the regular season.
   (2) The athlete(s) school must register with the intent to compete in the tournament series by the first Monday of May.
   (3) Failure to comply with 1 and 2 above would eliminate the student(s) from the tournament series.
   (4) Athletes in the tournament are scored in a separate wheelchair division by gender and receive the same awards as able-bodied athletes.

b. Criteria: Anyone with a permanent disability resulting in loss of mobility is eligible. WIAA physician’s form must be on file with the school nurse or designated personnel responsible for student health issues.

c. Equipment: Manual wheelchairs only. May be specialized racing chairs or court chairs. All participants must wear a protective helmet. All participants must wear protective gear as prescribed by their physician. Shoes are not required. It is the responsibility of the athlete’s family to provide and maintain the wheelchair.

d. A throwing chair, maximum of 75 cm high is allowed for shot put competition. Both boys and girls will throw the 4k shot. For the WIAA tournament series, it is required that an athlete take two throws consecutively with the third consecutive attempt as a choice.

e. Events: Traditional track events including the following events; 100, 400, 800, and 1600, meters. Field event; shot put. There is a maximum of 4 events but no more than 3 track events may be contested in one single meet.

f. Rules of competition: Schools are expected to notify the host school (of the meet) 24 hours prior to the scheduled meet that they intend to have a wheeled athlete competing. All wheeled athletes must compete in separate races from able-bodied athletes.
Wheeled athletes competing in the shot put may be included with the able-bodied athletes, but are considered exhibition.

g. All track events should be coed whenever possible.
h. For 100 meter races, one lane should be left open between athletes.
i. Scoring: These events are considered “exhibition” only. No points will be awarded.

STATE ASSOCIATION REGULATIONS

a. Field Events
   (1) Pole Vault – Two feet of 2 inch thick additional padding is required around the landing pad area of the pole vault pit. Any additional obstructions beyond the two-foot extension should also be padded.
   (2) High Jump – Three to four feet of 2 inch thick additional padding is required around the sides and back of the high jump landing pad.
   (3) Throws – Athletes taking discus throws and shot put warm-ups are prohibited from taking more than two implements into the throwing circle at one time.
   (4) In subvarsity competition, 1-1-1 is recommended, but not required.
b. Uniforms/Equipment
(1) Pole vaulters may wear a properly fitted helmet. The helmet should be “round and smooth and able to withstand multiple impacts”. Helmets should not have a facemask or visor attachment. Helmets are recommended to meet ASTM PV helmet standards. The helmet should never be a substitute for safe equipment or sound technique.
(2) Pole vaulters must weigh, in the presence of the athletic director and head track coach (if head coach is the athletic director, another administrator will assume this responsibility) three times per season. Week 36 (March 9) or prior to the first competition, and no sooner than Weeks 40 (April 6) and 46 (May 18). The pole vaulter’s weight must be recorded on the Weight Verification Form as per NFHS (Rule 6-5-3). One copy of the form must be kept on file with each member school. An additional copy must be made available on request by meet officials prior to each competition. Failure to comply with weigh-in procedures will result in disqualification from that event.
(3) Headwear – Only headbands or knit caps which are unadorned except for school name, school nickname, or school mascots are legal.
(4) A single manufacturer’s logo/trademark no more than 2 1/4 square inches with no dimension more than 2 1/4 inches is permissible on all items of apparel.
(5) Athletes must compete using the defined appropriate shoes/spikes.
(6) All relay team members must wear uniforms clearly indicating, through predominant color, school logo and color combination of all outer garments worn as a uniform, that members are from the same team.

16. TEAMS WITH ONLY GRADE 9 STUDENTS
The above rules apply with these additional provisions:
(a) The season ends on the last day of school.
(b) The maximum number of meets is 12, including indoor/outdoor meets and practice/scrimmages with another school.
(c) An individual may compete in a maximum of three events, but in no more than two individual running events.
(d) If the events to be conducted and the order of such events cannot be agreed upon mutually by the schools involved, the order of events as published in the National Federation Rule Book under Modifications for Conducting Junior High School Competition must be followed.

17. GRADE 9 STUDENTS PARTICIPATING ON GRADE 8 TEAMS
(a) Rules governing junior high/middle level competition are contained in the Junior High/Middle Level Handbook.
(b) A school may not allow its students in Grades 9, 10, 11 and/or 12 to compete against another member school’s students in Grade 8 and/or below.
   Note: In emergency situations a waiver may be requested allowing 9th grade student(s) at member middle schools to compete at the 8th grade level at member middle schools.
(c) Rules governing Grade 9 season length apply for teams with students Grade 9 and below.