

# Track & Field (Boys and Girls)

## SEASON REGULATIONS

(Rules in this section are specific for sport involved. Refer to Constitution, Bylaws, and Rules of Eligibility for regulations related to age, residence, scholarship, amateur status, etc.)

***ALERT: State Law (175.22) prohibits use of cell phones (and other image-recording devices) in locker rooms except in emergency situations.***

### 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. Sanctioned school 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 sanctioned school 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) Sanctioned School Coaching Contact - Coaches in all WIAA recognized sports (baseball, cross country, football, golf, gymnastics, lacrosse, softball, swimming & diving, tennis, track & field, volleyball, soccer, basketball, hockey and wrestling) have been afforded up to 5 days of sanctioned 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 sanctioned school coaching contact prior to (i.e. the week immediately preceding) the first allowed practice in a fall sport. This does not affect nonschool programming.
      - 2) Football must follow the WIAA Fall Acclimatization policy.
    - (b) Nonschool Programming - Coaches in all sports except football have been afforded nonschool program contact beyond the five sanctioned school contact 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 4). The season ends with the State Meet concluding on the Saturday of Week 48 (June 1).

### 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 12.

### 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.
- d. No meet may be scheduled (but may be rescheduled if postponed) after any of the schools involved have begun WIAA tournament series competition.
- e. The WIAA tournament series is not part of the maximum allowed meets.
- f. Competition involving students not eligible for the school's official interscholastic teams (e.g., Grade 7-8 students) must be conducted at a time other than during the period (start to finish) of a meet.

- g. Except for events held in bordering states (MN, IL, MI and IA), no approval shall be provided for more than one out-of-state competition, event and/or scrimmage per team each school season.

## 7. INDIVIDUAL PARTICIPATION LIMITATIONS

- a. A student is limited during regular season competition as follows: he/she may compete in a maximum of four events, but in no more than three running or three field events.
  - (1) An event will count as one of the maximum permitted if an individual participates only in the preliminaries of such an event.
  - (2) If a meet is conducted over a two day period, the maximum participation of any student will apply.
  - (3) The penalty for violation of this rule is forfeiture of points earned by the student in the event(s) beyond the maximum permitted.
- b. A student may not participate in more than 20 meets. A student who participates on the same day on both the varsity and nonvarsity teams uses only one of the 20 meets, but may not enter the same events at both levels and may not exceed individual participation limitations.
- c. A student may not participate in exhibition events unless there is written mutual agreement of all involved schools to conduct such competition.
- d. Only students eligible for the school's official interscholastic teams may participate on an exhibition basis, and students may not exceed individual participation limitations in their combined exhibition and team scoring events.
- e. For information about non-school participation, refer to Rules of Eligibility, Article VI, Section 1 of the Senior High Handbook and consult with Athletic Administration.

## 8. FLAGRANT OR UNSPORTSMANLIKE CONDUCT

- a. A student, disqualified from a contest for flagrant or unsportsmanlike conduct, is suspended from interscholastic competition for no less than the next competitive event (but not less than one complete meet).
- b. Athletes who are ineligible during the WIAA Tournament (for any reason) may not appear in uniform, participate in warm-ups, and may not participate in the awards ceremony at the WIAA Tournament. Exception: An injured athlete will be allowed to participate in the awards ceremony provided he/she is included in the roster allotment for that game. During the regular season, schools should establish their own policy as to whether athletes are allowed to be in uniform and participate in pregame and postgame activity, if they are ineligible to compete due to flagrant and/or unsportsmanlike conduct, athletic and/or academic code violations, or for any other reason.
- c. Any player who in the judgment of the official, intentionally spits on, strikes, slaps, kicks, pushes or aggressively physically contacts an official at any time shall be immediately ineligible for competition a minimum of 90 calendar days from the date of the confrontation. In addition, the player is ineligible to compete for the first 25% of the next season in that same sport.

## 9. PROHIBITION OF PRACTICE AT MEET SITE

Schools are prohibited during the regular season and the WIAA tournament series from practicing for regional, sectional, and State Tournament preparation at sites and facilities hosting WIAA tournaments.

## 10. CONTEST CONTROL

- a. All schools are responsible before, during, and after a contest for the proper conduct of their coaches, athletes, students, and other spectators, and when requested a school must complete a report regarding the contest in which a problem occurred (WIAA Bylaws, Article X).
- b. Schools are expected to prohibit and/or eliminate pranks, mischief, or any other activity involving destruction, theft, etc., of athletic facilities, equipment, and material.

## 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. A physician available by phone or on location.
- b. Phone location and phone numbers available for contacting physician and/or ambulance service.
- c. A designated physician or licensed athletic trainer will determine whether an injured athlete may continue whether or not consciousness is involved. They may consult with another physician if they desire, but their decision will be final. Coaches cannot keep medical personnel from examining athletes that are or may be injured.

## 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

- a. Oxygen administered by mechanical means for recuperative purposes is not permitted.
- b. 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**

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

**Girls**

- (1) 3200 Meter Relay
- (2) 100 Meter High Hurdles
- (3) 100 Meter Dash
- (4) 1600 Meter Run
- (5) 800 Meter Relay
- (6) 400 Meter Dash
- (7) 400 Meter Relay
- (8) 300 Meter Low Hurdles
- (9) 800 Meter Run
- (10) 200 Meter Dash
- (11) 3200 Meter Run
- (12) 1600 Meter Relay
- (13) Discus Throw
- (14) High Jump
- (15) Long Jump
- (16) Pole Vault
- (17) Shot Put
- (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 special events, including mixed relays (2 girls and 2 boys) are allowed, but not the javelin or hammer throw.

c. A student may enter a maximum of four events, but in no more than three running or three field events. Being listed as a substitute on a relay team(s) counts as an event.

d. 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)

e. 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).

f. 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.

g. A maximum of six students may be listed for each relay. (Rule 4-2-2)

**GUIDELINES FOR ATHLETES IN WHEELCHAIRS**

a. Athletes in wheelchairs are part of the WIAA Track and Field Tournament series. Schools having athletes in wheelchairs 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 athletes without physical disability.
- 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 related matters.
  - 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. 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.
  - e. For the WIAA tournament series, an athlete may take up to six throws consecutively.
    - (1) The first three throws with a one-minute interval.
    - (2) Athletes will have two-minutes between the third and fourth throw.
    - (3) Throws four, five and six will resume with one-minute intervals.
  - 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 athletes in wheelchairs. All athletes in wheelchairs must compete in separate races from athletes without physical disability. Athletes in wheelchairs competing in the shot put may be included with the athletes without handicap, 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, 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 4) or prior to the first competition, and no sooner than Weeks 40 (April 1) and 46 (May 13). 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, knit caps and durags without flaps 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.
- c. Coaches must report to their school administration within 48 hours following a contest any player or coach ejection. School administrators must then report the ejection to the WIAA via written communication within three (3) school days following the contest. This written communication must also include a plan of action to prevent future ejections. Officials will continue to provide electronic reports to the WIAA.
- d. Sprint relays conducted at indoor meets will use the 30m exchange zone if all legs of the relay are conducted in assigned lanes. If all legs are not conducted in assigned lanes, all exchange zones will be 20m with no acceleration zone.

#### STATE ASSOCIATION RECOMMENDATIONS

- a. It is recommended that conference meets and invitationals follow the WIAA tournament order of events and other defined meet procedures.
- b. The conference (if a conference meet) or the host school (if a nonconference meet) shall determine how the discus throw, long jump, shot put, and triple jump are conducted (i.e., trials and finals, finals only, open pit, etc.).
- c. It is recommended that the "five active" continuing flight procedure be used for all high jump and pole vault competition.
- d. By rule book definition relays are races between teams of four contestants each running one leg (distance).

All other relays (for example – three person relay, high jump relay, etc.) do not meet rule book definition, thus the regulations of identical uniforms, relay event cards, etc., (unless specified by the meet management) do not pertain.

- e. Receivers for relay exchanges that do not occur in assigned lanes shall line up, with assistance from a designated official, in the same relative position as their incoming teammates; the leaders shall pass in the first position, the second-place holders in the second position, etc. This line-up position is determined and should be maintained when the incoming runners are at the beginning of the straight before the pass. It is the responsibility of the outgoing runner to maintain the proper position throughout the exchange process. Once the exchange has been completed, the incoming runner shall maintain the same relative position and when interference is not possible, should move to the inside of the track.

#### **16. NON-VARSITY 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.