

2017 TRACK & FIELD QUESTIONS AND ANSWERS

6-26-17

SITUATION 1: At a WIAA Regional, seven (7) girls were jumping at 4'8". Two cleared the bar and the remaining five (5) had three (3) misses, receiving a Best Mark of 4'6". Four (4) of the girls had no misses previously in the competition while the other cleared 4'6" on her second attempt. This results in a 4-way tie for 3rd Place. How do we administer the "Jump Off" for the 3rd & 4th qualifying places.

SOLUTION: By NFHS Rule 6.3.2b-4a, a "Jump Off" only occurs if it involves 1st Place. As this is a state regulations mandate that there can only be 4-qualifiers, the tie must be broken via a "Jump-Off". The four (4) tied competitors will immediately take one (1) additional attempt at 4'8", as this is the first "Tie Breaking Procedure". For those who make the "Tie Breaking Attempt" at 4'8", they will receive one (1) attempt at 4'9", to start the jumping at that height, than the two (2) remaining competitors in competition will complete their attempts at that height. As long as the tied competitors make their attempt and the tie is not broken, this procedure will continue. If none of the tied competitors makes their attempt and the tie is not resolved, than they must wait until the competition is completed before the bar can be lowered and the Tie Breaking Procedure continues to its next phase.

COMMENT: By applying the "Tie Breaking Procedure" this way, no competitor is disadvantaged and no competitor gains an advantage. There is no disruption of the event and all competitors are competing and not waiting. By NFHS Rules, the bar is never lowered during the competition.

SITUATION 2: In the 800m Run, on command the competitors step up to their marks. The Starter fires the gun starting the race. The Recall Starter immediately fires their gun, calling the competitors back. After the Starters discuss the situation, a competitor is disqualified as they had started the race with their foot on the Start Line. Is the correct procedure for this situation?

RULING: Incorrect procedure. Recall Starter upon viewing the competitor with their foot on the Start Line, should have called all the competitors up and the race should have been restarted, with a warning being given to the competitor with their foot on the Start Line.

COMMENT: Although the NFHS Rules provide support to the actions of the Recall Starter, preventative officiating should always be exercised and utilized.

5-11-17

QUESTION 1: Are arm sleeves or leg sleeves considered an undergarment and therefore subject to undergarment rules?

ANSWER: No, sleeves worn on the arm or leg are not governed by NFHS or WIAA rules.

updated 4/25/17

QUESTION 1: We have encountered starters who are not letting the athletes perform their individual starting routines (i.e. jumping up 2 or 3 times) before they enter the blocks.

I know that Rule 5-7-2 states: "the competitors will immediately take their proper positions behind the starting lines;" however, I believe that the brief jumping/loading that the athletes are doing is not delaying the start.

ANSWER: The NFHS Officials Manual does speak to this topic, in general. See p. 29 under Head Starters and Assistants 4-b-4.

Give final instructions. Appropriate information might include the following: Runners, do not delay in responding to my commands. At the command "On Your Marks" I will give you reasonable time to assume a comfortable position."

Actions such as 2 or 3 jumps or slapping the legs would be allowed as long as it does not delay the orderly progress of the meet

4/20/17

QUESTION 1: May a crossbar be used for warm-ups in the high jump?

ANSWER: 6-2-16 – Yes, in addition, a bungee style crossbar may be used if approved by the games committee (host school). Individual schools may provide their own crossbar as long it does not create unnecessary delays placing or removing the crossbar.

RATIONALE: The use of the host school crossbar for warm-ups increases the possibility of it being damaged, creating a delay to begin the event on time.

Updated 3/24/17

QUESTION 1: May an adjacent throws venue be utilized for warm-up purposes while the main throws venue is conducting the competition?

ANSWER: **NEW in 2017**, NFHS Rule 6-2-6 - Warm -ups shall not be allowed unless supervised by an event official or the contestants coach and the venue has been declared open by the meet director. Once a competition has begun, except as scheduled, **competitors are NOT allowed to use for practice purposes, the runway, ring, or take off area or throwing implements associated with the competition.** (Review article in 2017 NFHS PreMeet Notes)

COMMENT: The primary consideration for this rule is to stress SAFETY, by avoiding and minimizing the potential for a disastrous situation. Although the premise of having next flight competitors warming up at the shot put may expedite the time framework of the event, the potential risks far outweigh the time saving benefits. However, if the venue is supervised and NO implements are used, it would be acceptable to use this area for warm-ups. As a preventive and proactive measure adjacent venues should be clearly marked as "Closed", to prevent any unfortunate accidents from happening while the competition is going on.

Updated 3/24/17

QUESTION 1: With regard to the new rule and declaring a venue “open,” what is the best procedure for this?

ANSWER: From the NFHS Pre-Meet Notes: In the case where an official or coach is not present at a competition venue, the responsibility for opening the venue clearly lies with meet management. Meet management should not open the venue unless warm-ups will be supervised by a designated official or coach. As a preventative and pro-active measure, these venues should be clearly marked by meet management to prevent any unfortunate accidents. As an official supervising the event, the key is to communicate to athletes when the venue is open or closed. That identification as a closed site prior to, during and after competition may take several forms such as an orange cone (pylon) placed in the runway, or a sign stating the venue is currently closed or an official (event worker) standing in the ring or on the runway or at the takeoff board preventing that particular warm-up.

QUESTION 2: Does a signal have to be given indoors for the 400 meters?

ANSWER: The rules state **2 laps or more**. The rules do not indicate a specific distance of the race (i.e., 400m, 800m, etc.) In individual races or relay legs of 2 laps or more “the referee shall call aloud the laps remaining (3-4-7)”. In each individual race of 2 laps or more “the starter shall give a signal at the beginning of the last lap (3-6-1)”.

Comment: Outdoors this rule now requires a signal to be given to individual races of 800m and longer. It should be noted that even though NOT required by Rule 3-6-1, it is a common practice to signal at the beginning of the last lap of relays, with individual legs of 2 laps or more. Common and acceptable forms of signaling

are ringing a bell, blowing a whistle, the sounding of an air horn, or the firing of a single shot of a starting gun.

5/23/16

FIELD EVENT - Check Out Procedures

Guidelines for a Competitor Who Has Been Excused From a Field Event to Compete in Another Event

1. The competitor must receive permission from the Head Event Judge
2. The Event Judge must make note of the "check out" and record the TIME when the competitor's name is called for their next attempt. (*This gives a more true timeline for their excused time.*)
3. *The Head Event Judge may allow the competitor to take a trial/attempt out of turn before being excused.*
4. The Head Event Judge will use some judgment in extending the time excused under special circumstances, e.g., 3200-meter run.
5. In the high jump and pole vault, if the competitor has failed to return in the allotted time and all other remaining competitors have passed, failed, or cleared the existing height, the crossbar will be raised to the next height and the judge will automatically pass the excused competitor to the new height.
6. When an unusual circumstance, injury, reruns, etc., occurs that will prolong the absence of an excused participant, it shall be the competitor's responsibility to communicate this to the Head Event Judge.

When an Athlete CHECKS OUT of the Event:

1. Place a check mark next to his/her name.
2. Do not record the time at this point.
3. The time should be recorded when the athlete's name is called for their next attempt. (*This gives a more true timeline for their excused time.*)

General CHECK OUT Procedures:

1. **Vertical Jumps:** If the competitor has failed to return in the allotted time and all other competitors have either passed, failed, or cleared the existing height, the crossbar will be raised, and the Head Event Judge will automatically pass the excused competitor to the new height.....(Rule 7.2.1c, page 51. Case Book, 3.2.3 situation B, page 9 - 7.2.1 Situation A & B, page 64)
2. **Throws & Horizontal Jumps:**
 - a. If the competitor has failed to return in the allotted time and all other competitors have either passed, failed, or recorded a mark, the Head Event Judge will call the excused competitor up, *once the allowable time for the trial has elapsed*, the Head Event Judge will automatically record a "Failed Attempt" for the trial/attempt. The process is repeated if the competitor has multiple attempts remaining. (Consecutive trials/Attempts are governed by a 2-minute time limit)(Rule 6.2.9, page 41 - Rule 7.2.1 - page 51 - Case Book 7.6.12, page 85)
 - b. If the competitor has failed to return in the allotted time and the competition is still in progress, the Head Event Judge will call the excused competitor up in the proper competition order, *once the allowable time for the trial has elapsed*, the Head Event Judge will automatically record a "Failed Attempt" for the trial/attempt. The competition will continue until all competitors have completed their trials/attempts.....(Rule 6.2.9, page 41 - Rule 7.2.1 - page 51 - Case Book 7.6.12, page 85)

5/18/16

QUESTION 1: Can an official move a thrower from flight 1 to flight 2 because they are in a different event?

ANSWER: Yes, moving a competitor from one flight to another IS an acceptable method of accommodating the athlete. Refer to Rule 6-2-5 (page 41) which states in essence the head judge may change the order "...by any method..." to accommodate a competitor excused to participate in another event. This is but one of several options available.

5/9/16

QUESTION 1: At a recent invitational meet and during a distance race, a coach was observed inside the track running along the backstretch from turn 2 to turn 3, while calling instructions to the athletes. Is this considered a violation of rule 4.6.5b, pacing by persons not participating in the event?

ANSWER: Even though it may not be intended by the coach, this could definitely be considered "pacing" and the resulting penalties would apply. At the very least, the coach should be warned. If meet management would restrict coaches from the infield, that would further prevent this situation from occurring.

4-26-16

QUESTION 1: High jumper had missed 2 attempts at 4'10" and then had to check out to run another event. While he was gone, all other competitors had cleared 4'10". He was gone for about 6 minutes and when he returned to the event, the bar has been raised to 5'0". He would like to know if the correct procedures were followed.

ANSWER: NO. Correct procedure was NOT followed.

Vertical Jumps: If the competitor has *failed to return in the allotted time* and all other competitors have either passed, failed, or cleared the existing height, the crossbar will be raised, and the Head Event Judge will automatically pass the excused competitor to the new height.

.....(Rule 7.2.1c, page 51. Case Book, 3.2.3 situation B, page 9 - 7.2.1 Situation A & B, page 64)

As the competitor was "checked out" correctly and their allotted time was NOT run out, the event judge MUST wait for the allotted time to run out before raising the crossbar.

3-30-16

Question 1: If a new vaulter is added between the 36th and 40th weeks, but is not on the original Pole Vault Weight Verification Form for Week 36, are they to be weighed and added to the sheet or is a new sheet created with just the new vaulter's information?

Ruling: If a new vaulter comes out for track, then you would need a new sheet for that vaulter only. You would not re-weigh everyone else, you would simply have 2 sheets to show the official.

Question 2: If an athlete weigh's-in on say 3/10/16 at 150.5 lbs. and currently 3/29/16 weighs 145 lbs. and wants to use a 150 lbs. pole, should a new Pole Vault Weight Verification Form be created for all jumpers or just the now lighter jumper? Is it legal to do multiple weigh-in's within the 36 and 40 or 40 and 46 week marks if the current sheet is always used during competition, or are we limited to only the three weigh-in's 36-40-46 for the entire year?

Ruling: No, you can't weigh them again until the next scheduled weigh-in date. The Rules and Regulations on p. 51 state the following: *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 or prior to the first competition, and **no sooner than** Week 40 and 46.*

2-15-16

Question 1: I have been asked a few procedural questions with regard to the new NFHS Rule 3-6-4 which states that "the head starter (or designee) shall inspect all starting blocks used in running events."

Answer: After consulting with officials on this, I will advise you to use the following process: If after inspecting the starting blocks, the head starter or designee determines that one or more of the starting blocks are unusable (broken or unsafe):

1- Is there a replacement block(s) available? If so, replace and follow usual procedures. If not, proceed to Step #2.

- 2- Can the broken or unsafe block(s) be quickly repaired? If this step can be completed more quickly than #3, then repair and follow usual procedures. If not, proceed to Step #3.
- 3- If steps #1 and #2 do not remedy the problem, then the head starter, in conjunction with the referee and meet management, will determine that the heats will be reseeded to run more heats with fewer lanes, dependent upon the number of usable blocks.

1-21-16

Question 1: I am aware that watches are allowed per Rule 4-6-5, but now with the Apple watch (or similar) which can do just about anything to aid a runner, such as heart rate, pacing, GPS, etc., what is legal?

Answer: You are correct, watches are allowed per NFHS rules (timing as similar to a stopwatch or a countdown or just straight time are all functions permitted). However, if used as an aid for heart rate, GPS, pacing through a pulse or beep and other such functions this would not be in compliance and therefore not permitted and subject to possible penalty. *With that said, unfortunately this will be more on an honor system.*

5/18/15

UPDATE ON INTERPRETATION: *In previous years there has been a prohibition against a folded bandanna worn as a hair control device or sweatband. The prohibition no longer exists. With the removal of the jewelry ban and restrictions on hair control devices, it was decided to simply refer to the NFHS Rules. The rationale is that it is simpler to administer and the reference is available to anyone with a rule book. This will also hold true for next fall's cross country season.*

CLARIFICATION ON RULE 5-10-7 NOTE: An interpretation was made recently that in the relays both runners bodies had to be completely within the exchange zone when making the baton exchange.

This rule was changed in 2013. Rule 5-10-7 NOTE: "The incoming and outgoing runners shall not simultaneously touch the baton outside of the 20 meter exchange zone."

The rule does not require that both runners bodies be completely in the zone. But, if the outgoing runner extends his/her hand while in the acceleration zone and the incoming runner places the baton in their outstretched hand (contact is made), even if the exchange is not actually made, it would be a violation of the rule, resulting in a disqualification.

Referring to the script of the rules meeting from 2013, this was how the rule change was originally presented. The key is the position of the baton, is the baton in the exchange zone before it is touched by both runners? Then it is a violation.

1 MINUTE TO INITIATE A TRIAL RULE (NFHS various rules) Although this rule change did not initially generate many questions, it has now resulted in some confusion. An example of the questions received: "If an athlete aborts an attempt, is the 2nd attempt of this trial considered a continuation of the trial or is that a new trial. I would assume the athlete has 1 minute to initiate an attempt that is carried through to completion. An aborted attempt would not mean another minute." It is part of the initial trial. The rule language removed the phrase "...to completion" which was incorrectly being interpreted to mean that the action (jump, vault, throw) needed to be completed before the 1 minute time limit expired. The NFHS Rule Committee will be considering editorial changes to clarify the intent and administration of the rule.

Question 1: Regarding concussions, WIAA policy states return to competition if approved by "an appropriate health care provider." Is a certified athletic trainer considered "an appropriate health care provider"?

Answer: Licensed athletic trainer or physician.

Question 2: I'm looking for the reference to how much time is allowed in a field event between gender competition. i.e. Boy's shot has concluded. How much time for warm-up for the girls before starting competition? I found reference to 10 minutes warm-up between trials and finals, and meet management decision on warm-up between flights, but can't find anything about between gender competition.

Answer: This is a host decision, usually a minimum of 20 minutes. Consideration should be given for the size of the field and the event (pole vault should be given a longer amount of time).

- Question 3: During the finals in the long jump. Jumper A1 is the third jumper in the jumping order for finals. A1 takes his jump in the first round and then informs the judge he has to be excused to run in another event. Judge marks the sheet, and starts the 15 minute clock when A1's name comes up in the second round. If A1 returns within the 15 minutes or they are still jumping in round two, he jumps at that time, or at the latest, at the end of round two. My question is what happens if he returns after the 15 minute excused time and they have moved into round three? Does he get a scratch for round two because he didn't return within the 15 minutes and completion of round two, or does his jump from round two continue over to round three, during which he would get his jump from round two as well as his jump from round three?
- Answer: Please refer to the Case Book, 7.2.13, Sit. C (these were renumbered on page 59) There's a similar situation where the jumper forfeits his third attempt. In your case, he would forfeit the second jump in the finals but have one remaining jump in the third round if he returns in time.
- Question 4: May a discus thrower/putter bring a towel in the circle and wipe the circle off and then throw the towel out of the circle as long as it is done within the 1 minute time allowed? Can I sweep or wipe off the circle for my athlete?
- Answer: Please refer to page 54 of the NFHS Case Book. 6.5.9, Sit. A states that the athlete may enter the circle, with a towel, wipe the circle, and then throw the towel out. This must occur in the 1 minute allowed. Provided you do not slow down the competition, there shouldn't be a problem with "grooming" the circle. Meet management or the meet referee should address this issue.
- Question 5: Is it legal to use an over the head toss while facing away from the toe board during warm-ups. My response was to disallow it. No view down range, plus an illegal put, thus should not be used in warm ups. The coach was curious where this was in the rule book. I couldn't satisfy his request for a specific rule.
- Answer: I would not consider this to be illegal. First, the rule book states that an illegal implement cannot be used for warm-ups (6-2-17). It does not require that the warm-up throw must be legal. I know there are lots of interesting methods to warm-up for the discus and the method you describe for the shot is quite common too.
- Second, while I agree not facing the landing area is a cause for concern, in the glide and rotation the thrower also turns their back and we allow this for warm-ups. As we state in the field event guide sheets, officials, coaches, and athletes should carefully scan the landing area to be certain there is no one in that area prior to throwing (6-2-14). Good supervision is key.
- Question 6: Looking at rubber track and sponsor money to build. Question coaches have, is can we paint sponsor names on lanes for donated funds from community to make the new track surface. I am thinking , Yes , with no problem, but was asked to double check.
- Answer: From the NFHS: not allowed due to possible interference with track markings. May be placed in area behind the starting line or other areas without actual track markings.
- Question 7: I have a question regarding the use of video during a meet. Are parents allowed to video tape their children and show them? Example would be pole vault. After the athlete makes an attempt, the parent shows them the video of the attempt. I was under the impression that only coaches could use video, and could only be done from a non restricted area. I am a coach, and also an official and am not sure of the correct answer. We have been at a couple meets that the officials allowed parents to show their kids, while others have not. If there is no specific restricted area, is anyone allowed to show a video?
- Answer: When the rule prohibiting athletes from viewing video/pictures was dropped from the rules a couple of years ago, it did not stipulate who could show video/pictures. As long as this is occurring in a non-restrictive area or coaches' box it is legal.
- Question 8: Is only reviewing film in a designated coaching box still a thing and/or point of emphasis? I remember last year several officials bringing it up at meets leading up to Sectionals (where we did designate areas). I have not heard it mentioned once this year.
- Answer: Yes, viewing film can only occur in unrestricted areas and coaching boxes (Rule 3-2-8). See reference to this topic in #7 above.

Question 9: I came across one of the interpretations for this year that surprised me. If a jumper/vaulter is alone and has name called to begin the five minutes, they are not allowed to view film with their coach during that five minutes? So assuming that the athlete's name is called immediately after a missed first or second jump (because the judge/workers always want to finish the event), they are basically prohibited from looking at film with their coach?

Answer: That is the current interpretation.

5/8/15

Question 1: Is it legal to run a co-ed varsity 4x400? Can we score it in a relay meet? Can we run one not scored (unofficial)?

Answer: Please refer to the Track Season Regulations, page 49: "Co-ed relays are NOT permitted." This would apply to both official and unofficial relays.

Question 2: The question is regarding the four events an athlete competes in and their make up. Do they need to be 3-1/2 - 2 or can they be all 4 running or field events? Can you reference where I can find this to point it out to the coaches as well?

Answer: Please refer to the Track Season Regulations, page 48, Individual Participation Limitations: "A student is limited during the 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."

Question 3: At a recent meet, the question was raised as to whether Rule 7-5-2, which states; (the pole) "It may have a binding of layers of adhesive tape of uniform thickness on grip end." should be interpreted to mean that the tape may not have any gaps which would expose the pole. In other words, could there be tape for the top handhold, then no tape just the bare pole, and then another section of tape for the lower handhold?

Answer: The NFHS has offered the interpretation that the example above is legal. "Uniform" refers to the layers of tape, not the location.

Question 4: I am an athlete from XYZ High School participating in track and field this season. I was recently notified by a fellow runner and my coach that it is against WIAA rules for myself to run the half-marathon during my track season. As I have already paid and registered for the event, I was taken by surprise. I was wondering what the reasoning behind this rule is because I don't see any issues with running outside of the track team during the season. I would greatly appreciate a reply on the matter.

Answer: "It is the philosophy of this Association that a student owes loyalty and allegiance to the school and team of which he/she is a member during the season of a given sport. A student becomes ineligible in a sport of the remainder of the season for competing in nonschool game, meet, or contest in the same sport during the season of practice and competition..."

Why? The potential for injury, conflicts with team training and scheduled meets. Our member schools continue to support this regulation as was evidenced at the recent WIAA Annual Meeting where a proposal to allow more flexibility was soundly defeated by school representatives.

Question 5: A checked out athlete in the pole vault doesn't come back in the time allotted, is the vaulter DQed or can they vault at the next height because the bar was raised after the athlete's time limit?

Answer: Please refer to the Case Book, 7.2.13, sit. A. This is a similar situation. "RULING: A1 will be permitted two trials at the new height. COMMENT: When A1 failed to return within the limit, the head event judge may consider A1's remaining attempts as passed trials and proceed with competition among the other entries, including the raising of the crossbar when all other competitors have cleared, failed or passed the preceding height."

Question 6: Pole markings in the vault-should there be two markings on each pole, one for the weight and one for the top hand held position? I have found most of the poles I am seeing taped right up to below the weight band.

Answer: The markings may be one and the same. Rule 7-5-3; "...located within or above the top handhold position..."

Question 7: I have found that there are some male athletes that like to use a 16 lb shot during warm-up prior to the competition; and then, switch to the 12 lb shot for competition. Rule 6-2-17 states "A competitor shall not use an illegal implement during warm-up...." As to weight, there is no problem, as Rule 6-5-2 states only a minimum weight of 12 lbs. However, there is a maximum diameter of 117.5mm (4.625 inches). 16 lb shots range in diameter from 110mm to 130mm (4.3 to 5.1 inches). It is possible to purchase a 16 lb shot that has a diameter less than the specified maximum diameter of 117.5 inches, and would be a legal implement. However, I believe the vast majority of 16 lb shots purchased range from 125mm to 129 mm, and thus would render those 16 lb shots an illegal implement, and if used in warm-ups would constitute a violation of Rule 6-2-17.

As an official, I do not have the instrumentation to determine the diameter of these shots. Can we assume that 16 lb shots are not to be used during warm-ups at meets?

Answer: The easiest way to address this is that only those implements that have been weighted/measured and are determined legal should be used in warm-ups. So if that rare shot that is 16 lbs but meets all the dimensions is checked in and the athlete wants to use it for warm-ups they could.

Question 8: If a competitor in either the shot put or discus is not under control and falls out of the back half of the circle after the implement has landed is the throw a foul or a measurable throw?

Answer: Legal throw. This is what the new rule, 6-4-9g is addressing: "It is no longer a foul if the competitor is not under control before legally exiting the competition area after the implement has landed."

Question 9: A vault is made and cleared by the athlete. The pole lands against the bar and the bar does not come off - I understand this is an acceptable vault. What happens when the same thing happens the vaulter is finished with the vault, goes to remove the pole resting against the bar and the bar falls?

Answer: Please refer to the NFHS Case Book, pages 80 and 81, 7.5.29, sit. A and 7.5.29, sit. E. While not exactly the same I believe this would be a successful attempt. The athlete has made the height and the act of removing his pole from the bar should not cancel that successful vault.

4/21/15

Question 1: Is it legal to wear a wrist brace for throwing the shot or discus?

Answer: Not allowed. NFHS Rule 6-4-7 & 6-5-7; "Taping of the wrist is permissible." The exception to this rule would be if the athlete has a permanent disability. With WIAA approval some type of accommodation may be provided. See NOTE on page 24 of the NFHS Rule Book.

Question 2: There has been some confusion at some the track meets we have been at and are having a hard time finding the rules in the rules book pertaining to the checkout procedure. Example. Competitor is pole vaulting, but has to leave to run a relay race. Competitor checks out of the pole vault. When does that competitor's time for return start, is from the time they checkout, or is it from the time their name has been called for their next attempt.

Answer: We have posted field event guide sheets on the WIAA Track webpage.
<http://www.wiaawi.org/Sports/BoysTrackField/RulesRegulations.aspx>
All schools should be running copies and attaching them to a clipboard for their field event workers.

This is the language that is included on each field event sheet:

7. Excused To Participate

a. Time limits for competitors excused to compete in another event are determined by meet management.

Competitors excused to compete in another event shall not be called for a trial.

b. In both preliminaries and finals the Head Event Judge may allow trials to be taken in succession to accommodate those who may be excused to participate in other events. The time between attempts is no more than two minutes.

c. When an athlete checks out of the event, place a check mark next to his/her name. Do not record the time at this point. The time should be recorded when the athlete's name is called for their next attempt. This gives a more true timeline for their excused time.

d. Competitors excused to compete in another event should not have their name called.

Question 3: Coach asked me tonight about athletes in throwing events spraying their shoes with adhesive for better traction? I couldn't come up with a rule against using it. I have concerns about the build up on the circles or the athlete intentionally or unintentionally rubbing their hands across the adhesive and getting some on their hands, use of overspray to get some on their hands while holding the shoes.

Answer: Not allowed. Meet management, via the meet referee or head official would have the authority to not allow due to a concern for the integrity of their throwing surfaces. Possible residue left on the surface could impact other throwers.

Question 4: As field judge I noticed a girl vaulter run down the runway and break the plain of the crossbar with her pole. Both feet were on the ground and she did not attempt a jump, but the pole ran through the plain onto the mat. I called this a foul or attempt by the athlete for breaking the plain. Was I wrong? I looked it up in the rule book and could not find it. Would it be possible to get an explanation?

Answer: Foul. Please refer to NFHS Rule 7-5-27d; "Allows any part of his/her body or the pole to touch the ground or the landing system beyond the vertical plane of the top of the stopboard, without first clearing the bar."

Question 5: I have a team coming who was instructed by an event judge, that using the "south African" style they could begin their attempt with one foot outside the ring, where in the rule book does it state that a competitor must "start" an attempt completely in the ring?

- I see "after stepping into the circle"
- And "after starting an attempt, touches any surface outside the circle"

Answer: Not allowed. 6-5-9b; "After stepping into the circle, fails to pause before starting the throw." This would eliminate the advantage gained by using this practice style for competition.

3/30/15

TIPS FOR MEET REFEREES: Take the meet schedule and write down the time that you visit each field event venue. That way, if a question arises you have a reference point for when you last visited that venue.

Question 1: Situation from a college meet and its implications for high school competition.

Situation:

In the Pole Vault last evening there were two competitors remaining.

On their final jumps of the competition at 3.7 meters, A1 missed on all 3 attempts and B1 missed on her first two attempts.

Before taking her third attempt, B1's Coach requested the crossbar be raised to a different height (3.71 m), which would give his girl a qualifying mark for the National Indoor meet, if cleared.

By looking at the record of competition. B1 would win the competition (miss or make) on her final attempt at that height, according to tie breaking rules.

The Coach of B1 contested that B1 was the winner and therefore should be able to set her mark on her final attempt.

Being a bit unclear with the NCAA rules, I brought in the Head Meet Official who denied the request, saying that she could only pass to the next successive height (3.85 m), as she had not yet cleared the original height.... which sparked some interesting discussion.

Here is what I found in the NFHS Case Book:

7.4.9 Situation B: Two competitors remain in the high jump competition. They are tied and both will be attempting 6'0. A1 misses on all three trials. B1 misses on his/her first two trials. Before taking his/her third attempt, B1 requests the crossbar be raised to 6'1, which would be a school and meet record, if cleared. The head judge denies the request as B1 is not yet determined the winner of the event.

Ruling: Correct procedure.

Comment: Once B1 is determined to be the event winner, he/she may determine successive heights of the crossbar.

Seems pretty clear, But... **when** is the competitor **determined** the winner?

If we look through the record of competition that occurred here at UWP, we **could determine** that B1 **was** the *eventual* winner, and the Coach of B1 was then correct in being able to request the change.

However, The rule does not state "eventual" winner of the event, it states, "winner of the event".

My only contention would be that B1 has **not officially won** the competition until he/she has taken their jump to conclude the competition.

B1 could use language, or perform some other unacceptable behavior that could result in her being disqualified from the competition. Therefore B1 would not have been designated as the **winner** and should not have been allowed to change the height of the crossbar.

The controversy remains that if we look through the record of competition, at that point...

We **could determine** that B1 **has won** the competition.

B1 Therefore, according to the rules..... should be able to set her mark... and anything that happens after that (swearing, etc.), would be after the fact, as the new height has already been set.

The Case Book reference 7.4.9 may be inferring that A1 and B1 were tied up to that point "*After all forms of tie breaking procedures have been put into effect*", and B1 could not be determined the winner.

Although the UWP case and the NFHS Case Book Reference 7.4.9 are very similar, they may in fact be different, and the rulings should be different as well?

Answer: From Becky Oakes, NFHS office: "NFHS, the vaulter is not the winner until he/she clears the height set at regular intervals. The vaulter can't request a bar change until after true winner is determined by clearing bar at the height set."

Question 2: I have a question regarding athlete eligibility, related to unattached participants. I currently have a handful of athletes that are state caliber individuals interested in competing in the "Indoor State Meet" at UW-Whitwater on Saturday, April 4th. Last year a few of our higher level athletes ran into situations where they weren't pushed prior to the sectional meet and we thought that this would be a good opportunity for them to find that high level competition. At this time, our administration isn't interested in adding this meet as we are 5 hours away and would need to arrange for travel and hotel accommodations for two nights. The question I have is, could the athletes register unattached for the event (if the event allows), travel to the event with parents, and compete without jeopardizing their eligibility for the rest of the season? I am still working with my AD currently to make this a school event, but was just wondering if this is an option I can approach him with. Thanks for your help.

Answer: Athletes are prohibited from competing in a non-school event while they are in-season. Failure to comply could result in loss of eligibility for the athletes.
This will need to be a meet on your schedule in order for the athletes to legally participate.

Question 3: Is it legal for the vaulters to use pole vault grip tape on their poles rather just athletic tape? I had never heard of this tape before but our new coach just asked me if they could use this on their poles and I was unsure. The only tape that I had seen on pole vault poles was athletic tape.

Answer: Pole vault grip tape is really just adhesive tape. Since the NFHS Rule Book (7-5-2) refers simply to "adhesive tape", pole vault grip tape would be legal.

Question 4: If an implement is broken during an attempt is an additional attempt allowed and when shall it be taken?
Answer: Rule 6-2-17 NOTE: "If a legal implement breaks during a trial in accordance with the rules, no penalty shall be counted against the competitor and a replacement trial shall be awarded." Replacement throw may be taken immediately.

Question 5: How many attempts can be saved by the leader in a field event?

Answer: Rule 6-2-5; "The competitor with the best mark in the preliminaries has earned the right to make the last attempt of the competition and may choose to wait until after any excused competitors have taken all their trials."

Question 6: If jewelry falls off inside or outside of the circle what is the ruling?

Answer: Case Book, 6.5.9, Sit. A; "Unintentional touching of personal equipment outside the circle before the put started does not, by itself, constitute a foul"

- Question 7: In judging relay hand-offs, is it the position of the baton or the position of the runners that determines a legal hand-off?
- Answer: The baton is the point of reference in determining when an exchange commences and when it is complete. Rule 5-10-7 NOTE: "The incoming and outgoing runners shall not simultaneously touch the baton outside of the 20 meter exchange zone."
- Question 8: If an athlete is called up in the high jump and their 1 minute time allowance begins, if they approach the bar without taking a jump, does the clock start over again?
- Answer: No. The change in the rule clarified that provided the trial is initiated, it is not a requirement to complete that trial prior to the expiration of the time limit. No additional time will be added though when an athlete initiates but does not complete their trial. The clock continues to run.

2014 TRACK & FIELD QUESTIONS AND ANSWERS

5/22/14

- Question 1: Is it a legal attempt if an athlete, while long jumping, first lands on the runway instead of in the pit?
- Answer: Illegal. Please see below from Robert Kern:
Rule 7.6.6.....The foul line is the hairline which is used to mark the limit of a competitor's run during a trial. If a competitor lands on the runway beyond the foul line, that competitor stepped beyond the limit of their run.
Rule 7.6.13.....It is a foul if the competitor:
a. Allows his/her shoe to extend over the foul line or make a mark in front of it on the take off. By landing beyond the foul line, the competitor has created a mark in front of the take off board and also the competitor has created their own foul line.
b. Runs across the line or foul line extended. In landing on the runway, the competitor has in essence run across the foul line.
e. In the process of landing or leaving the pit, touches the ground outside the landing area nearer the foul line than the nearest mark in the landing pit. By touching the ground before the landing area the foul line, the competitor has touched the ground outside of the landing area and the mark made in the pit.
Rule 7.6.14.....Each legal jump shall be measured perpendicularly to the foul line or its extension and from the point in the pit touched by the person or apparel of the jumper which is nearest the foul line or its extension.
The landing on the runway and than proceeding to the pit, the competitor has added an additional step thereby creating an illegal unfair advantage. By not making the initial landing in the pit, the opportunity of having the jump measured is negated.
- Any or all of the noted rules would cause the attempt NOT to be measured.
- Question 2: In a recent meet my relay team was disqualified for wearing illegal uniforms. The meet referee stated that the solid black traditional shorts and the solid black compression shorts worn by the members of the relay team were different designs. Please comment.
- Answer: Incorrect ruling. In rule 4-3-2a it states that "Each team member shall wear the same color and design of school uniform although the length of the bottom or one piece uniform may vary." Design is interpreted as stripes, panels, etc. So if the black shorts had a white stripe and compression shorts did not they would be in violation of the rule. **Style is tights, track shorts, compression shorts, briefs, etc. Style is not part of rule 4-3-2a.** The link below has been on the WIAA website for a number of years now and is a great resource: http://www.wiaawi.org/Portals/0/PDF/Sports/Track/tf_legaluniforms.pdf
- Question 3: In the regional and sectional meets, there is an athlete who has a potential conflict with the start time for the field events. Is he/she allowed to still compete if he/she is not there for the start of the event? We're running open pit and this athlete should arrive before the end of the open pit time.
- Answer: If an athlete has not checked in prior to the start of competition, they will not be allowed to participate in that event. (NFHS Rule 4-1-3) In the past, some coaches believed that if their athlete was competing in

open pit or in a later flight they would not need to be there when the event actually started. This is incorrect.

Question 4: At a meet this week an athlete "passed" not "scratched" on her first round attempt. The event official was moving on to the second round and was going to have our athlete complete her last two attempts without the other girl jumping. The other girl was holding all 3 attempts until the end of the competition to see if she needed to use them.

I argued that this is not right. Each round the jumpers need to either use the jump or scratch and the jumps must stay in order. This is the way its been done the past several years in conference and at regionals and sectionals (I know because it's been one of our athletes in that position). I have never seen it allowed where the top seeded jumper is allowed to save all three attempts to jump on their own at the end. The other coaches agreed with me, we called over the head official who read a rule and "interpreted" hold all 3 jumps as ok.

I would like a definitive answer to this before the regional and sectional meet because it seems the rule is not always followed the same.

Answer: Flighted Protocol

Athletes will take only one jump each time their name is called (1-1-1). If they do not take an attempt when their name is called it will be considered a foul. That attempt is then lost. Successive attempts may only be approved by the head event judge if an athlete is excused to participate in another event.

1. Preliminaries — Three Trials shall be taken in flights of no less than five.
2. Finals — Three Additional Trials
 - a. To be eligible for finals competitor must have at least one legal jump.
 - b. One more competitor than scoring places may qualify for the finals.
 - c. All competitors tying for the last qualifying position shall be finalists.
 - d. Competitors should jump in reverse order of performance, best last.
3. **Holding an attempt is only allowed if the athlete is in the final round and the athlete has the best attempt from the preliminaries and chooses to wait until all others have completed their attempts.**

The athlete with the best jump from the preliminaries may hold only one attempt (an attempt).

Question 5: We ran into a situation and are having a hard time finding an answer. We are in a Minnesota/Wisconsin conference. During our conference meet one of our athletes was not feeling well and did not report for an event. Another coach reported that to the officials stating that our athlete could not compete in any further events. He cited a national federation rule that says to the effect;

“If an athlete scratches in an individual event are they disqualified from further events for the rest of the meet”

We have never encountered this and cannot find the rule that substantiates the decision. Can you help me out?

Answer: I believe the individual is referring to the "honest effort" rule. This was a college rule...not sure if it is still a rule or not at that level.

It's not an NFHS or Wisconsin rule, although there may be some states that may be using it for their tournament series.

Question 6: A question has come up about the Regional Regulations. On page 2 - RELAYS - 1. "Being listed as a relay team member counts as one of the four allowed events whether or not the student participates" seems to be contradictory to the provisions of Section 2 - articles 1 and 2 on page 22 of the Rule Book that states a difference between a competitor and an entry. Can this be clarified?

Answer: The WIAA tournament regulations for entry take precedence over the NFHS rules. States may have different regulations from the NFHS rules for their tournament series.

Question 7: Since so many things are done electronically at this time. It would be nice if the WIAA would

considering allowing an electronic version of this sheet to be used on a phone or iPad so it would be with the coach at all times, easy to update and never forgotten.

Answer: Currently not allowed. Has been discussed by the NFHS. There are issues with verifying signatures, especially on a smart phone.

Question 8: We had this situation arise at a meet last week and were uncertain of the official ruling on it. Athlete A in the Pole Vault was set to start competition at a height greater than three increments above the opening height, allowing for two minutes of run-throughs prior to the bar being set. Prior to the height that Athlete A was starting at, Athlete A was called to another event and properly checked out with the official. While Athlete A was checked out, the remaining athletes completed competition at the height prior to the starting height of Athlete A. What happens next? Does the fifteen minutes start at that time, since Athlete A has two minutes for run-throughs? Does the bar get set, resuming competition until Athlete A is called, starting the fifteen minute time period? Can the bar be set and then removed upon Athlete A's return for run-throughs?

Answer: Athlete A's time to be excused should not have been started until his name would have been called for his first attempt. Perhaps this was the way it was conducted but I couldn't tell from your description of the events. That would mean the 15 minutes starts a little later which usually gives enough time for an athlete to return.

If the athlete has not exceeded their 15 minutes, when the bar height is then changed, competition should be halted until that athlete has their run-throughs. If they did exceed the 15 minutes, they would not be eligible for the run-throughs unless there were extenuating circumstances (delay in the other event for due to official's issues).

Question 9: The question is Lightning - is there a difference between overhead , close , or in the sky (not real close) .

Answer: I would refer you to the NFHS Rule Book, page 90 for the NFHS policy (which the WIAA follows in all sports) on lightening.

A. "When thunder is heard, or a cloud-to-ground lightning bolt is seen, the thunderstorm is close enough to strike your location with lightning. Suspend play and take shelter immediately." You didn't mention thunder...did you hear any? Delaying competition should always be a "team"(meet referee, meet director, medical staff, etc.) call. I like to know too if the athletic trainers or the school have a lightening detector.

Question 10: I have a question for you regarding the rules for Pole Vault competition. During the competition of pole vault during our Olympian Conference meet, I observed the last remaining pole vaulter in competition would take about 5 to 10 minutes or more between each attempt. Between each attempt, she watched the video from her coach while standing next to the pole vault mats which would use up more time. My understanding of the pole vault is this. When there is only one remaining vaulter left in competition she can choose the height in which she wants to attempt and have 3 minutes to make the attempt. I also thought that you could only observe video after your attempt but before your name is called. If she is the last vaulter is there special rules for the last athlete?

Answer: Regarding the time limit and viewing video during the pole vault. This was included in the most recent track Q & As posted on the WIAA website:

***Reviewing video/pictures during competition.**

1. 3-2-8

Allows for use of electronic devices in UNRESTRICTED AREAS and COACHING BOXES, during competition, provided it does not interfere with the progress of the event. Please review the entire rule in the NFHS Rule Book, page 13.

It is important as we approach conference championship meets, regionals and sectionals, that host schools clearly establish restricted areas (runways, HJ aprons, circles, infield, track, etc.), unrestricted areas, and whether their will be coaching boxes. In the event an official directs a coach or parent from the area, simply stating that "...we've done it this way all season" will not be an acceptable excuse for violation of the rules.

2. **At this time, this same rule would not allow the final jumper or vaulter in the competition to view video/pictures once their name is called. For example, there is one vaulter left in the pole vault. This individual attempts 12'6" and misses. While he/she has 5 minutes to complete their next attempt, once their**

name is called for their next attempt, they no longer can view video/pictures. It is important that everyone (asst. coaches, parents, and athletes) understand this rule. Preventative officiating will be key to avoiding any issues.

I also wanted to point out that when there is one remaining vaulter she/he has 5 minutes to complete their attempt once their name is called.

5/9/14

***Reviewing video/pictures during competition.**

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***Uniforms**

1. Confusion still remains in regards to relay uniforms. With the relaxing of the foundation garment rules, some have taken this to mean that compression shorts worn as the actual track bottoms are not subject to Rule 4-3-2a ("Each team member shall wear the same color and DESIGN of school uniform although the length of the bottom...may vary").
2. Multiple logos around the waistband of compression shorts worn as the track bottoms are not allowed (4-3-1c5).

Question 1: A coach from a near-by school informed us (triple and long jump officials) that we must tell the athlete by how far he or she fouled and where the shoe was on or behind the board. He argued that when the coach is not there, we must aid the athlete. We were always told not to give that information, because we were not to "coach" the athletes. He further informed me that we are the only school who does not do this and that another near-by school uses a red plastic shoe shape on the end of a pole (so they don't have to bend down) to show the athlete where the foot was placed. Please advise.

Answer: At the high school level, I would consider it a courtesy. We are currently using a shoe sole to show the positioning of the athlete's foot when requested at the State Meet. Since none of the coaches are located close enough to actually see it seems to be something that both athletes and coaches appreciate. I don't think of it as a "requirement" as its not written in the NFHS Rule Book or WIAA regulations.

Question 2: The rules read that the #1 seeded thrower going into finals is allowed to hold their attempts. My question becomes, if the #1 seeded thrower's best throw is beat DURING the finals, are they still entitled to hold, or would that privilege be transferred to the new best thrower?
For example, shot putter A has the best attempt going into finals has a throw of 50 feet 2.5 inches and has the right to hold their attempts. Shot putter B on their first attempt in finals throws 50 feet 5 inches. No one remaining in the finals throws further than shot putter B on their first attempt. Would shot putter A still be able to hold their first attempt and future attempts in finals, even though they no longer have the best throw? For their second attempt, is shot putter B entitled to holding future attempts as long as they aren't beat?

Answer: Athlete A continues to be the #1 thrower throughout the finals and would be the only one allowed to hold an attempt, although if someone else beats their throw it becomes a moot point. No one else, regardless of their throws, supplants athlete A in regards to holding an attempt.

- Question 3: We hosted our invite last night and some athletes were putting chalk on the runway. Our triple jump judge was told by someone this is illegal. Is this true?
- Answer: Rule 7-6-12; "A marker shall not be placed on the runway or in the landing pit." My interpretation is that chalk marks on the runway would violate 7-6-12.
- Question 4: Young man has a religious/cultural bracelet put on at birth and is worn at all times. Does he get a waiver from WIAA ?
- Answer: Yes, they must have a waiver from the WIAA. Athlete would need to provide documentation from the head of their religious organization.
- Question 5: There are some "leggings" (to the ankle) that have panels built in that are supposed to follow contours of muscles and help performance. They are the very nearly same color but different material (it might be the difference of material that makes the colors look different). Are they legal?
- Answer: Leggings with different material but same color=legal. Same as those compression shorts with shiny black material. As long as you consider it to be black it doesn't matter if its a different black material, its still black.
- Question 6: While checking in poles at the pole vault, I have observed some older poles for which the coaches have replaced the weight band (bright yellow, very visible weight). I know they are legal as I can match serial numbers. There are other poles, such as Best Flex, that have the same bright yellow weight band and same font for weight, but they are original, with serial number on label only, so I have no place to "match" serial numbers. How can I tell if all the different poles are legal?
- Answer: As per the NFHS rule book; 7-5-3 NOTE 1, "Etchings, serial numbers, etc. that may appear on poles shall not replace the requirement of the manufacturer's pole rating of the minimum 3/4 inch marking in contrasting color on each pole." If the Best Flex pole does not have a serial number etched or embedded, if it has the band as indicated above, it would be considered legal. Unless you have a valid reason to suspect the legality of the pole, if they have the markings as per the rule book they should be considered legal.

4/24/14

- Question 1: I had a team come to the line for a relay with compression shorts as team shorts. 2 boys had random white stitching in a pattern not always on seam lines and two had plain black shorts. I let the boys run as a team and asked the coach to seek clarification before running them with the same shorts again. I figured they were close enough to pass for an early meet. Was I too lenient? Did I misapply the rules?
- Answer: Rule 4-3-2a. If the stitching is not on the seams then it would not be legal if worn with others in a relay who were wearing plain black. The athletes wearing plain black could also switch to the compression shorts with the white stitching so that all team members are identical.
- Question 2: I am looking for an "event rules" sheet that I can print out and put on the clipboard for our track workers running the various events. Does this exist on the WIAA website? Where can I find it?
- Answer: Make sure you are logged in to the WIAA website. Select Track from the sports list. On the track page choose Rules & Regulations from the left hand side. Then click on Rules Related Materials. You'll see a heading for Clerk and Field Event Judges sheets.
- Question 3: During heat 1 of the 110 HH, a runner false started and was DQ'd. After both heats were completed, it was found that there was a timing error. We decided to rerun the race and the DQ'd athlete's coach thought that he should be able to be included since it was a rerun. After discussion and going through the jury of appeals, it was decided that the athlete should NOT be allowed in the reruns because he was disqualified from the event when he false started. What do you think?
- Answer: Correct call. Please refer to the NFHS Case Book, page 17; "Any disqualification that occurred in the original race would stand; thus, only those competitors from the original race, still eligible to place, may participate in the rerun."

Question 4: What is the rule regarding tape on relay batons? I see in the rule book where it talks about no gloves, but cannot find a reference to taping a baton.

Answer: Not allowed: Rule 5-4-3; "Tape shall not be used to wrap the baton."

Question 5: At a recent meet the 800 meter run was started using a waterfall start. Is this the correct method?

Answer: While there is not a definitive answer in the NFHS Rule Book, the preferred method would be to use a one turn stagger provided there are enough lanes for each athlete entered. If there are more athletes entered than available lanes, the use of alleys would be recommended (5-3-2). The waterfall start would not be recommended. For maximum field sizes for the 800, 3200 relay, and other distance races please refer to page 57 of the WIAA Track Season Regulations.

Question 6: Where can I find the rules for the order of field events? Boys or girls going first in each field event. At a meet tonight they were completely changed from last year. On page 9 in the rule book they are listed but not in any order.

Answer: During the regular season host schools are at liberty to select which gender competes first in each field event. The WIAA tournament series (regionals & sectionals) does stipulate a specific order and many conference meets follow that order as well.

4/8/14

Question 1: One of our athletes is extremely sensitive to the firing of the starting device. Is it possible for him to a) use an iPod with earplugs or b) just wear earplugs while running?

Answer: The NFHS rule book would prohibit the use of an iPod while competing (4-6-5) but there would not be a prohibition against using earplugs.

Question 2: What is the correct weight for the girls' shot put; 8 lbs. or 8.8 lbs.? There seems to be confusion and I believe that many girls are using an 8 lbs. shot.

Answer: NFHS Rule 6-5-2; 4.0 kg or 8.818 lb. I am not aware that girls are throwing an 8 lbs. shot in high school. For most large invites, conference meets, and the WIAA tournament series all implements are being weighed and measured. At the middle level, due to the small number of schools that are WIAA members, some conferences may choose to use the 8 lbs. shot for the middle school girls.

Question 3: At a recent meet, our relay team wore black shorts. Two of the members wore plain black traditional shorts, while two wore black compression shorts with white stitching on the seam. The official told them that he thought they were most likely illegally attired. I thought that contrasting stitching on the seam was legal.

Answer: Legal. Contrasted colored stitching on a seam does not effect the legality of these uniform bottoms for the relay.

Question 4: We are seeing more athletes wearing Nike "bicep bands". Nike describes these as sweatbands worn on the upper arm. Are they legal?

Answer: The NFHS has clarified that at this time, these bands would be considered legal. The rule book does not address sweatbands. The NFHS Rules Committee will be discussing this issue at their June meeting.

Question 5: I would like some of my top athletes to compete in two meets in one day. Is this allowed per WIAA rules?

Answer: Yes, it is possible but there are several items that need to be addressed.

1. Both meets must count against the maximum number of team meets allowed (20).
2. Both meets must count for the individual's maximum number of meets (20).
3. Each athlete has a maximum of 4 events that they can compete in during this one day. They could compete in 3 events in the first meet and 1 in the second or some combination of this.
4. They may not compete in a single event more than once. Competing in the long jump in both meets would be prohibited.

Question 6: Is it possible to cover earrings with tape or a Band-Aid in order for an athlete to compete with jewelry?

Answer: Not allowed. Please refer to the Case Book; 4.3.3, Sit. A

Comment: "Tape-covered jewelry remains illegal."

Question 7: We were told by a pole vault official that taping the entire pole is illegal. We've done this for years to protect the pole from nicks while transporting it.

Answer: The clarification from the NFHS office is that it is legal to tape the entire pole, although this item will be discussed by the NFHS Rules Committee at their next meeting since taping the entire pole is not allowed by other rule codes (NCAA, IAAF).

3/6/14

Question 1: A coach videotapes or records each attempt of an individual's shot put. Under the new rule change of 4-2-8, can the coach show the replay to the competitor in an unrestricted area after each attempt?

Answer: Legal. Rule 3-2-8 and 4-6-5g prohibit communication "...**during a race or trial.**"

Question 2: In meets where there are large numbers of entries, particularly in the high jump and pole vault, can the Games Committee establish the following procedure? In the PV, starting height is 7', the next height is 8' and the next height is 9'. A jumper gets only one attempt at each of those heights. If he/she misses at 7', their next jump is at 8', and the next one at 9'. The jumper is permitted 3 attempts, but is allowed only one attempt at each of those heights. After 9', the bar would be raised in 3" or 6" increments and the regular method of attempts/misses is followed.

Answer: Not allowed. The games committee does not have the ability to set aside a rule. Rule 7-2-8; "Each competitor is...granted a maximum of three trials at any one height."

Question 3: In a larger meet, can the Games Committee establish the procedure that only 2 attempts can be taken at each height until a predetermined number of competitors remain (e.g. 10 jumpers)?

Answer: Not allowed. See situation two above. The games committee has the ability to start at a higher opening height if there is a concern with the number of jumpers entered.

Question 4: Rule 7-5-5 states that only the field referee or head field judge shall inspect and approve each pole in the pole vault.

a. Does this mean that a competent and knowledgeable pole vault event judge cannot check poles?

b. Does this mean that one of the starters cannot inspect and approve the poles?

Answer: In Wisconsin schools must hire two licensed WIAA officials. The starter may also have the role of the head field event judge.

Question 5: To attempt to speed the shot and discus events along, can the Games Committee require all JV throwers to take all 3 or 4 of their throws in succession? i.e. A1 takes all 3 throws back to back, B1 takes all 3 throws back to back, etc. etc.

Answer: Not allowed. Wisconsin is now following the NFHS rules which stipulate throws only be consecutive if approved by the head event judge for athletes excused to compete in another event or emergency situations.

Question 6: In the pole vault, only one competitor remains. The bar is set at the new height and the competitor is called for his/her next attempt. The competitor has five (5) minutes in which to initiate and complete the attempt. The athlete wants to go over to the coaches' box and view the video of his/her last attempt, but is not permitted to do so as the coach shall not use an electronic device for communication with the athlete during a trial.

Answer: Correct procedure.

Comment: Once the competitor has been called for his/her trial, the access to electronic devices is prohibited. (6-4-9a, 4-6-5g, 3-2-8a, 7-2-11, 7-1-1)

2/18/14

Question 1: I've seen a few athletes wearing "Superman" socks. Are these legal?

Answer: While socks are not governed by NFHS rules, the NFHS has advised that for risk minimization purposes, athletes will be instructed to tuck the "capes" into the sock so that other runners do not catch their spikes on the extended cape.



Question 2: Are long sleeve shirts with the hole in the sleeve (to slip the thumb through) legal for relays? Would this be considered a violation of the "no gloves" rule for relays?

Answer: Legal, but the clerk should check to be certain the material has not been altered to improve the grip on the baton.



Question 3: With the numerous new designs for arm sleeves are they still considered legal? Are they subject to the logo rule?

Answer: Neither NFHS or WIAA rules currently govern arm sleeves. They would be considered legal and are NOT subject to the logo rule. Most likely, the NFHS track rules committee will discuss this item at their next meeting.

2013 TRACK & FIELD QUESTIONS AND ANSWERS

5/9/13

Question 1: Is it possible that two athletes could be called for a false start at the same time?

Answer: Yes. Please refer to the Case Book, 5.4.7, sit. A: COMMENT: "It is possible for more than one competitor to be charged with a false start. When more than one competitor breaks, the starter must determine whether the action was in fact a false start, or the movement was in reaction to the original false start. All competitors deemed to have made a false start must be disqualified."

Question 2: Is it a foul if a high jumper breaks the plane of the bar without touching the pit or a surface beyond the plane of the pit?

Answer: Please refer to the Case Book; 7.4.14, Sit. A; "A1 runs up to the high jump but decides at the last moment to abort the attempt. In trying to stop, A1's hand or arm passes beyond the plane of the crossbar and b) does not touch anything beyond the plane. RULING: No trial in (b) unless the legal time limit has expired."

Question 5: I was at a track meet tonight and some coaches had some questions for me that I need clarification from you. The first issue centered around the high jump. Is it up to the games committee to distinguish the type of markings allowed and how many that an individual can place on the apron? What is the procedure for regionals and sectionals?

Answer: Games committee decision (not the same as the jury) 3-2-4b; "Specify the marking material, if any, and the number and location of check marks allowed." Host school determines at regional/sectional.

Question 6: What can be used for markings in relay races? I.e., the 4 x 2 and 4 x 1? Is it also up to the games committee to decide this? At smaller meets can a team use tennis balls cut in half for their marks? When it comes to regionals and sectionals we can specify only tape to be used?

Answer: Games committee decision 3-2-3h; "Approved items (tape, chalk, half-tennis balls, etc.) and locations in the acceleration zones of all relay races run in lanes."

5/3/13

Question 1: At a recent meet a girl reported to the clerk with a nose stud. When told she needed to remove it she stated that because she had a piece of plastic instead of metal it was OK. At a previous meet the officials had allowed her to compete. What is the correct ruling?

Answer: Illegal. Rule 4-3-3; "Jewelry shall not be worn by competitors." Filling the hole with plastic or covering it with tape does not make it legal.

Question 2: When using FAT, can ties be broken by going to the thousandth of a second?

Answer: Yes. Please refer to NFHS Case Book, 3.8.4, Sit. A; "FAT is capable of timing to one one-thousandth of a second and all ties for place finishes and/or determining qualifiers for a subsequent round shall be broken by using timing to one one-thousandths of a second if the system allows." Times would still be recorded in hundredths.

Question 3: Are hair control devices (ribbons, headbands, etc.) subject to the logo rule?

Answer: No. Please see the example below which would be considered legal.



4/5/13

Question 1: I have a question about weight sheets for pole vault at the middle school/junior high level - is it required? I have insisted that they have sheets and found out that the coaches were just filling out the sheets to satisfy my request - the coaches say that no other official even asks for weight sheets at this level. Most of the junior high/middle school meets that I referee at are not WIAA affiliated, however I feel that this is a safety issue. What are the WIAA's feelings on this?

Answer: My advice is that when you receive a contract or are asked to officiate a middle level track meet, ask if NFHS/WIAA rules are being followed. Best practice is for schools, even if they are not members of the WIAA, to follow all rules and regulations. Especially with the potential issues associated with the pole vault, I would expect that all rules and regulations be followed. As an official, I wouldn't want to officiate a meet that is not following all of the rules.

Question 2: Two years ago we had an official at one of our home track meets say that the mats that surrounded our high jump pits were only 1 1/2" and therefore not thick enough to meet the rules that required 2" of matting around the outer area of the high jump and pole vault pits. Last year our facility was completely torn up due to renovations, but now that the facility is complete we wanted to make sure that our padding meets the rules requirement. However, I've looked in several track & field catalogs for this and can't find anything that is being sold to fit this requirement. Also, when looking closer at the rule it states that 2" of padding is needed for "hard and unyielding surfaces, such as but not limited to concrete, wood or asphalt that extend out from beneath the sides and back of the high jump landing pad." Since our high jump mat is no longer on concrete, but rather track surface, do we still need 2" of mat on the outside of the pits?

Answer: As long as I have been at the WIAA, the NFHS has interpreted "hard and unyielding" to mean everything; sprinkler heads, electrical boxes, grass, and track surface. I've questioned this interpretation, especially in the college facilities where we have the biggest landing pads made, but the NFHS continues to state that extra padding must be around the entire landing area of the vault and high jump. Many coaches use old wrestling mats that fit the 2" requirement. I also know that accordion folding mats are made 2" thick and would meet this requirement. See link: http://www.bpp2.com/physical_therapy_products/08-mats-02.html If you Google "accordion folding mat" you'll find several companies.

Question 3: Does the 1-meter "free zone" around the track apply to FAT systems?

Answer: I spoke with the NFHS, and as I thought, the answer is no. Since it's expected that there will be some type of equipment or even officials located at the finish line, and always has been, most athletes are aware of its presence. I know many FAT companies request cones or flagging to protect their equipment. The rule change targets new construction and the casual placement of hurdles and blocks.

Question 4: Clarify the new language for the baton exchange.

Answer: It's the position of the baton, not the runners. I also received this from the NFHS regarding the baton exchange: It has been noted that there is an error in the 2013 Track and Field Pre-Meet Notes. The error is located on page 2, "Relay Exchange Rule is Clarified," column one, last sentence in the last full paragraph. Please note the following correction: "The baton must be in the sole possession of the outgoing runner before the (deleted competitor) baton exits the zone."

Question 1: At a recent meet, athletes did not check out of the long jump to run the 55m but when they returned to the event they told the head official that they were going to check out to "recover" from the 55m. I believe this is incorrect. Please advise

Answer: You are correct. There are numerous references in the Rule Book to "...competitors excused to compete in another event." The head field event official should always ask what event the athlete is checking out to compete in, make a note next to the athlete's name, and record the time when the athlete would have been up to take their attempt. Recording the time when their attempt would have been gives a more accurate reflection of the actual time the athlete is excused.

Question 2: Do relays include shuttles?

Answer: From the Track & Field Season Regulations: "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."

Question 3: My daughter would like to participate in a charity run/walk. Her coach told her that she cannot run or walk in the event. Is this correct?

Answer: Incorrect. Since WIAA track and field does not include any walking events track athletes may walk in charity events without penalty. They may NOT run in charity events, 5k races, or other non-school running events during the track season.

Question 4: We have a female athlete who had some ear piercing (higher cartilage?) done months prior to the season started and has had an infection as a result. She is currently wearing a clear acrylic flat earplug in the hole. It was unnoticeable until she actually pointed it out to me. She said she was told it cannot be removed. I contacted parents and they said what the athlete told me was true. They apply medicine to the sight without removing it. Is this legal? Or can a Doctor's note be used in this case? Parents said they could get one from the physician.

Answer: NFHS rule 4-3-3 does not allow any type of "plug" or insert in place of the actual earring. Having a doctor's note does not matter. We have been consistent in following this rule in all NFHS governed sports. In order to compete, she will need to remove the insert.

Question 5: I am an official and I discover a competitor lining up for the 1600 with an illegal uniform. They need to make it legal or they are disqualified from the 1600? If I catch the violation after the race, they are warned only?

Answer: We're treating the uniform the same as we've treated jewelry. You are correct that if an athlete is lined up for the start of a race they must make their uniform legal or they are not allowed to compete. Just like requiring jewelry to be removed before being allowed to compete. I wouldn't use the term "disqualifying" the athlete, they simply cannot compete. If the illegal uniform or jewelry is discovered during competition, they receive a warning. A second violation results in disqualification from the event.

Question 6: I have questions regarding the penalty for illegal uniforms. A. If they are discovered to have an illegal uniform after the 1600 is completed, are warned, and show up to the 3200 with an illegal uniform what is the penalty? B. Do the warnings carry over to the next meet?

Answer: A. 1600=1st warning. 3200=DQ B. No, warnings & DQs are for the current meet only, no carryover.

Question 7 Are these shorts legal?



Answer: I believe that these shorts would not be legal as undergarments. As you pointed out, the stitching is not actually a functioning seam (4-3-1 NOTE 2) but rather in place to secure the padding, which would be used by football players.

Question 8: A. Athlete reports to the Start of the 400m wearing illegal undergarments under his shorts, visible to the knee. Athlete was advised that he CANNOT compete wearing the illegal undergarment. Athlete pulled the illegal undergarment up under the shorts and ran the 400m. The illegal undergarments did not "come down" and show during the 400m. B. Athlete reports to the Start of the 200m wearing the same illegal undergarments under his shorts. Athlete is again advised that he CANNOT compete wearing the illegal undergarment. Athlete pulls the illegal garment up under the shorts again and runs the 200m. During the running of the 200m, the illegal undergarment comes completely down and is visible to the knee. What should be the proper ruling on the "Running with Illegal Undergarments"? Is the running of the 200m the "warning" because the illegal undergarments showed and were visible or is the "warning" what was given at the Start of the 200m and 400m, when the athlete reported wearing the illegal undergarments? The answer makes the difference in determining how to apply the rule.

Answer: If the athlete is able to remedy his illegal uniform to the satisfaction of the official, I would not count this as the warning. When he reports the second time, fixes his undergarment, races and has the undergarment become exposed, he now has his first warning. In any event, I would definitely find the coach and explain that if the athlete is in another event that day or at the next meet, the expectation is that this athlete would find something to wear, which would be in compliance with the rule. It appears this athlete is circumventing the rule and taking advantage of the leniency of the new penalty.

Question 9: In an effort to raise funds for the rubberized surface we are planning on putting in, I came across an idea for local businesses to sponsor a track lane. My idea is, for a monetary donation, a business could get their logo, phone number and short saying on one of our 8 lanes. I'm not sure if I'm keen on the idea of the display being placed within the oval and if its even legal, rather I'm thinking of the 100m dash extension area outside the oval, as its not a true competition area.

Answer: From Becky Oakes, NFHS: NFHS Rules do not address other markings on the surface of the track. However, due to an athlete being restricted by lane lines the lines shall be fully visible so nothing should come up next to or include the line. This would also be true for acceleration zones, exchange zones, start and finish lines etc. If the school really wants to do this I would suggest off the competition track and place in the chute at end of straight away. One point to remember is once it is on the track it is on the track for a long time and not easily removed. The track stripers will not paint so whoever does this the quality of the marking with running on it, weather etc., will make it very difficult to look nice on the track. In other words, a good looking track may end up not looking so good do to the markings in addition to a sponsor no longer being involved.

- Question 10: SITUATION 1: During the 4 x 200 relay, it is discovered that A1, A2 and A4 are wearing black spandex under their red uniform trunks. A3 is wearing white spandex. Is the warning given to A3 or to the team? SITUATION 2: During the 4 x 400 relay, it is discovered that A5, A6 and A7 are wearing black spandex under their trunks. A3 is running on the 4 x 400 team, and again wearing white spandex. Is A3 disqualified, which results in Team A being disqualified, or is the 4 x 400 team given a warning (different team members)?
- Answer: #1 Warning to individual. #2 Team is disqualified since they have one relay team member that has already received their warning.

2012 TRACK & FIELD QUESTIONS AND ANSWERS

5/11/12

PLEASE NOTE: Coaches have requested the Clerk's Script for the 1600m relay run at the State Meet. You can access the script on the School Center, Track, 2012 Tournament Information, Tournament Series Materials for Coaches/ADs.

- Question 1 During the final exchange of the girls' 1600m relay, Team B's outgoing runner was legally positioned in lane 2. As the incoming runners were sprinting down the homestretch, Team B's incoming runner passed Team A's runner so the outgoing runners switched places. It happened so late that Team B's outgoing runner ran in front of Team B's runner (outside of the exchange zone) and continued to run into the zone to exchange the baton. The meet referee disqualified the relay team for an illegal exchange. Was this the correct call?

Answer Correct call. Please reference page 57 of the Case Book; 5.10.9, Sit. B: COMMENT: While the rule does not specify when a runner must assume a position in the acceleration zone, a runner who begins any movement from outside the limit of the acceleration zone without at sometime taking a stationary position in the acceleration or **exchange zone**, violates the purpose of putting prescribed limits on these zones."

- Question 2 I have a quick clarification regarding weather and track and field events. Recently my child's school was involved in a track meet. During the course of the meet, the officials paused due to thunder. After 30 minutes they resumed events. Shortly after that, the local warning sirens started going off, one student mentioned this to the official at the start line and he laughed at her. They continued with the meet, then skies were dark with clouds, thundering and lightning. After a few more thunder sounds- they paused again "for 30 Minutes". They started back up after 30 minutes- even though it was still thundering. We attempted to speak with the coaches and officials from the XYZ School District at the event. The one coach told us it was up to the individual schools coaches to pull their teams. The one official kept pointing to his phone and stating there was no warning out. I asked him to look at the sky and listen to the sirens going off.

Answer Please refer to page 89 of the NFHS Rule Book:
The NFHS Rules state; "A) When thunder is heard, or a cloud-to-ground lightning bolt is seen, the thunderstorm is close enough to strike your location with lightning. Suspend play and take shelter immediately. B) Thirty minute rule. Once play has been suspended, wait at least 30 minutes after the last thunder is heard or flash of lightning is witnessed prior to resuming play. C) Any subsequent thunder or lightning after the beginning of the 20 minute count, reset the clock and another 30 minute count should begin."

- Question 3 Discus - I have been at a meet where the thrower has taken his 4 throws and each throw was marked with a flag. Then all 4 throws were measured at one time. Athletes were allowed to hold 2 throws if they wanted to. Two questions: 1. Is marking each throw with a flag correct procedure, and 2. It was my understanding that throwers and jumpers (long and triple) have the option of throwing once and then holding the rest of their throws if they want. Can a school decide that athletes have to take 2 of their throws? Related to holding throws or jumps - If each athlete takes one throw/jump, and they start through the list again, can the athlete 'pass' when it is his/her turn? If they do, does that mean they lose that attempt? Or can they take two the next time? If an athlete is at the end of the flight and all throwers have taken their four (or three attempts), and there isn't really any way to 'save' throws for that last thrower, do they get any extra time? I have a thrower that has found if she takes two throws and saves two throws for

a little later, she will throw farther on that third attempt. If she takes all four in a row, her distance goes down.

Answer

Discus Rule 3-2-4e; “The games committee also may: Specify the number of throws and distances to be measured in the throwing events.” The method you indicated was used if possible but, in my opinion, not a preferred method. When the Rule Book refers to the “games committee” usually they are referring to the host school. If this is a conference meet, I would advise that the conference have by-laws in place that govern the method that will be used in all field events. If this is an invitational, you can choose not to attend. Rule 6-2-6; “Competitors may take more than one trial in succession. If weather or other conditions might result in unfairness to any competitor, the referee shall alter the plan and prescribe single trials in the preliminaries and in the finals.” There has been much discussion over the past two years regarding the possibility of the WIAA Tournament Series going to a 1-1-1 format. At the February WISTCA Clinic the coaches in attendance remained split on this issue although there seems to be more coaches in favor than a year ago. Regarding “passing or holding”. Please refer to the information posted on the Field Event Guidelines:

Holding/scratching. Three rounds in both prelims and finals. Each athlete has four options when their name is called: a. May take all three attempts in first round. No more attempts in that session. b. May take second in first round. Would now have one attempt remaining for either the second or third round. Their choice. c. May take one attempt. Would now have two attempts remaining to take in second round. May take one or two in second round. If taking just one in the second round would still have one attempt for the third round. d. If they do not take an attempt when their name is called it will be considered a scratch. That attempt is then lost. Holding an attempt is only allowed if the athlete has taken two attempts in one round (see b. above) or if in the final round the athlete has the best attempt and chooses to wait until all others have completed their attempts.

Question 4

Coaching Areas - Where would I find more information on coaching boxes and their restrictions? A coach in our area thinks that the restricted coaching area is for ONLY when his athlete is jumping and when his athletes are not jumping that the coaches can walk back down the runway with them and talk to them (hang out) while they are waiting for their next turn (especially in pole vault and high jump). Can someone clarify that for me? What is the specific purpose of restricting the coaching area?

Answer

Coaching Boxes - The games committee also has the ability to define the “competition area”. (Rule 3-2-3b) For instance at the State Meet, we limit access to the infield to participating athletes, athletes receiving their awards, and the officials. The only coaching boxes in the infield are those for the pole vault coaches. Once competition begins in the vault, the vault coaches are restricted to the box.....otherwise they are asked to leave the infield. The potential for someone to inadvertently walk into the throw’s landing area, walk across a runway, or out onto the track during competition increases greatly when access to these venues is unrestricted.

5/4/12

IMPORTANT: Please note that the 1-1-1 format proposed by several throwing coaches last year was NOT adopted for the WIAA Tournament Series. It is possible that this format could be used during the regular season if the host school (games committee) decides to "experiment" with its use.

Question 1

One of my track and field throwers was considering using Creatine. He asked me if it was ok? I told him I was not in favor of it (how about just eating healthy, real food, and working hard), and that I thought it was illegal. I told him I would find out for sure. He has not started using it, but I know he (and his dad) have been talking about trying it.

Answer

The WIAA has several resources regarding the use of Performance Enhancing Substances. Please check the following link: <http://www.wiaawi.org/index.php?id=429>
From the WIAA tri-fold on PES, the segment dealing directly with Creatine:

DISCOURAGED – Schools may not provide or allow in connection to school’s program. Possession and/or use may violate school district policy or code. (Products may have unwanted side effects, be ineffective, not tested for long term safety, not recommended for youth, unethical to use)

• Creatine Creatine: e.g. Animal Max, ATP Advantage, Cell-Tech, Creaject, Crea-Tek, Creatigen, CreaVate, Mass Action, Phosphagen, SyntheVol, Torch

I would advise that you and your athletic director meet with the athlete and his parent as soon as possible to discuss the implications of the use of creatine.

Question 2 Are dogs allowed at track meets?

Answer This was included in the Track video presentation: “Although it may be difficult to enforce, it is highly recommended that dogs, with the exception of service dogs, be prohibited from the track and field venues. Dogs may be a distraction to officials and competitors. Many people are afraid of dogs and are put at a distinct disadvantage when dogs are allowed at the competitive venue.”

Question 3 How is the 800m seeded at the regional/sectional meet?

Answer Whether using lanes or alleys, the fastest athlete is placed in position #1, the 2nd fastest in position #2, and so on. This is exactly how they are seeded at State.

Question 4 Next week May 8th I am taking a high jumper to Jump Fest or also known as Field Fest at Homestead High School in Mequon, Wisconsin. We have gone through the appropriate process, we will pay the entrance fee for each competitor and he will compete in the meet as he would any other meet. We are hosting an eight team invite the same day that starts a little later. It is a coed meet and important to our school. My question is can the athlete jump in both meets. He would compete in High Jump in both of the meets, not different events. My thought process was that I am thinking that Jump Fest might be an exhibition rather than an actual meet. Thus allowing him to jump in both.

Answer I accessed your varsity schedule and see that you are well under the maximum number of meets allowed. What you propose is allowed but your team will need to now count the “Jump Fest” as a meet and the individual athlete will need to count both meets against the maximum allowed number of meets (20). I would advise adding this meet to the posted schedule on your website.

Question 5 Last night I officiated a track and field meet at XYZ High School. I was the starter. One of the teams involved was ABC High School. Early in the running order of events I noticed one of the male ABC HS athletes wearing a school issued uniform top (school colors green and yellow) but with a solid black compression type mid thigh length bottom without any school markings. The bottom appeared to me to be a generic biking short. I talked to the ABC HS coach who I believed to be the head boys’ coach. He told me that the black biking short was the athlete’s “running short”. I told the coach that most of his male athletes were wearing green shorts with school marking on them and that I thought the black compression mid thigh length bottom was neither “school issued” or a “short”. I’m interested in your interpretation.

Answer For several years now, the interpretation of “school issued” has been school approved. Because of the severe economic downturn faced by the majority of our schools, many of them have resorted to athletes buying their own uniforms. Regarding compression shorts vs traditional shorts, please refer to the Case Book, page 28, 4.3.1, sit. B: “A1, B1, C1 appear at the starting line wearing (a) compression shorts without track shorts over them. RULING: (a) Legal. Rule 4-3-2 regarding relay uniforms (matching colors) would still apply.

Question 6 Last Thursday I officiated as the field event referee at a meet in XYZ. When I got to the long jump area, I noticed that someone (presumably a contestant) had used chalk to put his/her mark on the runway surface. None of the contestants would admit that it was his/her mark. I tried to remove the mark from the surface, but the chalk would not come off. How should I have proceeded without causing significant delay in the event? Water and/or other cleaning agents were not available at the site. I’m also suspect that when I left the long jump area to check on the other field events that the chalk mark was used again by one the contestants.

Answer In the event the chalk could not be removed, simply warn the offender, if known.

Question 7 I received a call from a boys' track coach from ABC. Their team participated in your track meet on Friday. He indicated the person running the high jump started the check-out time when the athlete checked out of the event. This was backed up incorrectly by the Meet Referee.

Answer The WIAA provides field event guide sheets for schools to place on the clipboards for the individuals that run the field events. Please see the statement below:

7. Excused To Participate

- a. Time limits for competitors excused to compete in another event are determined by meet management.
- b. In both preliminaries and finals the Head Event Judge may allow trials to be taken in succession to accommodate those who may be excused to participate in other events.
- c. Contestants may determine their own succession during trials and finals.

d. NEW: When an athlete checks out of the event, place a check mark next to his/her name. Do not record the time at this point. The time should be recorded when the athlete's name is called for their next attempt. This gives a more true timeline for their excused time.

As you can see, the time actually starts when the athlete's name is called for his/her next attempt. Even though it says NEW, its actually been in place for 2-3 years now.

Question 8 Officials in our area are split on how to administer a situation where an athlete checks out of either the high jump or pole vault and does not return in the allotted time. Please provide a clarification.

Answer In the pole vault and high jump if a competitor has failed to return in the allotted time and all other remaining competitors have either passed, failed or cleared the existing height, the crossbar will be raised to the next height and the field judge will automatically pass the excused competitor to the new height to take their remaining trial or trials. Case Book 7.2.7 SITUATION A, B, C, D

4/30/12

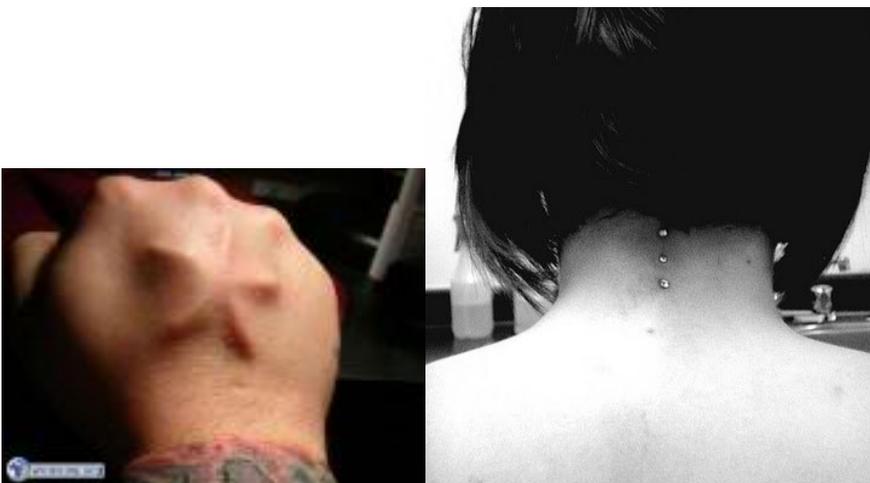
Question 1 If the pole vault runway does not have the distance marks on it can an individual place them there himself?

Answer Not allowed. Rule 7-5-20; "Meet management may provide check marks, not more than three inches long, on the runway." Neither coaches or athletes may add marks to the runway.

Question 2 Which are the preferred shells for starting an outdoor meet? Should host schools supply the shells for the starter?

Answer RULE 5-7-2; "When a pistol is used as a starting device, .32 caliber is recommended for outdoor venues and a .22 caliber is recommended for indoor venues." Officials should be certain that the contract they sign includes a clause that the host school will supply the shells.

Question 3 I have a player on my team who just got a sub-dermal implant. Is this allowed? What if she screws a stud onto the implant?



Answer The subdermal implant is legal since it is contained beneath the skin with no exposed surfaces. By adding a stud, it would be in violation of Rule 4-3-3.

Question 4 A girl came to the starting line with two wristbands tied into her shoelaces (similar to Live Strong bands), one on each shoe. Is this considered wearing jewelry?
Answer Not allowed. Provided the bands are not serving a function, they would be considered jewelry and would not be allowed (Rule 4-3-3).

Question 5 Do pole vaulters need to wear helmets at the middle school level or is it up to the parent?
Answer The same rules would apply to WIAA member middle schools as to the senior high schools. Wearing helmets is an option.

Question 6 (A) Could we get a verification of the high jump for the tournament this year? We were told by an official that the high jump will be now run in the one, one, one format. With each competitor taking one jump without the option of taking the second. (B) We would like to run our LJ/TJ/shot/discus in the same format that will be used during the WIAA tournament series; 1-1-1. Please advise.

Answer There seems to be some confusion regarding the format for the field events. The high jump will be run exactly as it has been during the regular season. This year we eliminated the requirement to take the second jump immediately after the first miss but it is still an option. We are now in compliance with the NFHS Rule Book. In the pole vault, we continue to require a second attempt after a first attempt miss. The idea of 1-1-1 actually came from several throws coaches but has not been adopted. All field events will continue to allow consecutive attempts, but only in the pole vault is a second attempt required after a first miss.

Question 7 We have a track athlete who will have hand surgery on May 11th but until then has to wear a fiberglass splint. The splint is wrapped with an ace bandage that covers most of her hand and forearm. Is that splint and bandage legal to wear at a track meet? If not, what steps would the school have to take to ensure our athlete is in compliance with the WIAA/NFHS track and field rules?

Answer As per the WIAA Medical Policies and Procedures Handbook, this would be allowed provided there is no risk to the athlete.

Question 8 Now that we are using the walk-up start for the distance events, will we continue to use alleys/lanes for the start of the 800m or will that race change to a waterfall start?

Answer For the WIAA tournament series, nothing has changed in regards to the starting procedures for the distance races, except for the walk-up. As per the regional/sectional meet information; 800m and 3200m relay run in lanes or alleys, 1600m and 3200m use a waterfall start. Whether the race is started in alleys, lanes, or a waterfall, the walk-up start is used.

4/13/12

Question 1 I was wondering if High School students are able to participate in track and field meets as “independents”? If they are home schooled or are attending a school that does not carry Track and Field as an extracurricular?

Answer Home school students would not be prohibited from competing in member school’s athletic events but it is the local schools decision as to whether or not they would open their event to home school students. Regarding unattached students (those from schools who do not sponsor the particular sport), I have recommended that the school consider sponsoring a “club” and working within the parameters of their school’s club requirements. Again, the school hosting the event would be able to decide whether or not to allow unattached athletes to compete.

Question 2 A relay team has uniforms that are the same except:
- The top has the same school identifying name but some in block letter and some in script.
- The shorts all have a white stripe on the side of the shorts but some are two inch and some are four inch.

Answer I would not interpret this to be in violation of Rule 4-3-2a (colors and design are the same). The rule is in place so that each member of the relay team could be identified as a member of the team. In this situation I don’t believe that having script/block lettering or a difference of 2” in the side stripe would cause anyone to be confused as to the relay teams’ make-up.

Question 3 We have two poles that don't seem to have the top hand-hold mark. I've also noticed other school's poles are missing the top hand hold too. One of our poles is an old Pacer and the other is a fairly new Mystic (made by Gill).

Answer Please refer to the chart below (provided by USATF):

Chart # 1 – Manufacturers Pole Ratings

UCS Spirit: All top hand hold labels are pink with white numbered weight ratings on the label located 6” from the top of the pole. The engravings above the top hand hold label information must match the weight (on the top hand hold label) and length of the pole. The exact pole measurements are Metric, American measurements are also engraved on the pole.

Gill Products (Pacer, Carbon, Mystic, Sky Pole, Rocket, Big Stick): Gill has changed their marking or labeling procedures several times in the past 10 years. Some top hand hold labels are white with orange numbered weight ratings on the label located near the top of the pole. The newest labels are yellow and are located at the very top end of the pole. **There is no required location of the top hand hold label, however, the engraving or paper informational label must be visible and readable and must match all information (weight and length) on each pole.** Poles manufactured in 2003 or later, a serial number is embedded on the pole, located several inches below the top hand hold band. This serial number can be used to request new labels for your poles. Also, poles made in 2003 or later, the model number (last five digits) on the paper label reflects the metric pole length and weight. Pole lengths will be indicated in Metric measurements while the weight is indicated in both Metric and American measurements (Sky Poles are American measurements). Poles made before 2003 have engraved or embedded information that will be used to verify data.

Altius: Poles manufactured after 2007 have a top hand hold band with weight and length information on the label. They will also have etchings above the top hand hold label to confirm the top hand hold information. Poles made before 2007 will have a top hand hold label that is a solid red one inch band, 4” from the top of the pole. All of these poles are engraved with $\frac{3}{4}$ ” black numbers located above the top hand hold band indicating the pole weight. The exact measurements are Metric and are referenced to American measurements. Poles start at 300cm and increase by 15cm increments (typically 3” and 9”). Verification involves ensuring that the engraved information is visible and readable.

MF Products (Cat-A-Pole and Essex): All top hand hold labels are one inch wide with white or yellow background and black numbered weight ratings located 3” from the top of the pole. All engravings are located at the bottom of the pole. The engraved information at the bottom of the pole must match the weight (on the top hand hold label) and length of the pole. All poles have a serial number, which is located in three places on each pole (top hand hold band, engravings at bottom of pole and inside bottom of pole near plug). Essex poles are calibrated in approximately 2 pound increments.

Nordic: The length of the pole is in metric measurements while the weight is in pounds. The top hand hold band is orange with white information and is located 3” to 4” from the top of the pole.

Question 4 While looking for video footage of the shot put, I noticed a thrower with a brace on his wrist. I believe its illegal since the rule does not allow for tape or a brace across the joint of the wrist. Is this correct?

Answer Rule 6-5-7; “Taping of the wrist is permissible.” The interpretation also allows for a wrist brace. There is no mention of the wrist joint.

Question 5 Are coaches allowed to review a video of their athlete, then use that information to coach their athlete while the competition is taking place?

Answer Rule 4-6-7g; "It is an unfair act when a competitor receives any assistance from any other person. Assistance includes: A competitor views a videotape or any other visual reproduction of the competitor's performances prior to the completion of the competition."
This rule has been in place for several years. A coach can watch the video, then turn off the device or put it away and use what he/she saw to give instruction to their athlete. This would be allowed.
From the WIAA Bulletin May 2009: "Legal. Case Book, 4.5.8., sit. B; RULING: Yes, this is permissible between events or trials, as long as it is done in an unrestricted area."

Question 6 Officiated a "cold" meet last night and there were many varieties of undergarments. We were busy with the tape to cover up multiple logos but the meet went smooth. I'm coming across a Nike undergarment, solid black with gray stitching, but also with a thin 1/4 inch gray trim around the neck which is part of the garment but not stitching. I interpret it as illegal even though it's hardly noticeable far away Is this garment illegal?

Answer Illegal. If the undergarment has a contrasting colored "trim" it would be illegal as per rule 4-3-1, NOTES: 2.

Question 7 At a track meet this afternoon, one of the competitors wore a pair of these shorts(tights). He was wearing the black ones with the shiny black "web" on the sides and around the back. I had never seen these before and since they were all black, I let him run. Are these legal as tights?



Answer If worn as the actual shorts, there would be no issue at all. I believe that because the webbing is the same color, they would also be legal as an undergarment.

Question 8 Is it absolutely required that any and all earrings/piercings be removed or can they be taped?

Answer NFHS rules prohibit all jewelry, with the exception of medical alert or religious medals. There is no provision for taping of jewelry.
I believe the confusion centers around junior high/middle schools that are not members of the WIAA and therefore choose not to follow the NFHS rule book in regards to jewelry.
In any case, any meet conducted under NFHS rules does not allow tape to be used to cover jewelry.

Question 9 Even with the new rule change, can the games committee make the high jumpers take all 3 attempts in succession?

Answer Neither Rule 3-2-3 or 4 give the games committee the authority to require jumps in succession.

Question 10 Rubber shoes with the "individual toes". Are they LEGAL? Do they have a "definitely defined sole"?

Answer From the WIAA Bulletin April 2010; "The interpretation from the NFHS is that these are considered legal footwear provided they comply with Rule 4-3-1a1 & 2".



This example would be legal as it has a defined sole and a strap to secure the shoe to the foot.

Question 11 If at a relay exchange zone, the runners DO NOT complete the "hand off", run out of the exchange zone (beyond the end), and return to the exchange zone to make a successful hand-off.....Is this LEGAL? No advantage is gained.

Answer From the WIAA Bulletin May 2009: "Legal. There is nothing in the Rule 5-9 that would prohibit the runners from returning to the exchange zone to complete a legal exchange."

REMINDER: The WIAA has received reports of athletes competing in non-school road races recently. Please be aware and make your coaches and athletes aware, that this is in violation of Article VI, Section 1 of the WIAA Rules of Eligibility. "It is the philosophy of this Association that a student owes loyalty and allegiance to the school and team of which he/she is a member during the season of a given sport. A student becomes ineligible in a sport for the remainder of the season for competing in a non-school game, meet or contest in the same sport during the season of practice and competition established by the school. The penalty may be reduced upon request of a school on the basis of documented extenuating circumstances." This would include road races, fun runs, charity races, etc. Walking would be allowed since race walking is not a part of the WIAA sponsored track events.

3/30/12

Question 1 If a relay team wears compression shorts, (or long tights for that matter) as the uniform and not as an undergarment do they have to be identical with regards to the stitching?

Answer No, contrasting stitching is not considered a design or style and would not make the uniform illegal. The NFHS committee views the contrasting stitching functioning with a seam as a non-issue.

Question 2 If our facility has more than 1 throwing cage for discus, is it permissible to use the additional circle for warm-ups?

Answer Yes, provided the venue is flagged/fenced and supervised by a meet official. The language which allows practice only in the designated competition area is in place to prevent warm-ups from taking place in open fields which do not have proper equipment or supervision.

Question 3 Regarding the limit of 1 manufacturer's logo, is that 1 logo per uniform or 1 logo for each uniform piece?

Answer Rules 4-3-1-b4 and 4-3-1c5 allow for 1 logo on the jersey and 1 logo on the bottoms.

Question 4 We are ordering new jerseys. Is it permissible to have our school name appear larger on the XL and XXL jerseys than on the small sizes? It looks so much better when its proportional.

Answer Legal. Rule 4-3-2a does not require the school name to be the same size.

Question 5 As an official, are we to include socks as part of the school's official uniform?

Answer No. Rule 4-3 (uniforms) does not include a reference to socks as a part of the official uniform.

Question 6 We have encountered issues with weighing implements. It seems many of the scales are not very accurate. Is it permissible if an implement does not make the weight requirement when measured in kilos to switch to pounds.

Answer Yes, that would be allowed.

PRESEASON CLARIFICATIONS AND REMINDERS

1. Rules 4-3-1b4 and 4-3-1c5 prohibit more than one manufacturer's logo on either the uniform top or bottom. Examples of illegal bottoms can be found below:



2. Schools have been asked to place cones on the inside of lane 1 on the turns when hosting regionals and sectionals. Due to the lack of umpires at most regular season meets, it is recommended that hosts use the same procedures for these meets as well. It's a simple way to alert athletes and expose them to what they will see at regionals, sectionals, and State.
3. Many meets, including regional and sectionals, do not have sufficient, knowledgeable umpires for the exchange zones. Ask each participating team to provide umpires for a specific zone/lanes.
4. What is the role of the jury of appeals?
Rule 3-5-3: "Situations that are eligible to protest/appeal include, but are not limited to:
 - a) Misapplication of the rules which must be filed within 30 minutes after the announcement of event results.
 - b) Correction of clerical or team scoring errors which may be corrected up to 48 hours after the end of the meet, unless another time period is specified in advance by the games committee or meet director.
 - c) Correction of meet results involving an ineligible participant which may be made at any time when discovered.
 - d) Failure to follow a procedure contained in the terms and conditions of competition announced in advance by the games committee or meet director. This would include such items as the time schedule, the number of qualifiers to advance, number of trials, etc.

Situations that are not subject to protest:

- a) Any judgment decision pertaining to violations or alleged violations of the rules.
 - b) A decision made by the finish judges or timers that does not involve misapplication of a rule, or the terms and conditions of competition.
 - c) Whether a start is fair and legal."
5. At the vendor area of the recent WISTCA Clinic, there were knit caps for sale that had the name of the school and that school's mascot. Is this allowed? Yes. WIAA regulations state that school name, school nickname, school mascot are allowed. The language was not intended to limit to only one of these three.

- Question 1: I am understanding the entries allowed in track and field as it reads four events (but doesn't say if they can all be running). In the past it was 1 running/3 field; 2 running/2 field; or 3 running/1 field.
- Answer: Please refer to page 48 of the WIAA Track Season Regulations; "A student is limited during the 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."
- Question 2: Can you clarify the difference between a headband and a hair control device and the color, logo, etc. restrictions for each? Also, some headbands have subdued (same color) sequins on them i.e. black on black. I've asked kids to remove these. Is this the correct procedure?
- Answer: Please refer to the WIAA State Association Regulations, page 51 of the Track Season Regulations; "...headbands or knit caps which are unadorned except for school name, school nickname, or school mascots are legal. A single manufacturer's logo/trademark no more than 2 1/4 square inches is permitted." Regarding headbands worn as hair control devices; in the 2011 Track Meeting Folder the following was included: Legal Items Include: "...headbands (manufacturer's logo 2 1/4)"... Folded bandanas are not considered headbands and are NOT allowed. Sequins on headbands would be allowed provided they are not deemed to be hard and unyielding.
- Question 3: I was working the girl's indoor conference meet, and had a situation in the shot put. A girl entered the ring without a shot and then her coach handed her the implement. I ruled the put a foul. Normally the coaches shouldn't be close enough to the circle, but that was a meet management problem. I felt that once she entered the ring her trial started and she didn't have an implement. If she would have stepped out to retrieve the implement within the time limit, it would have been alright. I felt that it could be ruled as illegal assistance, since she didn't have to carry the shot into the circle. It went to the jury of appeals and they agreed with my decision. What rule reference would you use?
- Answer: While the rule book doesn't say the athlete must have the implement in hand when entering the circle., having someone hand it to them would violate Rule 4-6-7; assistance from any other person.
- Question 4: Is it permissible for a girl to compete in boys' 3200m race?
- Answer: Please refer to NFHS Rule 1-2-3; "Combining male and female competitors in events (while scoring them separately) may occur if the head coaches of the competing teams unanimously agree or the referee deems it necessary." My interpretation of this rule would be that ALL female competitors in the event (in this case the 3200) would run in the boys' section. I don't think the rule would allow only certain athletes to compete in the boys' race.
- Question 5: I have a athlete on my team that was wondering if the Under Armour bolt compression top would be legal to wear under and/or as our uniform if they all have the same top. I wasn't sure since it has multi-colors in the long sleeves. (See attached picture)
- Answer: Wearing only as the uniform top would be legal but wearing it as the undergarment would not. Rule 4-3-1b8.
- Question 6: At a recent meet several athletes were wearing tights under their team shorts that had very subtle stitching on them. We ruled them illegal as per rule 4-3-1c7. Is this correct?
- Answer: Correct ruling. See attached picture of an example. Wearing these tights as the uniform bottom is legal but when worn under the shorts they are considered a "visible undergarment" and would not be legal.
- Question 7: Will the WIAA provide a waiver for a shot putter who has a doctor's order to tape his fingers together when throwing?
- Answer: Neither the NFHS nor the WIAA have a waiver provision for Rule 6-5-7 which would allow taping the athlete's fingers together.
- Question 8: When a jumper from our school made a height, he exited off the mat under the crossbar. The coach from the other school immediately tried to get the jump counted as a miss. He was under the assumption that it was illegal to exit under the crossbar. What is the correct rule reference?
- Answer: Legal jump. Please refer to the Case Book, page 79; 7.4.16.

Question 9: Last night in a meet, the meet referee had one of our athletes put tape over a logo on his socks. The rationale being that there was already a visible manufactures logo on the tights & the one on the socks would be a second & therefore would have to be taped. I indicated that the socks are not part of the uniform & therefore the logo rule would not apply. However, the meet referee would not back down. In looking in the rule book & case book, I could not find this specifically addressed. For many years it was addressed in the case book. In the rule book, logos are specifically related to undergarments & I do believe that socks do not qualify as an undergarment.

Answer: You are correct. Socks are not considered part of the official uniform and are therefore not subject to the logo rule.

TRACK & FIELD Q & A – VOLUME 1

4/14/11

****Remember that additional padding is required around the high jump (3-4 feet) and pole vault (2 feet).****

Question 1: What is the legal length for track spikes?

Answer: The length will vary. Each meet host will determine the length of spikes allowed on their track. Most common during the outdoor season are 1/4" pyramid spikes although different track surfaces will have a variety of types and lengths of spikes.

Question 2: Some of my athletes are interested in participating in a) 5k fun run, b) fund raiser run, c) walk/run for a cause. Is this legal?

Answer: Not allowed in a & b: "A student becomes ineligible in a sport for the remainder of the season for competing in a non school game, meet, or contest in the same sport during the season of practice and competition. This applies to fun runs, charity runs, the running portion of the triathlon or marathon. Be certain to carefully explain this rule to your athletes and their parents." In c, athletes would be allowed to participate in the walk but not the run.

Question 3: Last week at a meet when I requested the pole vault athlete's weigh-in sheet one coach had me look at his smart phone at a digital copy. Is this acceptable?

Answer: At this time, hard copies are the only forms that are acceptable. This will be discussed at the next Track Coaches Advisory Meeting.

Question 4: At our home invitational we would like to run the 5000 meters. Is this allowed?

Answer: Legal. Please refer to the Track Season Regulations, page 49; "Other events, but not the javelin or hammer throw, are permissible."

Question 5: We had a meet last night, the gentleman running the long and triple jump informed us that it is a WIAA rule that we are not allowed to put tape on the runway. Generally we put it right along the edge of the runway so no one is actually running on it, it is not in the middle. But he said that was not legal. Is this a new rule? We have never come across it except for at some random invites they prefer markers over tape. But I was unaware of it being a rule and wanted to check for our upcoming meets so we are prepared. Thank you for any insight.

Answer: Please refer to NFHS Rule 7-6-14; "A marker shall not be placed on the runway or in the landing pit. A) A competitor may place one or two markers (supplied or approved by the games committee) alongside the runway to assist in the run-up and take-off."

Question 6: We bought some new uniforms with red trunks. Our older trunks are similar style and color (a little faded) with a small polar bear symbol on the bottom of the trunks. Are the new and old trunks compatible for relay teams?

Answer: The shade of red should not be considered a violation of Rule 4-3-2a. Regarding the logo, please refer to the Case Book, 4.3.2, sit. A; "having different legal logos (or lack of a logo) is not a violation of 4-3-1c."