

## TRACK & FIELD QUESTIONS AND ANSWERS

5-23-23

**Question:** A relay team reports to the starting line with a baton that:  
a. has the school name printed with paint or magic marker  
b. has the school name in cut out letters taped to the baton surface

**Answer:** Legal in (a). Illegal in (b).

**Comment:** The paint or marker is legal provided it does not leave the baton with a rough surface. The use of tape or any other substance on the baton which provides a better grip is illegal

5-18-23

**Question:** In regards to the Pole Vault Verification Forms, does the regulation mandate the weighing in during the designated week or can the weigh in be completed any time after the start of the designated week?

**Answer:** The Pole Vault Verification Form weighing in can take place anytime after the start of the designated week and if there is a subsequent change to a singles competitors weight, after that week, that competitor can be reweighed on a new sheet and it does not require every competitor to weigh in again on that new sheet.

5-9-23

**Question:** In pole vault, can a student-athlete tape his/her pole in two different locations therefore created a taped, non-taped, taped grip area?

**Answer:** (From NFHS)The taping is actually quite common and not illegal. As long as the area that is used is uniform. 6-8-17 "...the proper binding adhesive tape of uniform thickness when used. The binding shall not be on or above the top hand-hold band."

**Question:** At a recent track & field meet, as a runner in the 1600m run passed the start finish line on each lap, an audible beep could be heard coming from the runner's watch. Is this legal?

**Answer:** Yes, this is legal - NFHS Case Book 4.6.5 Situation E, page 37.

**Comment:** A watch is permitted to be worn. The rules do not prohibit a beep from a watch that may be distracting to other runners and/or also serve as a pacing aid.

**Question:** In the middle of the High Jump competition, a coach notes that the crossbar looks uneven. It has been accurately measured at it's lowest point, at the center of the bar, prior to the new height, but the left side of the bar is higher than the right side of the bar. As his jumper was a lefty, he wanted the issue corrected before his jumper made an attempt. We know the bar can't be lowered during a competition...but can it be adjusted to even it out? If so, does that need to happen immediately or at the next height?

**Answer:** Yes, the bar can be adjusted and should be done so immediately, as this is an administrative error that should be corrected. This will provide fairness to all competitors. All competitors who have a failed attempt at the uneven bar height shall be awarded a re-jump. Any competitor who successfully cleared the uneven bar should be credited with a made attempt.

**Comment:** Bar/height measurements are taken at the center of the bar and a quick eyeball measurement can also be taken at the standards, during the height change to insure accuracy and an even bar.

4-17-23

**Question:** A competitor in the Long Jump qualifies for the finals. However, they never report back for the final to check in and never take another attempt. How do you handle this situation in the finals and in the final placement?

**Answer:** By checking in prior to the start of the Long Jump, the competitor checked in for both the Prelims and Finals, Rule 4.3, page 20, as they are considered one event. In the Finals their name would be called in the competition order and they would have one minute to initiate their attempt. Once the allowable time for the attempt has elapsed, the Head Event Judge will record a failed attempt. In the final placement, a competitor is credited with their best attempt from either the Prelims or the Finals.

4-11-23

**Question:** For the shot put vectors, is it legal to place a 2" wide fabric / rope line down instead of painting on the stone like surface?

**Answer:** NFHS Rule 6.9.5, page 51 - "Radial lines 2 inches (5 centimeters) wide shall extend from the center of the circle to form an area in which the legal puts must be made".

**Comment:** A portable and removable 2" inch line would comply with the rules.

3-27-23

**Question:** Are tied bandanas or headbands tied with tails, or durags allowed to be worn during competition?

**Answer:** Headbands and durags are Allowed, as they are made with intention to be worn on the head. When the jewelry rule was removed from the Track and Field Rule Book in 2015, the restrictions on hair devices was removed as well. Bandanas however, are not legal as they are not made specifically for the head.



3-20-23

**Question:** Many high schools compete at high school hosted and sponsored track meets at college facilities. Is the use of the Pole Vault pins on the college standards legal and permissible?

**Answer:** Legal. The NFHS Rule Book allows pegs, not to exceed 76mm in length, Rule 6.9.29, page 57. The NCAA pins are not more than 55mm in length. Therefore the college pins fall within the NFHS allowable parameters.

3-20-23

**Question:** Are tied bandanas or headbands tied with tails, allowed to be worn during competition? I have asked this question every year since jewelry is no longer restricted but have not received an answer from the WIAA.

**Answer:** Bandanas illegal. Headbands with tails viewed as jewelry, so are legal.

3-4-23

**Question:** What is the procedure for allowing Field Event competitors to check out of their field event to compete in another event?

**Answer:** 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 begins the allowed check out time determined by the Games Committee)
3. The Head Event Judge may allow the competitor to take a trial/attempt out of turn before being excused.
4. In the **THROWS and HORIZONTAL JUMPS**, if a competitor has **failed to return in the allowed check out time** and all other competitors have either passed, failed, or recorded a mark:
  - o The Head Event Judge will call the excused competitor up.
  - o Once the allowable time for the attempt has elapsed, the Head Event Judge will record a Failed Attempt. (The process is repeated if the competitor has multiple attempts remaining)

Note: Consecutive attempts are governed by a 2-minute time limit

5. In the **HIGH JUMP and POLE VAULT**, if the competitor has **failed to return in the allowed check out time (check out time has expired)** and all the remaining competitors have passed, failed, or cleared the existing height:
  - o The crossbar will be raised to the next height.
  - o The judge will automatically pass the excused competitor to the new height.
6. In the **HIGH JUMP and POLE VAULT**, if the competitor has **failed to return in the allowed check out time (check out time has expired)** and the **competition is continuing without the competitors presence**:
  - o The Head Event Judge will call the excused competitor up, in the proper competition order.
  - o Once the allowable time for the attempt has elapsed, the Head Event Judge will record a Failed Attempt. (The process will continue until all competitors have completed their attempts at that height)

Note: Consecutive attempts are governed by a 2-minute time limit in the High Jump and a 3 minute time limit in the Pole Vault.

2-8-23

1. Should a mixed-gender relay be scored? If so, does it replace an existing scored event?
2. Is there any recommendation from the WIAA on where any kind of non-standard (e.g. distance medley relay) are placed in the order of events?

Mixed relays are approved as "special events." We will not be running them in the WIAA tournament series. It therefore is up to event management as to how and when to run these events when applicable. From conversations at the national level, some are planning to experiment with mixed relays at invitationals; some are not scoring them at all, some are splitting the scores between their boys and girls teams, and some give all earned points to both their boys and girls teams.

2-7-23

**QUESTION:** Two competitors are remaining in the High Jump competition. Competitor "A" misses on their 1st attempt and requests permission to take another attempt out of order so that they can check out for another event. As there are only two competitors remaining in competition, competitor "A" is afforded 3-minutes to complete their 2nd attempt. Is this the correct procedure?

**ANSWER:** Yes. The time allowed shall be the greater if more than one situation is applicable from the Field Event Time Chart on page 40 of the NFHS Rule Book.

Comment: This is the common practice & application of the rule.

9-6-22

**QUESTION:** Is the pictured throwing brace allowed per NFHS Rules?



**ANSWER:** Currently this brace is not legal via NFHS Rules. If referring to the shot, NFHS Rule 6-4-1 and discus NFHS Rule 6-5-1. Athletes are not permitted to have tape or brace on the throwing hand or fingers. A brace strictly on the wrist would be ok, but nothing on the fingers.

Comment: This is different than the NCAA rule and USATF rules and some officials get confused with NFHS rules. These rule codes (NCAA/USATF) allow tape on the finger but DO NOT allow taping of two or more fingers together if they cannot move independently.

8-25-22

**QUESTION:** We are planning a remodeling and resurfacing project for the Track & Field facility at our district high school. The district wants to insure that we are in compliance with NFHS/WIAA Rules & Regulations so that we can potentially host Regional & Sectional competitions. Please advise as to what is required to reach that end for the take off boards in the Long Jump & Triple Jump.

**ANSWER:** NFHS Rule 6.9.17 outlines the recommended distances for the take off boards:

Boys Long Jump 12 ft	Boys Triple Jump 32 ft
Girls Long Jump 8 ft.	Girls Triple Jump 24 ft

Comment: Distances from the foul line or take off board may be adjusted to accommodate different levels of competition (middle school, freshmen, JV, etc). Therefore, consideration should be given to providing these additional take off boards:

Boys Triple Jump 36 ft
Girls Triple Jump 20 ft - 28ft

2-23-20

**QUESTION:** In a 400-200-200-800 sprint medley, past practice prohibits the first 200 runner from using an acceleration zone. With the new 30 meter exchange zone, do we still let that 200 runner use all 30 meters? Wouldn't that be a very short 400 leg?

**ANSWER:** NFHS Rule 5.10.6 note, "Relays with legs of 200 meters or less, each exchange zone in which the incoming runner competitor is running 200 meters or less will be 30 meters long". Therefore, the second 200m competitor will utilize the 30m exchange zone and the 800m competitor will utilize the 30m exchange zone.

9-26-19

**QUESTION:** As we repaint our track, is it a requirement that the track be marked so that the sprints can run in both directions?

**ANSWER:** It is neither a NFHS or WIAA requirement. It is an individual school district decision as to whether that should be done. Some factors to take into consideration in the decision making process are the hosting of invitationals, a desire to produce better performances, and to possibly increase elite performances for qualification during the state tournament series, if you are a host school.

9-23-19

**QUESTION:** With the NFHS Rule Book expanding the sprint relay exchange zone, what will we have to do to remark our track?

**ANSWER:** The 30m exchange zone will not require any additional marks on the track at this time. Schools are encouraged to utilize the lane-wide triangles for all exchange zone markings, until they update or repaint their track. Some facilities currently have small triangles to mark their acceleration zones. These facilities should paint a 2" wide line of the same color as the base of the of the small triangle. This 2" line shall extend across the entire lane. This will make it easier for both the competitors, coaches, and officials to locate and identify the boundaries of the exchange zone.

**QUESTION:** With the NFHS Rule Book change to eliminate the accelerated zone, is there still a need to paint the triangles to indicate the exchange zones, on repainted facilities?

**ANSWER:** Yes. Due to the many different relay races that are contested, the NFHS Rule Book page 28 - "Problems which arise in the running of races, particularly distance races involving a large number of contestants, can be reduced and sometimes completely eliminated through the use of standardized color markings to denote alleys, starting lies, finish lines, and exchange zones".

The NFHS Track & Field and Cross Country Committee recommends the use of the following color lines to aid in the administration of the meet:

RELAY Exchange Zones	COLOR
400m	Yellow
800m Lane 1 only - split color	Red/Yellow
1-2 and 2-3	Red
3-4	Yellow (same mark as 400m 2-3)
1600m	Blue
3200m	Green

Note: The rule change only eliminates the accelerated zone for relays in which the incoming runner is running 200m or less. The exchange zone now becomes 30m instead of 20m. If the incoming runner is running longer than 200m, the exchange zone will be 20 meters, the same as in the past. The triangular markings provide clarity to competitors, coaches, and officials, to determine the boundaries of the exchange zones.

7-3-19

**QUESTION:** Would a 113ft runway be enough to host a WIAA Track & Field Regional or Sectional?

**ANSWER:** The 2018-19 NFHS Rule 6.5.6 states that "the recommended length of the runway is a minimum of 130 feet (40m). The key word is recommended. Therefore at the present time a 113 ft runway is viable and useable. However, be mindful that future NFHS rules may or could change the wording from recommended too shall. This wording change, although appearing innocent could have an impact on the awarding of the Regional and Sectional sites, as the venue would not be in compliance with NFHS Rules and therefore create a liability issue.

5-16-19

**QUESTION:** Is it a requirement that the pole vault standards be anchored or secured to the ground?

**RULING:** There is no reference in the NFHS Rule Book or Officials Manual requiring the pole vault standards to be anchored or secured to the ground.

5-15-19

**QUESTION:** In the horizontal jumps, does the top seeded jumper in the finals have the right to hold all of their jumps in the finals, or just the last jump of the last round?

**RULING:**

From the Field Event Judges Sheet, which is typically attached to the field event clip boards at a meet - "Holding an attempt is only allowed if the competitor is in the final jump(Round 6) and has the best attempt from the preliminaries". A competitor must make an attempt each time their name is called. If they do not take an attempt when their name is called, it is considered a FOUL, once the allowable time for the attempt has lapsed.

5-8-19

**QUESTION:** Why is there not a qualifying distance to advance to the WIAA State Meet, in the field events? My discus thrower is one of the top throwers in the state, but in our Sectional they are seeded fourth and would therefore not potentially qualify for the WIAA State Track Meet.

**RULING:** There is an "Extra Qualifying Standard" which is determined after the Sectionals, to determine additional qualifiers to the WIAA State Meet. The standard is posted subsequent to the completion of all the division Sectionals. Any competitor obtaining that mark at the Sectionals, will qualify for the WIAA State Meet. Contact the Wisconsin Track Coaches Association for the exact formula utilized to determine the Extra Qualifying Standard.

**QUESTION:** In a 4x400 relay, the first runner (with the baton) started in lane 7, as she came around the second curve in lane 7, and ran down the straight away, she ran from lane 7 into lane 1. She did NOT interfere with any other runner,,She saw she was in the wrong lane and ran back into lane 7,again NOT interfering with any another runner. She then made the baton exchange with her teammate in lane 7. Should she and her team been disqualified?

**RULING:** Rule 5.12.1 - As no interference occurred and on the straight away no advantage was gained, therefore there is no disqualification.

4-25-19

**QUESTION:** At a recent high school meet, a parent was standing on the concrete slab where the high jump pit seats. Each time her daughter completed a jump, she ran over to her mother and they reviewed the video together. Is this legal?

**RULING:** It is imperative that prior to competition, meet management define "restricted" and "unrestricted" areas. Rule 3.2.8 - "Electronic devices may be used in UNRESTRICTED Areas and coaching boxes, providing the location does not interfere with the progress of the meet as determined by the Meet Referee.

4-16-19

**QUESTION 1:** At our Cross Country Meet we are setting up the Starting Line Area. Is there a recommended distance back that coaches and no-competitors must go to at the two minute countdown mark?

**RULING:** The NFHS Rule Book makes no reference to the dimensions of the Starting Line Area, only the the size of the boxes, at the Start Line. In practice, it is a proactive approach to utilize cones and set up an area 5 - 10 meters behind the Start Line. In this way you have defined the area that the coaches and non-competing athletes must go to. The distance is determined by facility and nature constraints. If possible, utilize 10 meters to clearly differentiate between competitors, non-competitors, and coaches.

**QUESTION:** Our high school would like to use a laser to mark and/or identify our Discus. This would be done by our Tech Department utilizing a Laser Engraver. We would be etching on the plastic portion of the Discus. The etching is barely noticeable to the touch and does not seem to disturb the surface more than normal wear and tear. Would this still be a legal Discus after etching/engraving?

**RULING:** Legal. The situation was discussed with members of the NFHS Rules Committee. They determined that there was no problem with it and will bring it up for formal discussion at their Annual NFHS Rule Meeting in June.

- QUESTION:** In our area there is a bladed competitor on a high school team. Does this competitor need any type of special permission or be given any special consideration when competing? Are they allowed to compete with able bodied competitors?
- RULING:** The NFHS has no specific written policy on a bladed competitor. Consider a bladed athlete as an able bodied athlete and therefore, they would be permitted to compete as such.
- QUESTION:** Many of my coaching colleagues are confused when we read the new 2019 NFHS Rules regarding the horizontal jump pits, Rules 9.9.4 & 6.9.5. How can we determine what is correct when applying these new rules?
- RULING:** Yes the written rules on the horizontal jump pits are confusing. Hopefully, they will be revisited and clarified for the 2020 NFHS Rule Book. Clarification of the new rules can be found in an article in the NFHS Pre Meet Notes. Go to <http://www.nfhs.org/media/1019852/2019-pmn-final.pdf>
- QUESTION:** 2019 New Rule 6.9.5, page 61, requires a Horizontal Jump Pit to have a distance, to the end of the pit, of 32 feet (10 meters), measured from a 10ft take off board.
1. Does that mean that any pit at any facility that does NOT meet this standard is ILLEGAL and CANNOT be utilized?
  2. Does it mean that NEW constructions must meet this standard?
- RULING:** The intent of the rule change was to make sure that we are moving towards the industry stand in regards to horizontal jumps pits and that the pit is no less than 23 feet in length. This new rule is generally for new or newly planned renovated horizontal jumps pits.
- QUESTION:** Recently I was the Referee at an Indoor Conference Meet. The horizontal jumps pit was located on the interior of a 10-laps to a mile(160m) oval. To accommodate an appropriate runway, the pit goes all the way to lane #1. The distance from a 10 ft take off board to the end of the pit was 27 ft. Do I cancel the Horizontal Jumps as the pit does not meet the standards of Rule 6.9.5, page 61?
- RULING:** The intent of the rule is to ensure a safe environment for the competitors to compete and to ensure the safety of the competition. Coaches should assist they're competitors with selecting a take off board that allows them to have a landing in the center of the pit. To ensure safety the Referee at a track meet held at a facility that is not in compliance with Rule 6.9.5 should review the jumps of each competitor and the Referee reserves the right to change there take off board(move them back), to ensure they land in the middle of the pit. This should be communicated at the Pre Meet Coaches Meeting.
- QUESTION:** Recently at a pole vault competition, the official brought to my attention that since one of my poles lacked the etching/barcode. The pole was legal by all standards; numerical pole rating, a minimum 3/4 inch contrasting color band located within or above the top and-hold band, and proper binding of adhesive tape of uniform thickness, not above the top hand hold band. Does the lack of the etching/bar code make the pole illegal?
- RULING:** No. The pole is legal. The etching would be needed if you wanted to order a new pole weight label from the manufacturer. This is how the company ensures that they are providing you with the proper label.
- QUESTION:** I have a young thrower who has had surgery on their ankle. The surgery will require them to wear a protective boot, for most likely the remainder of the season. Is it legal for them to throw with the protective boot on?
- RULING:** Yes, it is legal, Case Book 6.6.7B - page 80. There would be no advantage gained by the competitor with the protective boot.
- Note:** To insure that you are not in a libelous situation as a coach, it would be prudent to require a "medical release" form the attending physician, stating in as specific terms as possible, the parameters of the competitors involvement, while wearing the protective boot. The document should particularly define practice and competition. Carry the copies of the document with you to meets.
- QUESTION:** At our school, the pole vault pit is set on grass. Does this constitute a hard surface? Do we need to add perimeter padding around the base of our pole vault pit?

**RULING:** Our State Association Regulations require two feet of two inch thick additional padding around a pole vault pit. Several years ago the NFHS rendered an interruption that additional padding is required regardless of the surface beneath the landing pit.

**QUESTION:** We are working on a track renovation project at our high school. Is there any rule or regulation concerning the size or dimensions of the area behind the 100m & 110m Hurdles Start Lines?

**RULING:** The NFHS Rule Book describes a track as "two straight sides and two curved ends", Rule 5.1.1. The available space for the track would determine the track size. There is no reference, specification, or requirement to the area that you are concerned about.

**QUESTION:** On our track, the pole vault pit sits very close to Lane #1. When we place the two feet of padding around the pit, the matting is six inches from Lane #1. Is it possible for us to cut the matting so that we have one foot of clearance by Lane #1?

**RULING:** The rules (NFHS and WIAA) make no provision for modifying or altering equipment, especially when you get into not meeting minimum requirements. Modifying or altering could place one in violation of stated padding rules & regulations opening up the potential for litigation. Rule 3-1-2 states that no one can set aside any rule.

4-10-18

**QUESTION 1:** Can a coach be on the track and reset or move the hurdles so that an athlete can warm up and do run outs before a race?

**RULING:** NO! Once the hurdle crew has set the hurdles, heights, or positions of the hurdles on the track, the hurdles can't be moved without the permission of the Referee or Starter. A coach being on the track can be viewed as illegal assistance (Rule 4.6.5e - coaching from a restricted area) and could cause disqualification of the athlete. This is also a safety issue having coaches on the track during run outs.

**QUESTION 2:** At a recent Indoor Meet, one of our pole vaulters was the last competitor remaining. Since we know that we can legally watch the video of vaults, after the completion of the vault, on electronic devices, we had been doing that. The Head Field Event Official informed us that we could be DQ'ed, as a competitor cannot view a video after their name has been called up to compete. Since he was the last competitor, he is technically called up as soon as he misses a vault. Therefore he is unable to legally view his attempt. Is there an actual rule prohibiting a coach and athlete reviewing a video on an electronic device under these circumstances?

**ANSWER:** Rule 3.2.8 - "Electronic devices may be used in unrestricted areas and coaches boxes, providing the the location does not interfere with the progress of the meet, as determined by the Referee". It is imperative that Meet Management define the areas that are restricted, unrestricted, and coaches boxes, and share that information at the pre meet coaches meeting. In 2014 an interpretation from the NFHS clarified that once a competitor's name is called up to compete, they can no longer view a video in an unrestricted area or coaches box.

Proper protocol for field event management, provides a competitor the opportunity to confer with his/her coach after each attempt, even if a consecutive attempt is about to occur. The Head Event Judge should apply appropriate judgment and common sense, so as not to allow a competitor and coach to abuse the time between consecutive attempts to confer. A competitor is not up, for his/her attempt, and the clock does not start, until the Head Event Judge calls them up. Once a reasonable time has elapsed, after an attempt for a competitor to confer with their coach, the Head Event Judge shall call the competitor up for his/her next attempt. This signifies that the competitor can no longer view a video in an unrestricted area or coaches box, as the clock has now begun for the competitor to initiate an attempt.

1-5-18

**QUESTION 1:** Could you please provide clarification on whether this type of headband ("tails" hanging down in the back) would be allowed? I am aware that the single logo restriction applies.





**RULING:** Allowed. When the jewelry rule was removed from the Track and Field Rule Book in 2015, the restrictions on hair devices was removed as well.

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.

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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.

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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

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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.

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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.

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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.

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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)

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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.

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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.

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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.

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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.

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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.

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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.

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.
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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.

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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.

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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.
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## 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:
- 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.
- Runs across the line or foul line extended.
- In landing on the runway, the competitor has in essence run across the foul line.
- 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](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.

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5/9/14

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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 wavier 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.

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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.

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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).

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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)

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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 "capess" 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.