

WISCONSIN INTERSCHOLASTIC ATHLETIC ASSOCIATION

2025-26 NFHS Track & Field Rules Book

(PLEASE KEEP WITH YOUR RULES BOOK)

NATIONAL FEDERATION ALLOWED ADAPTATIONS

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

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

Boys

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

Girls

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

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

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

Note: (a) *The 3200 meter relay and run must be conducted in the normal order of running events. It is legal, however, to run each of these events jointly (boys & girls together).

(b) Other special events, including mixed relays (2 girls and 2 boys) are allowed, but not the javelin or hammer throw.

- c. A student may enter a maximum of four events, but in no more than three running or three field events. Being listed as a substitute on a relay team(s) counts as an event.
- d. If a student participates in more than the allowed number of events, the student is only disqualified from the excessive event(s). The points/places earned in the excessive event(s) shall be forfeited. Lower place winners will be advanced. (Rule 4-2-2)
- e. Pole Vault Competition (Rule 6-5)
- (1) Pole vault competition can only be scheduled at facilities where the rule book equipment specifications are met.
 - (2) If a host school cannot schedule pole vault because equipment/facility does not meet rule book specifications, the following options are available to that host school:
 - (a) Conduct pole vault competition at an alternate site and add vaulting points to the total meet score.
 - (b) No pole vault competition – points are lost to the meet. Total team score from 17 events only.
 - (3) If a host school can schedule pole vault, but is competing with schools which do not sponsor pole vault because of illegal equipment/facilities, the conference (if a conference meet) or the host school (if a nonconference meet) shall determine meet events. Decisions which must be made include: if pole vault will be conducted and scored or if pole vault will be conducted for exhibition only.
 - (4) If a school, however, has legal equipment/facilities, but is not sponsoring pole vault because of lack of a coach or athletes, pole vault must be scheduled in meets with schools sponsoring pole vault and appropriate points for the pole vault forfeited to opponent(s).
- f. Jury of Appeals (Case Book Situation 3.4.3 Comment, page 14)
- Responsibilities include hearing and ruling on appeals of referees' decisions, including the decision to re-run (or not re-run), who is eligible and when it will occur.
- g. A maximum of six students may be listed for each relay. (Rule 4-2-2)

GUIDELINES FOR ATHLETES IN WHEELCHAIRS

- a. Athletes in wheelchairs are part of the WIAA Track and Field Tournament series. Schools having athletes in wheelchairs are required to fill out the submittable form located on the WIAA website each time the athlete competes. Additional information on rules can also be found on the WIAA website.
- For the WIAA Tournament Series:
- (1) Wheelchair team must compete in a minimum of four meets during the regular season.
 - (2) The athlete(s) school must register with the intent to compete in the tournament series by the first Monday of May.
 - (3) Failure to comply with 1 and 2 above would eliminate the student(s) from the tournament series.
 - (4) Athletes in the tournament are scored in a separate wheelchair division by gender and receive the same awards as athletes without physical disability. Sectional champions and the all others in the top 10 times/marks in sectionals will qualify for the state meet.
- b. Criteria: Anyone with a permanent disability resulting in loss of mobility is eligible. WIAA physician's form must be on file with the school nurse or designated personnel responsible for student related matters.
- c. Equipment: Manual wheelchairs only. Maybe specialized racing chairs or court chairs. All participants must wear a protective helmet. All participants must wear protective gear as prescribed by their physician. Shoes are not required. It is the responsibility of the athlete's family to provide and maintain the wheelchair.
- d. Events: Traditional track events including the following events; 100, 400, 800, and 1600, meters. Field event; shot put. There is a maximum of 4 events but no more than 3 track events may be contested in one single meet.
- e. For the WIAA tournament series, an athlete may take up to six throws consecutively.
- (1) The first three throws with a one-minute interval.
 - (2) Athletes will have two-minutes between the third and fourth throw.
 - (3) Throws four, five and six will resume with one-minute intervals.
- f. Rules of competition: Schools are expected to notify the host school (of the meet) 24 hours prior to the scheduled meet that they intend to have athletes in wheelchairs. All athletes in wheelchairs must compete in separate races from athletes without physical disability.
- Athletes in wheelchairs competing in the shot put may be included with the athletes without handicap, but are considered exhibition.
- g. All track events should be coed whenever possible.
- h. For 100 meter races, one lane should be left open between athletes.
- i. Scoring: These events are considered "exhibition" only. No points will be awarded.

STATE ASSOCIATION REGULATIONS

- a. Field Events
- (1) Pole Vault – Two feet of 2 inch thick additional padding is required around the landing pad area of the pole vault pit. Any additional obstructions beyond the two-foot extension should also be padded.
 - (2) High Jump – Three to four feet of 2 inch thick additional padding is required around the sides and back of the high jump landing pad.
 - (3) Throws – Athletes taking discus throws and shot put warm-ups are prohibited from taking more than two implements into the throwing circle at one time.
 - (4) In subvarsity competition, 1-1-1 is recommended, but not required.
- b. Uniforms/Equipment
- (1) Pole vaulters may wear a properly fitted helmet. The helmet should be "round and smooth and able to withstand multiple impacts". Helmets should not have a facemask or visor attachment. Helmets are recommended to meet ASTM PV helmet standards. The helmet should never be a substitute for safe equipment or sound technique.
 - (2) Pole vaulters must weigh in, in the presence of the athletic director and head track coach (if head coach is the athletic director, another administrator will assume this responsibility) two times per season. Week 36 (March 9) or prior to the first competition, and no sooner than Weeks 44 (May 4). The pole vaulter's weight must be recorded on the Weight Verification Form as per NFHS (Rule 6-5-3). One copy of the form must be kept on file with each member school. An additional copy must be made available on request by meet officials prior to each competition. Failure to comply with weigh-in procedures will result in disqualification from that event.
 - (3) Headwear – Only headbands, knit caps and durags which are unadorned except for school name, school nickname, or school mascots are legal.
 - (4) A single manufacturer's logo/trademark no more than 2 1/4 square inches with no dimension more than 2 1/4 inches is permissible on all items of apparel.
 - (5) Athletes must compete using the defined appropriate shoes/spikes.
 - (6) All relay team members must wear uniforms clearly indicating, through predominant color, school logo and color combination of all outer garments worn as a uniform, that members are from the same team.
- c. Coaches must report to their school administration within 48 hours following a contest any player or coach ejection. School administrators must then report the ejection to the WIAA via written communication within three (3) school days following the contest. This written communication must also include a plan of action to prevent future ejections. Officials will continue to provide electronic reports to the WIAA.
- d. Sprint relays conducted at indoor meets will use the 30m exchange zone if all legs of the relay are conducted in assigned lanes. If all legs are not conducted in assigned lanes, all exchange zones will be 20m with no acceleration zone.

STATE ASSOCIATION RECOMMENDATIONS

- a. It is recommended that conference meets and invitationals follow the WIAA tournament order of events and other defined meet procedures.
- b. The conference (if a conference meet) or the host school (if a nonconference meet) shall determine how the discus throw, long jump, shot put, and triple jump are conducted (i.e., trials and finals, finals only, open pit, etc.).
- c. It is recommended that the "five active" continuing flight procedure be used for all high jump and pole vault competitions.
- d. By rule book definition relays are races between teams of four contestants each running one leg (distance).
- All other relays (for example – three person relay, high jump relay, etc.) do not meet rule book definition, thus the regulations of identical uniforms, relay event cards, etc., (unless specified by the meet management) do not pertain.
- e. Receivers for relay exchanges that do not occur in assigned lanes shall line up, with assistance from a designated official, in the same relative position as their incoming teammates; the leaders shall pass in the first position, the second-place holders in the second position, etc. This line-up position is determined and should be maintained when the incoming runners are at the beginning of the straight before the pass. It is the

responsibility of the outgoing runner to maintain the proper position throughout the exchange process. Once the exchange has been completed, the incoming runner shall maintain the same relative position and when interference is not possible, should move to the inside of the track.