

Georgia High School Association 2017 Track and Field RULES CLINIC





Be sure to frequently visit the GHSA Track & Field webpage for updates, important announcements and late breaking news!!

Track and Field



TOP STORIES

- 10/18/2016 GHSA Announces Broadcast Schedule for 2016-17
- 10/10/2016 GHSA Selects Huddle for Digital Ticketing Partnership
- 10/6/2016 GHSA Announces Expanded Track Venues in 2017
- 9/26/2016 2017 Sectional Track Sites and Information
- 6/24/2016 Campbell High School Standout Named Gatorade Georgia Boys...

DATES TO REMEMBER

1/16	Earliest Date for Track and Field Practice
2/6	Earliest Date for Track Meet
4/22	Complete Region Track
4/24	Report Region Track Winners to GHSA
4/29	Sectional Track Meets

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QUICK SOURCE

- CERTIFIED POLE VAULT SITES
- CLASS A AREAS
- PAST CHAMPIONS (BOYS)
- PAST CHAMPIONS (GIRLS)
- RULES & PROCEDURES
- SCHOOL HYTEK CODES

STATE CHAMPIONSHIP

GHSA Track & Field State Championships presented by Atlanta Track Club

When: May 11-13, 2017 (Girls & Boys) Schedule: Schedule - TBA

Link to GHSA Constitution

(Mile, 2A & 3A) (Varsity, 4A & 7A) (Unham Stadium, Carrollton (3A, 5A & Wheelchair))

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The GHSA Track & Field MIS site is accessed through the "Affiliate Login" at the top of the GHSA website.

★★★★★ GEORGIA HIGH SCHOOL ASSOCIATION ★★★★★







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Coaches/ADs
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Resources -

The GHSA MIS site **MUST** be used for electronic submission of Area/Region entries, electronic submission of Area/Region Meet Results to the Area/Region Winner's Form, Replacements from Area/Region Meets to Sectional meets and Replacements from Sectional Meets to State Meets.

Each member school's AD has been issued login credentials for submission of each school's Area/Region entries.

Each Area/Region Coordinator / Region Secretary (or designee) will be issued login credentials for submission of Area/Region Meet Results to the Area/Region Winner's Form.

Each Area/Region Coordinator / Region Secretary (or designee) will be issued login credentials for submission of Area/Region Meet Replacements to Sectional Meets.

Each Sectional Meet Director will be issued login credentials for submission of Sectional Meet Replacements to State Meets.

There are several GHSA Track & Field rules that **DO NOT** align exactly with the NFHS T&F Rule:

The GHSA has opted to **PROHIBIT** the wearing of jewelry during competition:



2016-17 GHSA CONSTITUTION SECTION 14 TRACK AND FIELD



P. 93 – GENERAL INFORMATION

H. Athletes may not compete while wearing:

1. Jewelry.
2. Hair beads of any type.
3. Sunglasses.

The PENALTY for any of these violations is DISQUALIFICATION

NOTE: An athlete who requires the use of sunglasses during competition for medical reasons may obtain permission to wear them by presenting a letter from his/her doctor stipulating the required use. This letter must be presented to the Meet Director or Meet Referee prior to competition.

1

There are several GHSA Track & Field rules that DO NOT align exactly with the NFHS T&F Rule:

The GHSA Individual Participation Rule / Limits does NOT align with that in the NFHS Rulebook:



**2016-17 GHSA CONSTITUTION
SECTION 14
TRACK AND FIELD**



P. 93 – GENERAL INFORMATION

- E. A contestant in Track and Field may enter a maximum of both relays, and any one (1) of the combinations listed below. Competitors not on one or both relay teams are still restricted to one of the following combinations:
1. three (3) field events
 2. two (2) field events and one (1) running event
 3. one (1) field event and two (2) running events
 4. relay teams for a school may be composed of any eligible student from that school, but after qualifying in the Region meet, there may be no change in the contestants of that team.

Relay Team Members Clarification:



At the conclusion of the Area / Region Scratch Meeting (or if NO scratch meeting is held, when Area / Region Meet competition begins), the competitors' names listed for each Relay entered CANNOT be changed.



These Relay names will remain the SAME throughout the State Meet Series: Area / Region / Sectional / State Meets and are the ONLY eligible participants for qualifying Relay Teams throughout the State Meet Series.

There are several GHSA Track & Field rules that DO NOT align exactly with the NFHS T&F Rule:



The GHSA has opted to continue the requirement that ALL VISIBLE undergarments and any OTHER clothing items (EXCLUDING the uniform, socks, head ware, sleeves, foundation garments, etc.) must be unadorned and of a single (same) color, having a maximum of ONE manufacturer's logo. A Uniform Guidelines document will be available on the GHSA Track and Field webpage (see next page).

NOTE: Uniform tops or bottoms with "baseball, basketball, football, wrestling, volleyball, etc." writing on them are NOT Track & Field Uniforms and are ILLEGAL.

The PENALTY for competing with an ILLEGAL uniform is DISQUALIFICATION.



THE GHSA Track and Field website will contain a Uniform Guidelines Memo and Coaches' Handbook with more specific Uniform guidelines & illustrations:

GHSA Track and Field Jewelry and Uniform Rules / Guidelines

The following items are not allowed during GHSA Track and Field competition:

- (a) jewelry
- (b) hair beads of any type
- (c) sunglasses (Note: Prescription sunglasses are permitted if accompanied by a Physician's note stating that the eye wear is necessary for competition.)
- (d) Electronic devices, including GPS devices)
- (e) Medical alert medals are not considered jewelry. The alert should be visible. When the medal is attached:
 1. to a bracelet made of metal or an unyielding material, it shall be taped to the body.
 2. to a bracelet made of a pliable material, it is not required to be taped to the body.
 3. to a necklace, it shall be taped to the body.
- (f) Religious medals are not considered jewelry and must be worn under the uniform and taped to the body.
- (g) Hair control devices, such as bobby pins, barrettes and hair clips, no longer than 2 inches, may be worn to control a competitor's hair.

Typical Examples of Illegal / Legal Uniforms

NOTE: The ultimate responsibility to have each competitor compliant with jewelry and uniform rules is with the coach. Coaches should inspect any/all garments that competitors wear to ENSURE that they are in compliance with the GHSA & NFHS Jewelry and Uniform Rules!

There are several GHSA Track & Field rules that **DO NOT align exactly with the NFHS T&F Rule:**



UNIFORMS HELPFUL HINT



While Uniform rules are quite specific, there is always some grey area open to interpretation by meet officials. Try to anticipate the strictest interpretation of the rules that your team may encounter. As the season begins, make sure your athletes thoroughly understand the rules governing jewelry and uniforms. Even though many of the early small meets may not strictly enforce these rules, impress upon your athletes the importance of being in compliance anyway. Prevent a pattern of competing while violating these rules even if there are no apparent consequences for doing so. As important meets approach, reaffirm that all athletes are fully aware of, and in compliance with the rules. This is extremely important in relays. Again, try to anticipate the strictest interpretation and prepare accordingly.

NOTE: The ultimate responsibility for uniforms compliance lies with the coach. Coaches should inspect any/all garments competitors wear to make sure they are in compliance with GHSA and NFHS uniforms rules.

GHSA TRACK AND FIELD Coaches' rules and procedure Handbook



Look for the GHSA Track and Field Coaches' Handbook to be posted on the GHSA Track and Field website sometime in early February.



The Handbook will contain:

- **Important Dates and Deadlines**
- **Sectional Meet and State Meet Schedules of Events**
- **Coaches' Check List for meeting responsibilities and deadlines**

as well as other GHSA Track and Field information pertinent to the 2017 season.

Common problems in the administration of Track and Field competition:



On the following slides, NFHS rules that are often misunderstood, misinterpreted, misapplied or infrequently enforced are highlighted.

ALL coaches should obtain and read the 2017 NFHS Track and Field Rule Book and Case Book for further explanation and clarification.


These can be ordered from the GHSA website.

RULES 3-2-8 and 4-6-5: Use of electronic devices



- **RULE 3-2-8...** Electronic devices **may** be used in **unrestricted** areas and **coaching boxes**, providing the location does not interfere with progress of the meet as determined by the meet referee
 - Electronic devices shall not be used to transmit information to the competitor during the race or trial
- **Penalties:**
 - A competitor shall be disqualified from the event
 - Team personnel (e.g. coach, manager, etc.) shall be disqualified from further participation in the meet for unsporting conduct
- **RULE 4-6-5 NOTE 3...** A coach **MAY instruct** a competitors (through electronic means as well as verbally) provided the coach is positioned in a **designated coaches' box** or an **unrestricted area**.

RULE 6-2-2: Time between trials in Field Events




- **RULE 6-2-2...** A competitor shall be charged with a foul if he/she does not initiate the purposeful action of completing the requirements of the athletic challenge (jump or throw) of the event (trial) within one minute (or other prescribed time limit) after the competitor's name has been called for trial.
 - c. When three or fewer competitors remain in the high jump or pole vault at the beginning of a bar height, the time for a trial listed in Table 1 shall be increased to three minutes.
 - d. When a single competitor who has won the competition remains in the high jump or pole vault, the allowed time for a trial shall be five minutes.

Number of athletes competing at the start of the round	Individual Events		
	HJ	PV	Other FE
More than 3	1	1	1
2 or 3 remaining	3	3	1
1 remaining	5	5	1
Consecutive Trials	2	3	2


Table 1

NFHS Rule 6-2-3 & 6-2-4 Checking in & out of Field Events:



- **RULE 6-2-3...** To accommodate those competitors who may be excused to participate in other events, the head event judge may change the order of competition in the preliminary or final rounds of any jumping or throwing event by any method where the competitor being excused jumps/throws earlier than the spot at which he/she qualified. Successive trials is but one such method. Excused competitors shall inform the head event judge upon their return. 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.
 - a. Competitors excused to participate in another event shall not be called for a trial during the excused time.
 - b. In the vertical jumps, before the crossbar is raised, the judge will pass an excused competitor who has not returned within the designated time limit.
- **RULE 6-2-4...** Time limits for competitors excused to compete in another event shall be determined by the games committee

NFHS Rules 6-5-3 & 6-5-4 Pole Vault Rules Reminders:




- **RULE 6-5-3...** The competitor's weight shall be at or below the manufacturer's pole rating. The manufacturers must include on each pole: the pole rating that shall be a minimum of 3/4 inch in a contrasting color located within or above the top hand-hold position; a 1-inch circular band indicating the maximum top hand-hold position with the position being determined by the manufacturer. Prior to competition, the coach must verify that all of the school's pole vaulters and poles meet these requirements. (see next page)
- **RULE 6-5-4...** A competitor shall not use a variable weight pole, a pole which is improperly marked or a pole rated below his/her weight, or any other equipment that is not legal during warm-up or competition.

NOTE: Altering the pole in any fashion renders it illegal.


PENALTY: Disqualification from the event.

A Pole Vault verification form for use in competition is on the GHSAs Track and Field website and MUST be submitted prior to EVERY GHSAs Track & Field competition (Dual/Invitational/State Meet Series) in Georgia.



GEORGIA HIGH SCHOOL ASSOCIATION (GHSAs)
POLE VAULT VERIFICATION FORM
(Revised March 2017)

ALL MEMBER SCHOOLS are required to complete the GHSAs Pole Vault Verification Form listing the name and grade of each competitor participating in the Pole Vault event. The Head Coach must verify on the day of competition the weight of each competitor and the proper ratings of all poles used by each competitor. This procedure is required for ALL GHSAs sanctioned Track and Field competition. The completed form must be presented to the HEAD FIELD JUDGE of the Pole Vault Event prior to the start of warm-ups on the day of competition.



School Name: _____ Classification: _____

Name of Meet: _____ Date: _____

#	Full Name of Pole Vaulters	Grade	Vaulters' Weight*	List ALL Pole Ratings
1.	_____	_____	_____	_____
2.	_____	_____	_____	_____
3.	_____	_____	_____	_____
4.	_____	_____	_____	_____
5.	_____	_____	_____	_____
6.	_____	_____	_____	_____

*Includes full competition uniform and footwear.

Name of Head Coach (please print): _____
Signature of Head Coach: _____

Name of Event Coach (please print): _____
Signature of Event Coach: _____

NOTE TO ATHLETIC ADMINISTRATION, TRACK AND FIELD COACHES AND OFFICIALS

Below are NFHS Track and Field Rules relevant to Pole Vault rules:

NFHS TRACK AND FIELD RULE 5-5-2: The competitor's weight shall be at or below the manufacturer's pole rating. The manufacturers must include on each pole: the pole rating that shall be a minimum of 3/4 inch in a contrasting color located within or above the top hand-hold position; a 1-inch circular band indicating the maximum top hand-hold position with the position being determined by the manufacturer. Prior to the competition, the Coach must verify that all of the school's pole vaulters and poles meet these requirements. **NOTE:** Ratings, serial numbers, etc. that may appear on poles shall not replace the requirement of the manufacturer's pole rating of the maximum track marking in contrasting color on each pole.

NFHS TRACK AND FIELD RULE 5-5-4: A competitor shall not use a variable weight pole, a pole which is improperly marked, or a pole which is not legal during warm-up or competition. **NOTE:** Altering the pole in any fashion renders it illegal.


NFHS TRACK AND FIELD RULE 5-5-3: Prior to warm-up, the field referee, head field judge, or assigned referee of all competitors shall inspect each pole to be used in the competition to verify that the poles are legal competitors. **NOTE:** Rule 5-5-3 of the NFHS Track and Field Rules includes the prohibition of a pole that has: (a) markings on the pole that are not in contrasting color located within or above the top hand-hold band, and a banding of layers of adhesive tape of uniform thickness on the grip end; the banding shall not be on or above the top hand-hold band.

NFHS TRACK AND FIELD RULE 5-5-2b: A competitor shall not use a pole of another individual within the course of the event. The event judge shall approve the use and verify that the pole is used weight-appropriate. **PENALTY: Disqualification from the event.**

NFHS TRACK AND FIELD RULE 5-5-2b: It is a foul if the competitor grips the pole above the top hand-hold band. **PENALTY: An unsuccessful trial is charged but not measured.**

GHSA Certified Pole Vault Sites:

Track and Field



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GHSA Track & Field State Championships presented by Atlanta Track Club

When	Schedule
May 11-13, 2017 (Girls & Boys)	Schedule - TBA

Where

Hugh Mills Stadium, Albany (A Public, 2A & 3A)
Memorial Stadium, Jefferson (A Private, 4A & 7A)
Grisham Stadium, Carrollton (5A, 6A & Wheelchair)

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2017 NFHS Track & Field Rules

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Rules Changes

Major Editorial Changes

Rule Change

Games committee responsibility
Rule 3-2-4u

- The games committee has numerous responsibilities
- The responsibility for securing and providing liquids during competition is one such responsibility
- Providing liquids should not be left up to individual coaches




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Rule Change

Signaling Last Lap
Rules 3-4-7 and 3-6-1

- Signaling the last lap now occurs in all races consisting of **two** laps or more
- Signals Used and When
 - When to signal
 - For any race two laps or longer, signal at the beginning of the last lap
 - What to use
 - A bell is the preferred signal; if no bell is available, a starting device or other noise maker, is used




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Rule Change

Receiving Assistance – Ill/Injured Athlete Rules 4-6-5g and 8-7e

- It is an unfair act when a competitor receives any assistance. Assistance includes:
 - A competitor receiving assistance from another competitor to complete the race
 - When this occurs **both** competitors shall be disqualified
 - **EXCEPTION:** A competitor is injured or becomes ill and an appropriate health-care professional is not available, only the injured/ill competitor is disqualified
 - Every attempt should be made for the appropriate health-care professionals to make these decisions to assist




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Rule Change

Receiving Assistance and Disqualification 4-6-5h

- It is an unfair act when a competitor receives any assistance. Assistance includes:
 - Receiving physical aid during a race or trial from **any other person**
 - “Any other person” clarifies that not only the actions of competitors and nonparticipating team members may be considered as providing assistance but any other party is also included, such as a spectator.




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Rule Change

Track Construction – Use of Cones Rule 5-1-3

- On all-weather tracks, a painted line meeting certain specifications may be used to mark the inner edge of the track
- A raised curb meeting certain specifications is a second option to mark the inner edge of the track
- **In the absence of a curb, if cones are used to indicate the inner edge of the track, those cones should be spaced about 1.5 meters (5 feet) apart around the curve**




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Rule Change

Forming Heats Former Rule 5-6-4 deleted

- The games committee will assign the seeded contestants to the preferred lanes
- When setting up heats based **solely** on qualifying times, rank contestants according to times, determine number of preliminary heats and follow this procedure...(Example in rules book)
- Deleted the requirement that in first round competition if two contestants from the same team fall within the same heat, the slower contestant is moved to another heat



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Rule Change



The Start Rule 5-7-3

- The starting command for individual races, or opening relay legs of 800 meters or more outdoors and 600 meters or more indoors
 - Starter shall ask all competitors to take a position three meters behind the starting line or dashed arc behind the line
- With command “On your marks” all competitors step to the starting line without delay
- When all competitors are steady **and motionless without their hands touching to the ground**, the starter shall fire the starting device



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Rule Change



Warm-Ups Rule 6-2-6

- For purposes of risk management, warm-ups shall not be allowed unless supervised by an event official or the contestant’s 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, takeoff area or throwing implements associated with the competition



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Editorial Change



Other Editorial Changes

- 6-5-15 A pole vault competitor(s) who has passed three consecutive heights and has not **attempted a jump** should be permitted two minutes of warm-up jumps per the number of competitors entering at that height without the crossbar **or bungee** in place. The competitor(s) shall **make at least one attempt** at that height. Such warm-up must be taken at a height change.



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Case Book Ruling




Rule 6-3-2: Breaking Ties (Case Book Ruling)

- **RULE 6-3-2 Situation I (Case Book)**... A1 and B1 have identical best performances of 22 feet 8½ inches in the long jump preliminaries. The second-best jump for A1 is 22 feet 7 inches, while B1’s is 22 feet, 4 inches. In (a), 22 feet 8½ inches is the last qualifying distance to advance from the prelims to the finals:
RULING: In (a), both A1 and B1 would advance to finals.



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