



Kansas State High School Activities Association 2014 TRACK & FIELD ANNOUNCEMENTS

Points of Emphasis

- 1) Throwing implements returned to competitors by officials: minimize the risk of injury.
- 2) Proper coaching requires staying up to date on rules and techniques.
- 3) Coaches "getting it right" with uniforms.
- 4) Importance of properly training volunteers to work the meet.

NFHS Rules

1. **Consistent** with emphasis given in other athletic activities, the NFHS Track & Field Rules Committee adopted several rules which have significance for all schools.

Meeting/Communication [3-4-8 (a, b, c) & 4-3]

2. **Prior to the meet**, the referee shall, either by a meeting or written communication address sportsmanship, uniform and legal equipment, jewelry and other special procedures.

Sportsmanship NFHS Rule 3-4-8(a)

Verification Legal Equipment NFHS Rule 3-4-8(b)

3. **The head coach shall** be responsible for verifying to the referee/starter that all his/her competitors are properly equipped (uniform, equipment and no jewelry) in compliance with these rules.

No Jewelry— NFHS Rule 4-3-3

4. **Contestants shall not wear jewelry. Athletes and coaches must understand this rule applies to every interscholastic meet!**

If not born with it—don't wear it!

KSHSAA Procedure

5. **At each regular-season meet, the head coach shall** turn in a properly completed card verifying their understanding of these rules and ensuring compliance by each competitor representing their school. This card shall be given to the meet manager, starter/referee at the scratch meeting.

Contained in the KSHSAA Track and Field Manual is a master "SPORTSMANSHIP & LEGAL UNIFORM VERIFICATION" form.

Information re: compliance with the NFHS sportsmanship and legal uniform rules is found in the KSHSAA Track and Field manual (Section 2.F).

Coaches' & Officials' Requirements (Very Important)

6. **Coaches must insist on all National Federation track & field rules being enforced throughout the season at all meets.**

Coaches — Starters Online Testing

7. **All middle/junior and senior high head coaches and all starters registered with the KSHSAA are required to take an open book examination on the NFHS track and field rules. Head coaches and registered starters are to submit the answers to the required examination via the internet.**

Specific procedures will be provided to KSHSAA member schools in materials sent to the Athletic Directors of each school and will be contained in materials sent to starters upon their registration with the KSHSAA.

Between February 24 and March 30 head coaches will need to go online via use of the unique school USERID and coach/sponsor PASSWORD and KSHSAA registered starters via use of each starters OFFICIALS NUMBER and their unique officials PASSWORD to submit answers to the required examination. Regardless of the level of coaching, all questions are to be answered.

School coaches failing to submit answers online by March 30 will result in a \$25 fine for the school. Registered starters failing to submit answers online by March 30 cannot be selected as a starter for a regional and/or state track and field meet. Any coach not scoring 90% or higher on the required exam will be required to take the KSHSAA Track and Field Examination, Part II. Failure to pass the Part II exam will result in publication of that school's name in the *Activities Journal*.

Kansas State High School Activities Association Track & Field

SPORTSMANSHIP & LEGAL UNIFORM VERIFICATION

The NFHS and the KSHSAA requires sports officials to enforce sportsmanship rules for coaches and contestants. Acts meant to demean or embarrass opposing contestants, teams, spectators and officials are not consistent with expected ideals of interscholastic education and competition and will be not tolerated.

Printed Coach Name: _____

School: _____

Verify by signing below that your contestants are **legally equipped and uniformed (with no jewelry)** according to NFHS and KSHSAA rules and will compete in a sportsmanlike manner.

Coach Signature: _____

Event: _____ Date: _____

This card must be turned in per outlined procedure.

**All Head Coaches &
Registered Starters
Take Test Online
February 24 – March 30**

Rules Meeting Attendance

8. Head coaches and KSHSAA Registered Starters are required to complete the **ONLINE RULES MEETING**. Instructions on how to access the online rules meeting will be sent to KSHSAA member school athletic directors and will be included in the starter's registration packet. **IN ORDER TO RECEIVE CREDIT FOR THE ONLINE MEETING, COACHES AND STARTERS MUST COMPLETE THE ONLINE MEETING BETWEEN THE DATES OF FEBRUARY 24 AND MARCH 24, 2014. NOTE THAT THE DEADLINE DATE FOR BOTH THE ONLINE RULES MEETING AND THE SUBMISSION OF THE ANSWERS FOR THE EXAMINATION IS NOT THE SAME DATE!**
9. **KSHSAA Rule 10** — Only certified coaches (certified in compliance with standards established by the State Board of Education), or coaches aides (through application and approval from the KSHSAA), are allowed to work with teams. **NO outsiders or volunteers** may coach or assist with any coaching duties.

*Seasons of Activities
KSHSAA Rule 30*

10. Provides ... in Track and Field (pole vault) only, schools who employ the same coach, or share facilities and equipment, may practice together and not be in violation of the prohibition on interschool scrimmage.
11. The KSHSAA Executive Board passed the following policy relative to tobacco products and other chemical use. "Coaches, Directors/Sponsors/Coaching Aides, and Contest Officials are prohibited from using tobacco products, alcoholic beverages or illegal drugs while directly involved in interscholastic activities."
12. Starters should review pages 25-29 of the NFHS *Track & Field Officials Manual* for starters' duties.
13. A list of registered starters who have attended a KSHSAA-sponsored rules meeting and have successfully fulfilled requirements, will be published on the KSHSAA website. Regional managers must select their starters from this list.

Pole Vault Safety

14. Continued emphasis is placed on pole vault safety. Coaches must thoroughly review all National Federation rules pertaining to pole vault and should also review the special points of emphasis from the *National Federation Track & Field Rules Book*.

Rule 7-2-11 . . . A competitor shall not use an illegal implement during warm-up or competition.

Rule 7-5-3 . . . The competitor's weight shall be at or below the manufacturer's pole rating. The manufacturer's pole rating 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.

Rule 7-5-3 . . . It is the responsibility of the coach to verify the competitor will use a legal pole rated at or above his/her weight. **Note:** Each state association shall determine its own procedure regarding coaches verification.

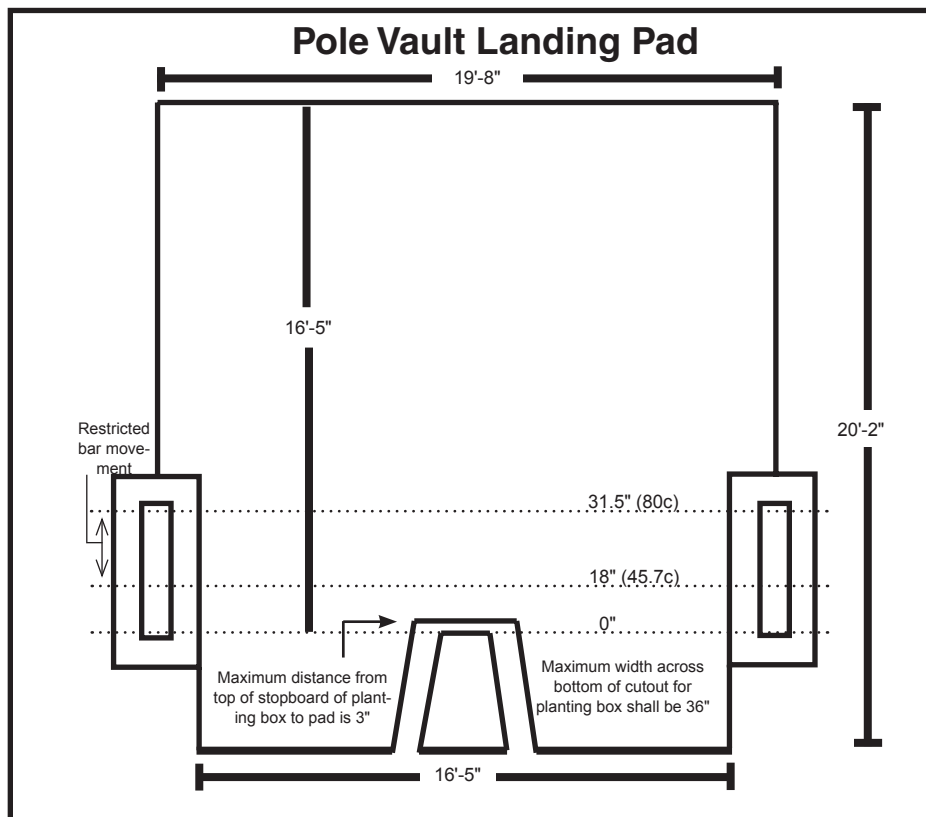
NOTE: Coaches may no longer remark poles.

Rule 7-5-4 . . . A competitor shall not use a variable weight pole, a pole which is improperly marked or a pole rated below his/her weight during warm-up or competition. **PENALTY (7-2-11, 7-5-4)=Disqualification from the event.**

Rule 7-2-11 NOTE – A bungee cord manufactured for use in the high jump and pole vault may be used during warm-ups, as approved by the games committee. *Coaches – check with the event manager PRIOR to allowing students to warm-up with a bungee cord at any interscholastic Track and Field meet.*

Rule 7-5-5 . . . Prior to warm-up, the field referee, head field judge, or assigned inspector, shall inspect each pole.

15. Weight Verification Form: A reminder that schools shall process the weight verification form for all pole vaulters. This form is to be processed via an online submission process. The administration will have to process like they do wrestling certification. Coaches are to provide a copy of this form to each meet manager prior to the start of warm-ups.



Junior High Regulations

KSHSAA Handbook — Rule 42-3

Art. 1: No student shall participate in more than seven days of competition during a season.

EXCEPTION: Ninth Graders (8 meets)

Art. 2: Seventh and eighth grade students shall be limited to four events per day (track and/or field). Any number of these may be relays.

a. Seventh and eighth grade students are limited to no more than two races of 880 yards (800 M) or more in one day.

b. Junior high ninth graders follow senior high regulations.

c. The longest race any grade level shall run is as follows:

7th grade—1 mile (1600M)

8th grade—2 miles (3200M)

9th grade—Same as senior high

Art. 3: The recommended order of events in invitational meets is listed in the March KSHSAA Activities Journal.

NOTE: The host school shall notify invited schools one week in advance of the meet if the order of events is to be different from that recommended.

6th graders participating in interscholastic meets are subject to event limitations set by the Kansas Department of Education. **Questions pertaining to 6th graders participation in Track & Field should be referred to KSDE (Health & PE section).**

Recommended Events- Middle/Junior High

16. **If the order of events** for middle/junior high school girls' and boys' track events in invitational meets differ from those listed below, the host school shall notify schools one week in advance of the order of events for their track meet. The recommended events and the order for 7th and 8th grades are as follows:

*Girls' 75 M Low Hurdles (30")

*Boys' 75 M Low Hurdles (30")

Girls' 100 M Dash

Boys' 100 M Dash

Girls' 1600 M

Boys' 1600 M

Girls' 4x100 M Relay

Boys' 4x100 M Relay

Girls' 400 M Dash

Boys' 400 M Dash

Girls' 4x200 M Relay

Boys' 4x200 M Relay

Girls' 800 M Run

Boys' 800 M Run

Girls' 200 M Dash

Boys' 200 M Dash

Girls' 3200 M (8th grade only)

Boys' 3200 M (8th grade only)

Girls' 4x400 M Relay

Boys' 4x400 M Relay

Long Jump, High Jump, Pole Vault (Girls and Boys)

Shot Put (2.744K), 6 lbs. (Girls)

Shot Put (4K), 8lbs. 13oz. (Boys)

**Discus (Girls and Boys)

(1K, 2lbs, 3.2 oz)

*Girls' & Boys' 75 M Hurdle Spacing:
7 Hurdles; 13 M from start to 1st hurdle
8.5 M between hurdles

11 M from last hurdle to finish line

**The discus is the same as that used by high school girls.

NOTE: Field events between girls and boys should be alternated.

All Track and Field

17. **In the interest of safety**, the discus and javelin should be thrown in non-congested areas, well away from the track. These areas should be roped off and properly marshalled. A discus cage as described on page 83 of the 2014 NFHS Track & Field Rules Book must be used.

Please Note: The shot and discus throwing sector **will be 34.92 degrees.** (Refer to Page 83-84 of *NFHS Track & Field Rules Book*)

18. **Rule 4-3-1** describes the legal track & field uniform. It consists of a school issued top and bottom, which are not objectionable. No jeans or cut-offs shall be worn. **Rule 4-3-1** provides that each competitor shall wear the uniform issued by the school.

19. **At the regional meets**, if there is a tie in high jump and/or pole vault event, the tie-breaking procedure will be used.

20. **Remind your athletes no jewelry or costumes are permitted.**

By NFHS rule, watches may be worn.

21. **Rule 6-4-7, 6-5-7 & 6-6-6 states:** No taping of any part of the hands or fingers will be permitted unless there is an open cut or wound that must be protected by tape. A support belt may be worn, however, gloves are not permitted.

Senior High Regulations

KSHSAA Handbook — Rule 42-2

Art. 1: Practice shall not be held prior to Monday of Standardized Calendar Week #35 (Feb. 24, 2014).

Art. 2: Competition shall not begin prior to Thursday of Standardized Calendar Week #37.

Art. 3: A student may not run a race of more than two miles (3200 M).

Art. 4: No student representing a member school shall participate in more than eight track meets during a season, exclusive of regional and state meets.

a. Schools are encouraged to schedule as many quadrangular or smaller events as possible. It is recommended these meets start after school hours.

b. On those days when school time is used, only two competitions may begin prior to 3 p.m. C.T.

Art. 5: The Executive Board shall arrange to hold regional meets in convenient locations throughout the state during Standardized Calendar Week #46.

NOTE: Per Executive Board decision, **regional meets will be conducted on Friday, May 23, 2014.** See the KSHSAA Track & Field Manual for detailed information about regional and state meets.

Art. 6: The state championship meets shall be held during Standardized Calendar Week #47, May 30-31, 2014.

Qualifying Standards

22. **Per adopted policy**, qualifying standards for regional entries have been adjusted for Classes 1A-4A. These standards will be published in the 2014 KSHSAA Track & Field Manual.

Reminder — Qualifying Procedures

23. **The KSHSAA Executive Board** approved taking all fourth- (4th) place qualifiers at regional meets to State.

24. **In high jump and pole vault**, there is an adopted tie-breaking procedure to ensure only four competitors from each regional advance.

25. **In selected running events**, timing is to initially be done to one-thousandths. Once qualifiers are determined, times will be rounded per NFHS rule.

Individual Entries

26. An individual athlete **MAY** be entered in a maximum of four (4) individual events and may also be listed as a member of any or all relay teams. An individual athlete **MAY NOT COMPETE** in more than four (4) events (individual and/or relays) **TOTAL**. **Coaches** - be reminded that the individual event competition limitation of four (4) events is both an NFHS and KSHSAA rule. If an athlete is scratched from an individual event, there cannot be any substitution in that individual event for the scratched athlete. An athlete listed on the relay card is not considered to have competed in the relay unless they physically run as a member of the relay team in that meet. **FOR REGIONAL RELAY ENTRIES, COACHES SHOULD ALWAYS LIST MORE THAN FOUR RELAY MEMBERS - COACHES ARE PERMITTED TO LIST A MAXIMUM OF SIX.**

27. **Individual Event Entry Provisions** will be reviewed by KSHSAA Executive Board at their January 2014 meeting. Check the KSHSAA website (www.kshsaa.org- "Activities" - "Athletic" - "Track&Field" - "Announcements") for information.

Miscellaneous

28. **Medals and Trophies** — If ties exist, duplicate awards will be given to teams and individuals. Regional managers must notify the KSHSAA of ties involving duplicate awards.

TIME LIMIT - Excused Competitors

29. **During past seasons**, problems were encountered with competitors not being available to participate in one event because of involvement in another event. **Coaches must assume responsibility of ensuring athletes advise event judges of participation in another event, are excused by the judge, and return in a timely manner. Then, as judges, we need to ensure excellent communication.**

Regional & State Meets

30. **The KSHSAA Track & Field Manual** will include regional entry and other important information for track coaches and managers.

31. **Internet entries:** Regional entries will again be done via the KSHSAA website. While the specific procedure will be outlined in the 2014 Track & Field Manual, several key points:

- a. schools were provided an access code (see your principal)
- b. coaches **MUST** make correct entries
- c. initial entries due May 14
- d. coaches **MUST** have a printout to verify "final" entries
- e. additions, updates, corrections will be permitted through Saturday, May 17.
- f. **NO NEW** entries are permitted after May 17 at 8:30 p.m..

32. **At regional meets**, all scratches must be made by the coach at least one hour prior to the time the event is to start. All entries not scratched will be considered participating. If they fail to compete, they will be disqualified from competing in remainder of the meet unless reinstated by the Games Committee.

33. **Individual entries made via the internet** will require coaches' careful attention since no accompanying regional entry forms will be available for verification.

34. **Form TF-3** is required from every school entering athletes for regional competition. Once regional entries are finalized (no later than May 17), coaches **MUST** produce a printout of entries for their team(s).

35. **Please take your state entry** materials to the regional site, (form **TF-4** for girls, form **TF-5** for boys) fill them out, and hand them to the regional manager immediately following the meet. Entry fees may be sent to the KSHSAA later. **Note:** Designate the first four-place winners!

Coaches/Schools will be provided:

1. NFHS Track & Field Rules Examination, Part I (mailed to AD's)
2. Examinations & online meeting details
3. Legal Uniform Document
4. 2014 Qualifying Standards (Class 1A-4A)
5. Regional Tie-Breaking Procedure
6. KSHSAA 2014 Track & Field Manuals

Lightning Policy

Each member school was provided a complimentary copy of the NFHS Sports Medicine Handbook (Volume 3). A detailed section regarding lightning safety appears on pages 19-22 and is suggested for review. Additionally, the KSHSAA Executive Board authorized the following statement to be included in manuals and other pertinent materials.

Meet officials and on-site school administrators should monitor all weather conditions. If dangerous or severe weather is anticipated, on-site school administrators should either have with them monitoring equipment to alert them to the threat of lightning or, have access to emergency weather information which can provide them with information as to the threat of lightning within the vicinity. When lightning is observed in the vicinity of a track and field meet, competition should be suspended. If dangerous or severe weather conditions occur, on-site school administrators should inform meet officials and suspension of competition should occur. Student participants should be removed from the track and field at that time. On-site school administrators and meet officials should monitor weather conditions in order to make a determination as to whether competition should resume or the meet be postponed and resumed at a later date/time. If the decision is made to resume the meet, it will be resumed from the point of interruption consistent with NFHS Track and Field Rules.

