

## STATE MEET POLICIES AND PROCEDURES

The following items were agreed upon as policies for both state meets:

**A. No** radios, recorders, iPods, cell phones or video cameras will be allowed on the field. Please advise your athletes!

**B. Coaches** will be required to clear the track and field areas at 10:00 am on both days. Exception for pole vault coaches: A coaches' box for pole vault coaches only will be designated near the pole vault event. Passes for admission to that area will be issued to participating schools at the Coaches' Meeting at the state meet.

**C. Jewelry:**

1. The wearing of jewelry is prohibited. The first jewelry violation shall only apply to the competitor. Without holding up competition, the competitor shall be required to remove the jewelry before any further competition and be issued a warning that another jewelry violation shall result in a disqualification from the event. The event judge or the observing meet official should give written notice of the violation to the meet referee, including the athlete's name, the event, time and date of the jewelry violation. The meet referee shall notify the coach of the offending school of the competitor's violation and the warning. The protocol for communication of a violation will be that the event judge will notify the referee, and the referee will notify the coach.

2. Watches are allowed, but participants may wear only one watch during competition. The watch must be unadorned and may be worn only on the wrist.

**D. Uniforms:**

1. The uniform must be worn as intended by the manufacturer. If applicable, the jersey must be tucked into the shorts for all competition.

2. The first illegal uniform violation shall only apply to the competitor. Without holding up competition, the competitor shall be required to correct the violation before any further competition and be issued a warning that another uniform violation shall result in a disqualification from the event. The event judge or the observing meet official should give written notice of the violation to the meet referee, including the athlete's name, the event, time and date of the uniform violation. The meet referee shall notify the coach of the offending school of the competitor's violation and the warning. The protocol for communication of a violation will be that the event judge will notify the referee, and the referee will notify the coach.

3. **No** portion of the team uniform, except shoes, may be removed in the finish area of track events or in the immediate area of competition for field events.

**E. Headwear:**

**No** headwear, except headbands, will be allowed unless inclement weather is encountered or in special circumstances, such as health conditions or religious considerations. A headband is any item that goes around the head (including elastic strips/bands, pre-wrap, moisture-absorbing terry cloth etc.) If worn, only one headband is permitted. Headbands may be a maximum of 5 inches wide and must be a single, solid color and be non-abrasive and unadorned except for a manufacturer's logo and/or a school logo. The headbands shall have no jewelry attached.

**F. Spikes:**

At both meet sites, the following restrictions will apply to spikes:

1/8" spikes are the maximum lengths in track and field events (no needles). Pyramid or hex is recommended. Exception: javelin boots - football/soccer or baseball/softball shoes may be used in the javelin. Javelin runways are grass.

## G. Running Events:

1. **No** holding of starting blocks unless block malfunctions, then only the starter can designate someone to hold blocks. Meet management will furnish all starting blocks. No personal blocks are allowed.
2. **The 1600 Meter Relay** will start on a three-curve stagger.
3. **The 800, 1600 and 3200 Meter Races** will be started with a waterfall start. These races will be seeded with preferred positions in the center lanes/alleys.
4. **Relay batons** will be furnished. No personal batons allowed.
5. Only tape will be allowed for the **relay exchange zones**. No chalk will be allowed.
6. For the **4x100 meter relay**, participants will proceed to the corners from the marshalling area as directed by the clerk of the course.
7. **Warm ups** for running events will be conducted on the backstretch or on another suitable area as determined by the meet manager.
8. **Procedure for Timed Finals:**

For all classes, if the FAT system fails during one section of a timed final, then place winners will be determined by using hand times for both (all) sections of the event. Hand times will be rounded to the slower one-tenth. In the event of a tie, points for all tied places will be added together and divided among the number of tied competitors/relay teams.

## H. Field Events:

Athletes will use their own implements. ***Inspection of implements will be Friday and Saturday from 7:30 a.m. to 9:30 a.m. (Implements for events on Saturday's schedule must be inspected on Saturday, not the day before.) Only approved implements are allowed for event warm-ups.***

### 1. Throwing and horizontal jumps:

- a. Trials - competitors will be placed into flights.
- b. A general warm-up period before the start of the event will be allowed for all competitors. During any general warm-up period on Thursday or immediately preceding the throwing event(s), each athlete will be allowed only one implement/attempt at a time.  
  
Then, a period of time where only the flight's competitors are allowed two (2) warm-ups before their flight begins competition will be conducted. The Games Committee will have the option of modifying this procedure for inclement weather or other extreme circumstances.
- c. Competitors in each flight shall be allowed three trials. All three trials shall be taken before the next flight begins.
- d. 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. Changes may also be made in the order of competition, provided that athletes compete within their original flights and the changes are made only in order to accommodate an event conflict. If weather or other conditions might result in unfairness to any competitor, the referee shall alter the plan and prescribe single trials in the preliminaries and in the finals.

- e. Finals - the top ten will throw or jump in reverse order (10<sup>th</sup>, 9<sup>th</sup>, 8<sup>th</sup>, 7<sup>th</sup>, 6<sup>th</sup>, 5<sup>th</sup>, 4<sup>th</sup>, 3<sup>rd</sup>, 2<sup>nd</sup>, 1<sup>st</sup>) taking one attempt at a time or more than one trial in succession.

**2. Pole vault and high jump:**

The continuous flight method will be used with five competitors active at a time - e.g. five competitors are designated to start competition. Each of the first group will be called in order. When one passes a turn, clears the bar or is eliminated, the next competitor in order shall move up so the number of contestants in the active flight remains constant.

- a. Starting heights will be as follows:

Class	Gender	Pole Vault Height:	High Jump Height:
AA	Boys	12' 0"	5' 11"
	Girls	8' 6"	4' 9"
A	Boys	11' 0"	5' 10"
	Girls	7' 6"	4' 8"
B	Boys	11' 0"	5' 10"
	Girls	7' 6"	4' 8"
C	Boys	10' 6"	5' 8"
	Girls	7' 0"	4' 6"

- b. Successive heights in the pole vault will be 6" raises until three or fewer competitors remain, then 3" raises will be used. High jump successive heights will be 2" raises until three or fewer competitors remain, then 1" raises will be used. When only one competitor remains and he/she is determined to be the winner of the event, he/she can determine the increments.
- c. Prior to the start of the meet, the Games Committee can alter starting heights and successive heights. Adjustments to starting heights will be made no later than the Coaches' Meeting on Thursday night, unless extreme weather conditions necessitate otherwise.
- d. Each high jump competitor will be allowed only one tape marking on the jumping pad. Each athlete should remove his/her tape following the completion of the event. No chalk will be allowed.

**I. Scoring:**

Scoring for the state meets will follow National Federation rules for all events:

- 1<sup>st</sup> place----- 10 points
- 2<sup>nd</sup> place -----8 points
- 3<sup>rd</sup> place-----6 points
- 4<sup>th</sup> place-----4 points
- 5<sup>th</sup> place-----2 points
- 6<sup>th</sup> place----- 1 point

**J. Video or Other Recorded Images**

Other than the official recording/electronic device(s) approved for timing the meet by the Games Committee, digital images, video replay, television monitoring equipment, camera phone recordings and other recorded media shall not be used to make decisions related to the meet.

**K. Pre-meet Workouts and Other Warm-ups:**

Both tracks will be available for workouts on Thursday. The first pole vault competition for the meet will begin at 4:00 pm on Thursday, so the classification that is scheduled to vault on Thursday can enter the facility at 3:00 pm to begin team workouts. The other classification cannot enter the facility to begin workouts until 4:00 pm. This should help alleviate some of the crowding that can occur. Please refer to the pole vault schedule for each site, which is found in the schedule (next) section of this booklet.

Warm-ups during the meet will be determined by meet management unless otherwise prescribed in this procedure manual. No exercise bikes will be allowed as a means of warming-up competitors.

**L. Weather Considerations:**

No tents will be allowed on the infield. Tents in grandstands will be allowed as specified in the facility memo to be distributed in May.

In case of inclement weather, an area or shelter will be provided for student-athletes. Towels will not be provided.

Umbrellas are not allowed on the infield. In case of extreme weather conditions, allowances may be made at each site.

**M. Buses**

When dropping off or picking up athletes, busses are not allowed inside either school complex. Please do not pull in behind any school building. Busses will not be allowed to idle in the vicinity of the schools.

**N. MHSA Track and Field Rule (14), page 91 of the current MHSA Handbook:**

*All participants are prohibited from wearing any garments with alcohol or tobacco advertisements, with profanity or with other inappropriate messages at track meets. It is the responsibility of coaches and meet directors to ensure that inappropriate apparel is removed.*

**O. NFHS Track and Field Rules – Items of Note**

NFHS Track and Field Rules, Rule 4, Section 6 includes this note: *“The use of an atomizer during competition containing a prescription drug designed to alleviate the asthmatic condition is not considered to be an illegal aid as long as a physician’s statement documenting the need of the athlete to use the prescription is presented to the meet director/referee prior to the beginning of the meet.”*