



# Kansas State High School Activities Association

## 2019 Track & Field Announcements

### Points of Emphasis

- 1. UNIFORMS:** It has become increasingly more difficult to officiate the uniform rule given the increase in the number of programs nationwide that are allowing individual team members the option of independently purchasing either all or part of their team uniform. The slight differences in design of a uniform do not negatively impact the identification of a relay team by an official. The expectation of this rule is that all relay team members can be clearly identified as representing the same school through predominant color, school logo, and color combinations of all outer garments.
- 2. WEARABLE TECHNOLOGIES:** The availability of wearable technologies that allow individuals to monitor a variety of body functions, including but not limited to, heart rate, blood pressure, pace and distance traveled are readily available and cost effective. Nearly all these wearable technologies can both transmit and receive collected data from other mechanisms. This data can be used to evaluate how the body is performing, and the user can adjust as needed based on that data. Therefore, track and field rules do not prohibit the use of these technologies, but Rules 3-2-8a and 4-6-5d state that no competitor may receive electronically transmitted data from a coach or other third party. If such communication is observed by an official, the competitor will be disqualified.
- 3. OFFICIALS SAFETY AND RECOMMENDATIONS IN VERTICAL AND HORIZONTAL JUMPS:** The safety of the athletes and officials is most important before, during and after the competition in vertical and horizontal jumps. The safety of athletes is paramount by eliminating hazardous conditions from the venue. This includes foreign debris in the land area, inspection of the runway and always being prepared for the unexpected, even though the event seems to be progressing as planned.

In horizontal jumps, make sure pits are full of sand and turned, shovels and rakes are placed tines down after use. Inspect takeoff boards and pit edges. Also instruct those raking the pits to keep sand off the track.

In vertical jumps, make sure the pits meet the rule standards, they are the correct size and properly padded. (They should be over padded). Check that crossbars meet standards and they are clearly marked. In pole vault, double check standards and extenders, and that the planting box is free of water and in good standing.

### NFHS RULES

- 1. 4-3-1:** Eliminates redundant language and expands the definition of foundation garments. Current logo/trademark/reference restrictions will remain in place for all uniform tops and/or bottoms. The current interpretation of foundation garment has been expanded to include an item worn under the uniform top and/or bottom. The games committee has the authority to restrict the wearing of an item outside of the required school uniform and therefore could create more restrictive rules regarding items worn under the uniform if deemed appropriate.
- 2. 4-3-2:** Clarifies uniform language for relay team members. See the legal uniform document.
- 3. 6-2-20:** Adds consistent language through all NFHS Track and Field books on how to indicate successful trials, failed attempts and passed trials.
- 4. 6-6-11, 6-8-12:** The addition of language to the nearest centimeter puts this rule in line with other rules codes and enables states that are using the metric system to give a fairer depiction of the actual performance.
- 5. 6-9-4, 6-9-5, 6-9-7:** These changes ensure that pit measurements are within industry standards for safety.

### Sportsmanship

#### NFHS Rule 3-4-8(a)

The head coach shall be responsible for verifying to the referee/starter that all his/her competitors are properly equipped (uniform and equipment) in compliance with these rules. The Executive Board of the KSHSAA is requiring the use of cards again this year. These should be turned in at each meet in which the team is competing.

### Coaches' & Officials' Requirements

#### (Very Important)

Coaches must insist on all National Federation track and field rules being enforced throughout the season at all meets. This prepares the athletes for the regional and state track and field meets.

### All Head Coaches & Registered Starters

#### Take Test Online

February 11 – March 18

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 online. Specific procedures will be provided to KSHSAA member schools in materials sent to athletic directors and will be contained in materials sent to starters upon their registration with the KSHSAA.

The online exam will be available between February 11 and March 18 at [www.kshsaa.org](http://www.kshsaa.org). Head coaches should login using the school's user ID and coach password. KSHSAA registered starters should use their official number and password. Regardless of the level of coaching, all questions are to be answered.

School coaches failing to submit answers online by March 18 will result in a \$25 fine for the school. Registered starters failing to submit answers online 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*.

## Online Rules Meeting Attendance

February 11 – March 18

1. 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 11 and March 18, 2019.
2. **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 volunteers are permitted to work with teams.**

## Seasons of Activities

KSHSAA Rule 30

1. 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.
2. The KSHSAA Executive Board passed the following policy relative to tobacco products and other chemical use. "Coaches, directors/sponsors/coaches aides and contest officials are prohibited from using tobacco products, alcoholic beverages or illegal drugs while directly involved in interscholastic activities."
3. 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

**Rule 6-5-4** . . . A competitor shall not use an illegal implement during warm-up or competition.

**Rule 6-5-3** ... 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 handhold position; a 1-inch circular band indicating the maximum top-handhold position with the position being determined by the manufacturer.

**Rule 6-5-3** ... 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 coach verification.

**NOTE:** Coaches may not re-mark poles.

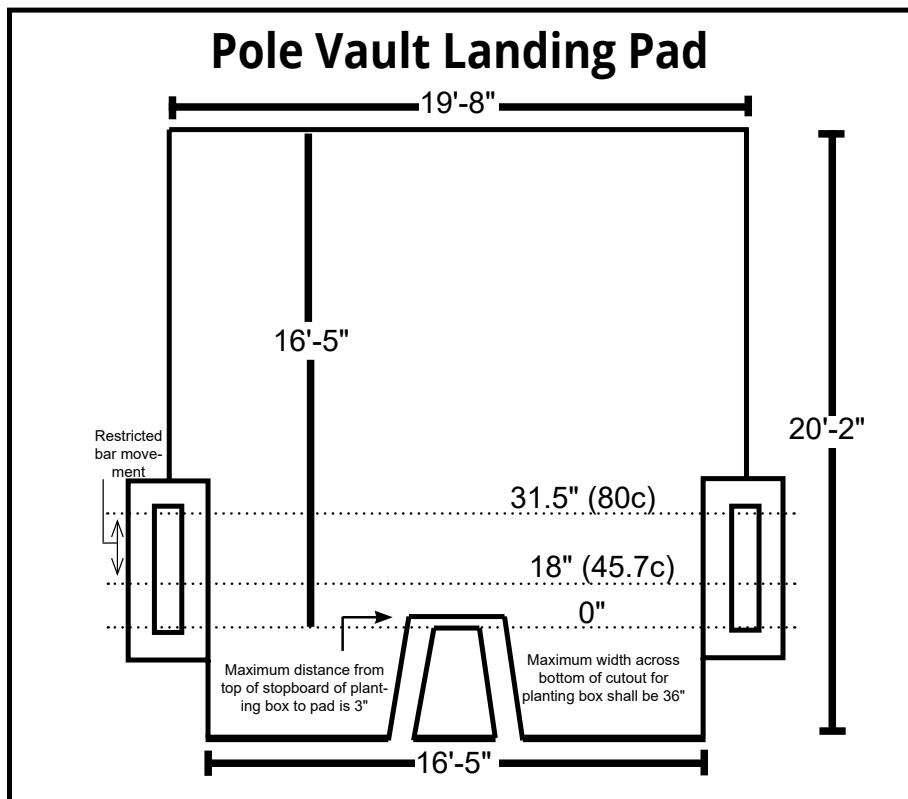
**Rule 6-5-4** . . . A competitor shall not use a variable weight pole, a pole which is improperly marked or a pole rated below his/her weight during warm-up or competition.

**PENALTY = Disqualification from the event.**

**Rule 6-2-22** – 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 6-5-5** . . . Prior to the warm-up, the field referee, head field judge shall inspect each pole.

**Weight Verification Form:** Schools shall process the weight verification form for all pole vaulters via an online submission process. The school 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.



**Continued emphasis is placed on pole vault safety.**

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

## Junior High Regulations

### *KSHSAA Rule 42-3*

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

EXCEPTION: Ninth graders (eight 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 800 meters 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—3200m

8th grade—3200m

9th grade—senior high regulations

**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.

**Sixth graders** participating in interscholastic meets are subject to event limitations set by the Kansas Department of Education. **Questions pertaining to sixth graders' participation in track and field should be referred to KSDE (Health & PE section).**

## Recommended Events

### *Middle/Junior High*

1. If the order of events for middle/junior high school girls and boys track invitational meets differs 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 seventh and eighth grades are as follows:

\*Girls 75m Low Hurdles (30")

\*Boys 75m Low Hurdles (30")

Girls 100m Dash

Boys 100m Dash

Girls 1600m Run

Boys 1600m Run

Girls 4 x 100m Relay

Boys 4 x 100m Relay

Girls 400m Dash

Boys 400m Dash

Girls 4 x 200m Relay

Boys 4 x 200m Relay

Girls 800m Run

Boys 800m Run

Girls 200m Dash

Boys 200m Dash

Girls 3200m (8th grade only)

Boys 3200m (8th grade only)

Girls 4 x 400m Relay

Boys 4 x 400m Relay

Long Jump, High Jump, Pole Vault (girls and boys)

**Shot Put (2.744K), 6 lbs. (girls)**

**Shot Put (4K), 8.818 lbs. (boys)**

\*Girls & Boys 75m Hurdle Spacing:

7 Hurdles; 13 meters from start to first hurdle

8.5 meters between hurdles

11 meters 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

1. 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 80 of the *2019 NFHS Track & Field Rules Book* must be used.

**Please Note:** The shot and discus throwing sector is 34.92 degrees. (Refer to page 54 of *NFHS Track and Field Rules Book*.)

2. *Rule 4-3-1* describes the legal track and 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* states that each competitor shall wear the uniform issued by the school or school approved.

## Senior High Regulations

### *KSHSAA Rule 42-2*

**Art. 1:** Practice shall not be held prior to Monday of Standardized Calendar Week #35 (February 25, 2019).

**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 3200m.

**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 17, 2019 unless otherwise approved. 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 24-25, 2019.

## Qualifying Standards

1. Per adopted policy, qualifying standards for regional entries have been adjusted for Classes 1A-3A. These standards will be published in the *2019 KSHSAA Track & Field Manual*.

### Reminder:

## Qualifying Procedures

1. In high jump and pole vault, there is an adopted tiebreaking procedure to ensure only four competitors from each regional advance.

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

## Participation and Entry Limitations

A contestant shall not be entered in more than four events, excluding relays. If a contestant is entered in more than the allowable number of events, meet management shall scratch the contestant from the excess event(s) by following the listed order of events.

### Contestant may officially enter:

**Four individual events** - no relays allowed

**Three individual events** - may be listed on any number of relays but compete in only one relay

**Two individual events** - may be listed on any number of relays but compete in only two relays

**One individual event** - may be listed on any number of relays but compete in only three relays

**Zero individual events** - may be listed on any number of relays and may compete in all relays

## Miscellaneous

1. **Medals and Trophies** — When 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

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 communicate with 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

1. **The KSHSAA Track & Field Manual** will include regional entry and other important information for track coaches and managers.
2. **Online entries:** Regional entries will again be submitted via the KSHSAA website. The specific procedure will be outlined in the *2019 Track & Field Manual*.

- schools are provided an access code (see your principal)
- coaches **MUST** make correct entries
- entries are due Saturday, May 11, 2019
- coaches **MUST** have a printout to verify "**FINAL**" entries
- **NO NEW** entries are permitted after May 11 at 8:30 p.m.

3. **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.
4. Individual entries made via the online process will require coaches' careful attention since no accompanying regional entry forms will be available for verification.
5. Form **TF-2** is required from every school entering athletes for regional competition. Once regional entries are finalized (no later than May 11), coaches **MUST** produce a printout of entries for their team(s).
6. Form **TF-3** for girls and **TF-4** for boys is due to the regional manager before leaving the site.

## KSHSAA Guidelines for Lightning Safety

1. When thunder is heard or cloud-to-ground lightning is seen, the leading edge of the thunderstorm is close enough to pose a lightning risk. Suspend play and take shelter immediately.
2. Once play has been suspended, wait at least 30 minutes from the last sound of thunder or lightning strike witnessed before resuming the activity.
3. Any subsequent thunder or lightning strike during the 30 minute waiting period resets the clock, and a new 30 minute waiting period begins.

*Anytime lightning can be seen or thunder heard, risk is present!*

### School Considerations:

1. A documented plan for handling severe weather situations such as lightning should be in place.
2. The persons responsible for monitoring weather activity and determining when to suspend practice or competition should be identified.
  - Ideally this person will NOT be a coach or an official involved in the game or practice, as they may be too involved with their other duties to monitor the weather.
3. There are many different methods of monitoring the weather. The internet and mobile device weather applications are one option. Weather radios are available through the National Oceanic and Atmospheric Administration (NOAA) and the National Weather Service. The Weather Channel can also provide good information on storm movement and strength. Each school will need to determine their most effective means of monitoring the weather.

National Weather Service contact information, areas of coverage, and weather radio frequencies are provided on the back of this document
4. All personnel, athletes, and spectators should be clearly informed in advance of available safe structures or shelters in the event of severe weather.
5. The most ideal safe structure is a fully enclosed building with plumbing, electrical wiring, and telephone service which all aid in grounding the structure.
6. Fully enclosed automobiles with metal roofs, including school buses, provide adequate shelter as well.
7. Avoid using bathrooms or showers as shelter areas as the plumbing pipelines provide a path for the lightning to enter the structure. Also avoid using corded telephones or headsets during a thunderstorm, and avoid standing near utilities.
8. If communication is necessary during the storm, cellular and cordless phones are considered reasonably safe.