

## 2008-2009 TRACK AND FIELD BULLETIN

**INTRODUCTORY NOTE:** The rules interpretations will be presented and viewed online beginning in 2008-09. As in the past, time does not permit coverage of all the rules. This information has been prepared to assist you in your personal study of the rules by noting **SOME** of the rules that deserve special attention. If you have further questions upon reviewing this document, or viewing the online rules meetings, please contact Assistant Executive Director Ron McGraw at the IHSA Office.

**To receive credit for the Rules Meeting:** You **must** login to the IHSA Officials Center (officials only) or IHSA Schools Center (coaches only) **between December 8, 2008 and February 19, 2009. Officials or schools who do not redeem credit for the Rules Meeting through the proper procedure will either be placed on Probation or Suspension and must pay a penalty fee to get the probation or suspension lifted.**

**To review the online presentation only:** The IHSA Track Website will have the same power point presentation with one exception (it **will not allow** you to receive credit). It is for viewing purposes only and will be available throughout the course of the track season.

### I. 2008-09 IMPORTANT DATES/DEADLINES FOR GIRLS AND BOYS TRACK & FIELD:

- February 11: Part I Officials Examination and Promotion Applications Due
- February 19: Officials Availability changes due through the Officials Center on the IHSA Website
- February 19: Deadline for coaches and officials to view the required rules meeting **online in the school or officials center.**
- March 23: State Final Volunteer Official deadline:
  - Licensed Officials:** You must login to your personal IHSA Officials Center Website to accept a volunteer official position
  - Volunteers who are not IHSA Licensed Officials:** Contact Cheryl Mitchell at [cmitchell@ihsa.org](mailto:cmitchell@ihsa.org).
- May 12: **Girls Track Schools Online List of Participants due in the IHSA Office by noon.**
- May 13: Sectional Seed Meeting
- May 15 or 16: IHSA Girls Sectional Track & Field Meets
- May 21-23: IHSA Girls State Final Track & Field Meet, O'Brien Stadium at Eastern Illinois University, Charleston, IL.
- May 19: **Boys Track Schools Online List of Participants due in the IHSA Office by noon.**
- May 20: Sectional Seed Meeting
- May 22-23: IHSA Boys Sectional Track & Field Meets
- May 28-30: IHSA Boys State Final Track & Field Meet, O'Brien Stadium at Eastern Illinois University, Charleston, IL.
- June 14: Written recommendations due to the IHSA Office for Advisory Committee consideration

### II. PROCESS FOR RECEIVING CREDIT FOR RULES MEETING ATTENDANCE

Track & Field coaches are reminded that the IHSA's annual rules interpretation meeting will be conducted on-line this year. Coaches and officials will be able to access and view the approximately 30 minute long videos through the IHSA Schools or Officials Center between **December 8 and February 19.** After February 19, the opportunity to view the online rules interpretation will end. Those that do not view the required rules meeting during this 10 week window of time will be required to pay a \$50.00 late fee in order to view the meeting and receive credit. At the end of each video, coaches will be instructed how they can redeem credit for watching the rules meeting video.

### III. 2008-2009 NFHS RULE CHANGES

(To view the following summary of the major NFHS rule revisions, see the first page of your NFHS rulebook.)

#### A. 2009 Track and Field Rules Changes

- ❖ **3-9-2:** Specifies that for gun starts only a closed barreled starter's pistol may be used by the starter.

**Rationale:** It is not appropriate to use a live weapon at an educational event and in most cases state law prohibits firearms on school grounds and school events. The starter's pistol is adequate to produce the desired result for the starting of a race.

- ❖ **3-9-6:** When fully automatic timing (FAT) is used, timing shall be recorded in one one-hundredths of a second and all ties for place finishes and/or determining qualifiers for a subsequent round shall be broken by using timing to one one-thousandths of a second if the system allows.

**Rationale:** Fully automated timing is considered accurate and reliable enough to use 1/1000<sup>th</sup> to break ties and advance competitors to subsequent rounds of competition and is therefore reliable and accurate enough to break ties to determine final places or lane assignments.

- ❖ **3-9-9 new:** Indoor and outdoor meets using fully automatic timing (FAT) may be started by a .32 or .22 caliber starter's pistol (closed barrel) or electronic, gunless device for record purposes.

**Rationale:** The FAT systems do not require the noise of a .32 caliber, and a .22 caliber is clearly heard by competitors and provides adequate smoke for manual timing.

- ❖ **6-4-9c, 6-5-9c:** A competitor in the throwing events may enter and exit the circle without a foul providing it occurs within the time allowed for the trial and before the competitor starts his/her attempt beginning with the pause.

**Rationale:** The competitor should be able to exit the circle and return to dry his/her hands, clean his/her shoes, wipe off the throwing implement etc. without penalty providing the throw is completed within the allotted time which begins when the competitor is called "up."

- ❖ **7-4-11, 7-5-18:** Deletes the option for the event judge to place a cloth marker on the crossbar for sighting purposes.

**Rationale:** The current crossbars are of a bright contrasting color which no longer present a sighting problem for competitors and therefore the use of the cloth is no longer in use for competition.

- ❖ **7-5-3 Note new:** Visible etchings which appear on poles shall not meet the requirement of the manufacturer's pole rating appearing on the pole in a contrasting color.

**Rationale:** Most poles have an etching on the pole which is a code to the manufacturer. This code most frequently does not correspond to the proper weight rating for the pole. The rating appearing as the mark in contrasting color is established by the manufacturer is clearly visible and serves only this purpose. The requirement is for purposes of risk minimization and should be adhered to strictly.

- ❖ **7-5-29:** Clarifies the original intent to permit a competitor in the pole vault to abort the approach and in stopping plant the pole and momentum causes his/her feet to leave the ground without being considered a foul. It is a foul if a vaulter leaves the ground in an attempt and fails to clear the crossbar.

**Rationale:** The change in 7-5-29 last year by the committee was not intended to allow a vaulter to abort a vault but rather to have the opportunity to stop and abort the approach. However, the language was not clear and as written allowed a vaulter to abort a vault. This change clearly reflects the original intent of the committee to abort only the approach and have the opportunity to restart the approach. This exception is appropriate for the high school vaulter.

### **Editorial Changes**

2-3-2; 4-3-1c2, 9-6-1b2; 4-3-2b; 4-5-8b; 4-5-10; 5-4 Note; 5-7-3; 6-4-5; 6-4-7; 6-5-5; 6-5-7;  
6-6-2; 6-6-3; 6-6-6; 7-1-4; 7-5-4; 7-5-4 new Note; 7-5-13; 9-1-1; 9-6-4

### **Points of Emphasis**

**(For complete discussion of these points of emphasis see page XX.)**

1. Electronic devices
2. Observed violation reporting procedures
3. Starters pistols
4. Equipment failure
5. Pole vault
6. Visible undergarments in Track and Field and Cross Country

#### **IV. 2008-2009 IHSA Track & Field Terms and Conditions Changes**

(To view the following summary of the major IHSA rule revisions, see the Terms and Conditions On-line. **Due to shipping costs, IHSA no longer prints or mails manuals to member schools. The Online Manual for Schools and Terms and Conditions are posted online on or about February 2 on the respective IHSA Boys <http://www.ihsa.org/activity/trb/index.htm> and Girls Track <http://www.ihsa.org/activity/trg/index.htm> Websites.**

**With the New 3-Class System in place this year, there will be many changes to the structure of the meet. Coaches must review these materials to avoid making individual or team ineligible to compete in the State Series. There are many important dates and deadlines that must be met to keep your school eligible to compete in the IHSA State Series.**

The Illinois High School Association (IHSA) Board of Directors acted on recommendations for Terms and Conditions at its regular meeting Monday, October 14, 2008. Following is a recap of Board action regarding the Track & Field Terms and Conditions recommendations:

1. Approved a recommendation to no longer make coach attendance mandatory at Sectional Seeding Meetings.

2. Approved a recommendation to conduct equal sections in the 3200 if the total number of contestants is more than 25. A first section will not be run with less than six competitors.
3. Approved a recommendation to open the track state finals complex to arriving Class 1A competitors on Wednesday from 4:00 p.m. until dark.

**1) Girls Class 1A Qualifying Standards for 2009:**

<b>No./Event</b>	<b>Manual</b>	<b>F.A.T.</b>
1. 4 x 800-Meter Relay	10:23.5	10:23.74
2. 4 x 100-Meter Relay	:52.0	:52.24
3. Discus Throw	107-6	
4. 3200-Meter Run	12:17.0	12:17.24
5. 100-Meter High Hurdles	:16.4	:16.64
6. High Jump	5-1	
7. 100-Meter Dash	:12.7	:12.94
8. 800-Meter Run	2:27.0	2:27.24
9. Long Jump	16-4	
10. 4 x 200-Meter Relay	1:51.5	1:51.74
11. 400-Meter Dash	1:01.8	1:02.04
12. Pole Vault	8-9	
13. 300-Meter Low Hurdles	:48.6	:48.84
14. 1600-Meter Run	5:36.0	5:36.24
15. Shot Put	35-6	
16. 200-Meter Dash	:26.8	:27.04
17. 4 x 400-Meter Relay	4:16.5	4:16.74
18. Triple Jump	33-5	

**2) Girls Class 2A Qualifying Standards for 2009**

<b>No./Event</b>	<b>Manual</b>	<b>F.A.T.</b>
1. 4 x 800-Meter Relay	10:12.0	10:12.24
2. 4 x 100-Meter Relay	:51.0	:51.24
3. Discus Throw	112-6	
4. 3200-Meter Run	11:54.0	11:54.24
5. 100-Meter High Hurdles	:15.8	:16.04
6. High Jump	5-1	
7. 100-Meter Dash	:12.4	:12.64
8. 800-Meter Run	2:23.7	2:23.94
9. Long Jump	16-10	
10. 4 x 200-Meter Relay	1:49.0	1:49.24
11. 400-Meter Dash	1:00.6	1:00.84
12. Pole Vault	9-0	
13. 300-Meter Low Hurdles	:47.6	:47.84
14. 1600-Meter Run	5:27.0	5:27.24
15. Shot Put	36-6	
16. 200-Meter Dash	:26.0	:26.24
17. 4 x 400-Meter Relay	4:11.5	4:11.74
18. Triple Jump	34-6	

**3) Girls Class 3A Qualifying Standards for 2009**

<b>No./Event</b>	<b>Manual</b>	<b>F.A.T.</b>
1. 4 x 800-Meter Relay	9:45.0	9:45.24
2. 4 x 100-Meter Relay	:50.0	:50.24
3. Discus Throw	117-6	
4. 3200-Meter Run	11:31.0	11:31.24
5. 100-Meter High Hurdles	:15.2	:15.44
6. High Jump	5-3	
7. 100-Meter Dash	:12.2	:12.44
8. 800-Meter Run	2:20.5	2:20.74
9. Long Jump	17-3	
10. 4 x 200-Meter Relay	1:46.5	1:46.74
11. 400-Meter Dash	59.5	:59.74
12. Pole Vault	10-0	
13. 300-Meter Low Hurdles	:46.7	:46.94
14. 1600-Meter Run	5:18.0	5:18.24
15. Shot Put	37-6	

16. 200-Meter Dash	:25.8	:26.04
17. 4 x 400-Meter Relay	4:06.5	4:06.74
18. Triple Jump	35-6	

**Note: Field events are listed in English measurements.**

**4) Boys Class 1A Qualifying Standards for 2009:**

No./Event	Manual	F.A.T.
1. 4 x 800-Meter Relay	8:22.0	8:22.24
<b>2. 4 x 100-Meter Relay</b>	<b>:44.4</b>	<b>:44.64</b>
3. Discus Throw	143-0	
4. 3200-Meter Run	10:05.0	10:05.24
5. 110-Meter High Hurdles	:15.2	:15.44
6. High Jump	6-3	
7. 100-Meter Dash	:11.0	:11.24
8. 800-Meter Run	2:01.0	2:01.24
<b>9. Long Jump</b>	<b>21-3</b>	
10. 4 x 200-Meter Relay	1:33.7	1:33.94
<b>11. 400-Meter Dash</b>	<b>51.5</b>	<b>51.74</b>
12. Pole Vault	12-9	
13. 300-Meter Int. Hurdles	:41.0	:41.24
14. 1600-Meter Run	4:37.0	4:37.24
15. Shot Put	49-0	
16. 200-Meter Dash	:22.8	:23.04
17. 4 x 400-Meter Relay	3:31.5	3:31.74
<b>18. Triple Jump</b>	<b>42-3</b>	

**5) Boys Class 2A Qualifying Standards for 2009:**

No./Event	Manual	F.A.T.
1. 4 x 800-Meter Relay	<b>8:15.0</b>	<b>8:15.24</b>
2. 4 x 100-Meter Relay	:43.7	:43.94
3. Discus Throw	148-0	
4. 3200-Meter Run	9:49.0	9:49.24
5. 110-Meter High Hurdles	:14.8	:15.04
6. High Jump	6-3	
7. 100-Meter Dash	:10.8	:11.04
8. 800-Meter Run	1:59.2	1:59.44
9. Long Jump	21-8	
10. 4 x 200-Meter Relay	1:31.7	1:31.94
11. 400-Meter Dash	50.7	50.94
12. Pole Vault	13-3	
13. 300-Meter Int. Hurdles	:40.3	:40.54
14. 1600-Meter Run	4:30.2	4:30.44
15. Shot Put	50-11	
16. 200-Meter Dash	:22.4	:22.64
17. 4 x 400-Meter Relay	3:28.0	3:28.24
18. Triple Jump	43-6	

**6) Boys Class 3A Qualifying Standards for 2009:**

No./Event	Manual	F.A.T.
1. 4 x 800-Meter Relay	8:03.0	8:03.24
2. 4 x 100-Meter Relay	:42.9	:43.14
3. Discus Throw	155-0	
4. 3200-Meter Run	9:33.0	9:33.24
5. 110-Meter High Hurdles	:14.5	:14.74
6. High Jump	6-4	
7. 100-Meter Dash	:10.6	:10.84
8. 800-Meter Run	1:57.5	1:57.74
9. Long Jump	22-3	
10. 4 x 200-Meter Relay	1:29.7	1:29.94
11. 400-Meter Dash	49.7	49.94
12. Pole Vault	13-9	
13. 300-Meter Int. Hurdles	:39.6	:39.84
14. 1600-Meter Run	4:23.5	4:23.74
15. Shot Put	52-9	

16. 200-Meter Dash	:22.0	:22.24
17. 4 x 400-Meter Relay	3:24.0	3:24.24
18. Triple Jump	45-0	

**Note: Field events are listed in English measurements.**

## V. Officials Information

### ◆ State Final Volunteer Officials:

**Volunteers who are IHSA licensed officials at the State Meets:** You must go online through the officials' center to make yourself available for the State Track Meets. You will not receive a form in the mail. We will post a request for you to volunteer at the State Meets. You will be able to accept or decline that assignment online as well as indicate your shirt size.

**Volunteers who are non-licensed officials at the State Meets:** All non-licensed officials who volunteered at last year's meet(s) will be mailed a State Final Worker Request ScanTron Form to complete and return immediately to the IHSA Office.

**People who have never volunteered at the State Track Meets:** If you would like to this year at either the girls or boys state final, contact Cheryl Mitchell at the IHSA Office. Call her at (309) 663-6377, email ([cmitchell@ihsa.org](mailto:cmitchell@ihsa.org)) or fax your name and address to her at (309) 663-7479. She will add you to the list of volunteers and add you to the IHSA Mailing list for upcoming years.

◆ **State Final Housing:** All persons who work the respective state final meets are responsible for their own housing. A listing of motels in the Charleston-Mattoon area can be found on the track and field page(s) in the IHSA Web Site at [www.ihsa.org](http://www.ihsa.org). In addition, Eastern Illinois University will make dormitory rooms available both weekends. Call EIU Housing at (217) 581-3923.

### **2009 Housing Costs – per person not per room (Tax included):**

\$40.00 <u>per person</u> in a Double Room for 3 nights	\$56.00 <u>per person</u> in a Single Room for 3 nights
\$30.00 <u>per person</u> in a Double Room for 2 nights	\$42.00 <u>per person</u> in a Single Room for 2 nights
\$20.00 <u>per person</u> in a Double Room for 1 night	\$28.00 <u>per person</u> in a Single Room for 1 night

Reservations for University Residence Halls must be made in advance. For reservations, please contact University Housing & Dining at (217) 581-5111 or (217) 581-5633.

◆ **A CHANGE IN OFFICIALS HOUSING LOCATION AND OFFICIALS BREAKFAST MEETING FOR 2008-09 DUE TO RENOVATIONS AT STEVENSON HALL:** Officials will be housed in Douglas Hall and the officials breakfast will be in the University Union Ballroom....Douglas Hall is a lower level building attached to Stevenson Tower. Officials will use the same parking lot as in previous years and essentially the same location just next door to Stevenson Tower...they will have to walk across 4<sup>th</sup> street for breakfast...five minute walk from Douglas Hall...Signs will be posted on the sidewalk directing you to breakfast.

◆ **Officials Breakfast:** Packet pick up for officials will be done during a breakfast meeting in the University Ballroom as stated above beginning on both weekends (Thursday: 7:45 a.m., Friday: 6:30 a.m. and Saturday: 6:30 a.m.)

### **Officials Uniform**

1. A starter's sleeve must be a solid color: red, yellow or orange.
2. White collared shirts, short or long sleeved.
3. Blue, black, khaki or gray pants, no jeans or sweat pants.
4. Blue jacket with a red, yellow, or orange sleeve customized to the coat, or a plain blue jacket with a separate starter's sleeve.
5. Blue or red sport coat may be worn, tie is optional.

6. If not acting as the starter or referee, wear apparel provided by the meet management or white shirt with pants as in No. 3.
7. Officials patches must be worn according to VI-A patches in the current IHSA Sports Officials Handbook.
  - ◆ Major officials are licensed with the IHSA. Only IHSA Athletic Officials licensed in Track and Field may receive pay to officiate boys and/or girls interscholastic track and field meets, including expenses. (Major officials include the Referee, Starter, Referee-Starter.)

## VI. SECTIONAL HOSTS, TRACK COACHES AND/OR ATHLETIC DIRECTORS INFORMATION

- ◆ Prior to a track and field meet, all competition areas, facilities and equipment must be inspected and prepared in adherence to proper safety measures that insure the safety of competitors, officials, coaches and fans.
- ◆ **Order of Events:** This will serve as a reminder that if the competing schools (or conference) do not mutually agree to use the same Order of Events used in the state meet series or some other mutually agreeable Order of Events, the Order of Events included in Rule 1 of the Track and Field Rules shall be used.
- ◆ **Sectional Managers are required to use the Computer Data File supplied by the IHSA Office for use in their Seeding Meeting/Sectional Meets. Managers should not request information from schools assigned to their Sectional and schools should not respond to the request of a Sectional Manager to provide such information.**
- ◆ The following are available:
  - (a) Stop watches (starting device or F.A.T system);
  - (b) Starting blocks
  - (c) Official implements for each event;
  - (d) One tape measure for each field event; and,
  - (e) Official score sheets including flight cards and heat cards.

## VII. SPORTSMANSHIP

1. It is important that everyone involved in the Girls and Boys high school Track & Field programs work together to teach, instill, promote and support GOOD SPORTSMANSHIP among the student-athletes, coaches, officials, athletic administrators, school administrators and spectators.
2. Showing support and cheering for your own team, as well as showing appreciation for the good performance of your opponent(s), does much to promote good sportsmanship.
3. Competing by the rules is important in establishing and maintaining good sportsmanship. Adherence to the "spirit" of the rule as well as the "letter" of the rule gives student-athletes, coaches, officials, athletic directors, school administrators and fans a "winning edge" in achieving good sportsmanship. **THE RULES NEED TO BE FOLLOWED AND ENFORCED, REGARDLESS OF THE TIME OF THE SEASON AND THE SKILL LEVEL OF THE COMPETITORS.**
4. (4-5-1 & 2) Sportsmanship is a priority with the Illinois High School Association and the National Federation. This rule clearly states that, "No team personnel/competitor shall act in an unsportsmanlike manner..." "Team personnel" is interpreted to include coach(es), competitors, non-competitors, lap counters, managers, etc.

**Art. 1:** Unsportsmanlike conduct is behavior that is unethical or dishonorable. It includes, but is not limited to, disrespectfully addressing an official, any flagrant behavior, intentional contact, taunting, criticizing or using profanity directed towards someone. This shall apply to all coaches, contestants and other team/school personnel.

**Penalty:** Disqualification from that event and further competition in the meet. Disqualification of a coach or other school personnel shall be from further involvement in the meet.

**Art. 2:** Unacceptable conduct by a competitor includes, but is not limited to, willful failure to follow the directions of a meet official, using profanity that is directed at someone or any action which could bring discredit to the individual or his/her school.

**Penalty:** Disqualification from the event.

a.) If a member of the "team personnel" is ejected from the competitive area for unsportsmanlike conduct, officials should make sure the ejected member of the team personnel is under the direct supervision of authorized school or security personnel. If a coach is ejected from the competitive area (or the premises) and there is no other authorized school personnel available to coach the team, the meet will be forfeited to the opponent(s). The meet referee should report the ejection of a coach from the competition area to the school principal and the IHSA Office on the **Special Report Form**.

5. **SAWA Reports:** Officials should only send in SAWA Reports in **extreme positive cases** of Sportsmanship. Sawa Reports should not be sent to the IHSA Office, just because a school ran a good meet, etc. Please use good judgement when sending those reports to the IHSA Office.

## VIII. TRACK & FIELD STATE FINAL TIME SCHEDULE

- Wednesday, 4:00p.m. – 8:00p.m. – Track opens for 1A practice
- Thursday, 11:00 am– 1A prelims
- Friday, 9:00 am – 2A and 3A prelims
- Saturday, 10:00 am – 1A, 2A, 3A finals
- Look below for additional details relative to practice times at O'Brien Stadium.

**New in 2009: Team Packet Pick-up:** IHSA Staff will be available during the following times for packet pick up. Class 2A and 3A teams who plan to attend the 1A state final, must pick up their team packets during the following dates/times (bib numbers are your only ticket for free access to O'Brien Stadium):

**Wednesday:** 4:00 p.m.-7:00 p.m. on the main floor at the Lantz building.

**Thursday:** 8:00 a.m. - 7:00 p.m. on the main floor at the Lantz building.

**Friday:** 8:00a.m. – 2:00p.m. - on the main floor at the Lantz building. (after 2:00 p.m. packets will be available at the S.W. gate of O'Brien Stadium).

### **New in 2009: Practice Schedule (State Final):**

On **Wednesday afternoon**, **1A competitors** will be permitted to warm-up on the track from **4:00 p.m. until 8:00 p.m.**, and between **8:00 a.m. and 10:00 a.m.**, on **Thursday morning**. On **Thursday night** from approximately **5:00p.m. until 7:00p.m** (following the 1A meet), the track will be open for **2A and 3A competitors** for practice. On **Friday morning** the track will be open for **2A and 3A** competitors from **7:00 a.m. until 8:30 a.m.** On **Friday evening** the track will be open following the 2A, 3A meet from approximately **6:30 p.m. – 7:30 p.m.** )following the 2A, 3A meet and prior to the start of the Race Under the Lights event). On **Saturday morning** the track will be open from **7:00 a.m. until 8:30 a.m.** for warm ups. The track will be cleared after these special warm-up times. Contestants shall not use the space inside O'Brien Field for warm-up or practice on the days of the **State Final** except at the above designated times. The track will be cleared promptly at 8:00 p.m. on Wednesday and Thursday after all special warm-up times.