

**2013-2014 TRACK AND FIELD BULLETIN**  
**(LAST EDITED December 9, 2013 @ 8:42:21 AM)**

**INTRODUCTORY NOTE:** The rules interpretations will be presented and viewed online. 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.

**It is important to make sure your Schools and Officials Center is up-to-date with contact information. Please double check:**

**IMPORTANT CHANGE IN 2014:** The IHSA has made changes to the IHSA School's Center and how we interact with our coaches and administrators. Every coach should be issued their own IHSA User ID and password. There is no more sharing of passwords and old passwords will not work. Once coaching profiles are established by your school, DOUBLE-CHECK your coaching profile by logging in to the IHSA School's Center with your User ID and password. Please verify that all your information is correct. **It is required that each coaches profile indicates how they are certified to coach and what date he/she passed the PES Exam. If any of these items have not been completed, the coach is ineligible to coach. If a coach completed the PES and it does not show in his/her School's Center,** please contact the IHSA Office.

To Complete the PES Exam: Coaches must log in using their USER ID and PASSWORD and click on the PES Link in the Activity Tracker.

**Coaches:** Login to the Schools Center to make sure you are listed as the coach for your school and your email address is current. If you are receiving emails and your school is not going to participate in the Track & Field State Series, this is a "Red Flag" that the IHSA believes that your school is entered and planning to participate. To avoid penalties, you must have your official representative withdraw your school by emailing [tcraig@ihsa.org](mailto:tcraig@ihsa.org) by the Online List of Participants deadline.

**New:** Beginning, this year a notification system will be put into place to contact coaches in the event of an emergency or impending severe weather decisions at the State Meet. In order to contact you, we must have current contact and cell phone information posted in the IHSA Schools Center. Maintain your personal site to ensure you will receive notifications.

**Officials:** Login to the Officials Center to make sure your email address is current.

This information is required for IHSA to effectively communicate with its coaches and officials. If you are receiving notifications from our office, please do not ignore them. You are receiving communications because you are entered into the state series and we require/expect for you to meet all deadlines to remain eligible.

**IMPORTANT NOTICES:**

**Official's:** All Track & Field officials must review and interact with the online rules meeting presentation and follow the instructions at the conclusion of the presentation to get credit for a Rules Meeting. Each year officials are required to review the Rules Meeting Presentation to prevent a probation or suspension status. The Online Girls & Boys Track & Field Rules Meeting begins December 10 and will be closed on April 7, 2014.

**Track School's:** Team or Schools with Individual entries are required to view the online rules meeting presentation. To get credit, all entered schools must have the Head Coach view the online rules presentation by logging into their IHSA School Center (using their new User ID and Password).

**To receive credit for the Rules Meeting:** You must login to the IHSA School's & Officials Center **between December 10, 2013 and April 7, 2014.** 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 of \$50.00 to get the Rules Meeting Presentation activated for review before probation or suspension can be lifted. **DO NOT VIEW THE RULES PRESENTATION WITHOUT LOGGING INTO YOUR SCHOOL OR OFFICIALS CENTER SITE. YOU WILL NOT GET CREDIT FOR WATCHING THE PRESENTATION ON THE PUBLIC SITE (it doesn't require login information)!!!!**

**2013-14 IMPORTANT DATES/DEADLINES FOR GIRLS AND BOYS TRACK & FIELD:**

Only New Officials Rule Books mailed (approx.)	11/11/2013
Online Rules Meeting Presentation begins (Tue.)/RM Bulletin Posted	12/10/2013
First Date of Officials Online Part 1 testing (Tues.)	12/10/2013
Manual for Schools with T & C's posted Online	12/10/2013
Manual for Managers with T & C's posted Online	12/10/2013
First Date of Officials Promotion applications	1/06/2014
Season begins (Mon.)	1/20/2014
1st Contest (Mon.)	2/3/2014
Officials Availability Deadline (Thurs.)	2/20/2014

Last date of Officials Promotion applications	3/31/2014
First Date of Officials Online Part 2 Exams	4/3/2014
Last Date of Officials Online Part 2 Exams	4/6/2014
Last Date of Officials Part 1 testing/Online Rules Meeting Deadline	4/7/2014
Probation/Suspension Calculated (Tues.)	4/8/2014
Officials Assignment Process Begins-Calendar should be updated (Fri.)	4/8/2014
State Final Vol. Official Deadline (Mon.) - Contact IHSA	4/8/2014
New Officials Licensing Period Ends	4/15/2014
First Date of Officials renewal/licensing period	5/01/2014
Girls Online List of Participants (Mon.) – Noon	5/12/2014
Girls Sectional Seeding Mtg. (Tue.)	5/13/2014
Girls Sectionals (Thurs. or Fri.)	5/15-5/16, 2014
Girls State Final (Thurs.-Sat.)	5/22-5/24, 2014
Boys Online List of Participants (Mon.) – Noon	5/19/2014
Boys Sectional Seeding Mtg. (Tue.)	5/20/2014
Boys Sectionals (Thurs. or Fri.)	5/22-5/23/2014
Boys State Final (Thurs.-Sat.)	5/29-5/31/2014
Season Ends (Sat.)	5/31/2014
Last Date Officials Power Rating is posted	6/13/2014
Officials Assignment History Updated	6/20/2014
Last Date of Officials renewal/licensing period	6/30/2014
T&F Advisory Meeting following the 13-14 season	9/10/2014

## **PROCESS FOR RECEIVING CREDIT FOR RULES MEETING ATTENDANCE:**

Track & Field coaches are reminded that the IHSA's annual rules interpretation interactive meeting will be conducted on-line. Head Coaches and officials will be able to access and view the approximately 30 minute long video through the IHSA Schools or Officials Center between **December 10, 2013 and April 7, 2014**. Head coaches that do not view the required rules meeting during this 16 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 the presentation, coaches will be given credit for interacting/watching the rules meeting presentation.

### **Rules Meeting presentation troubleshooting:**

Try again on a different computer, preferably in a different location (home instead of school, etc.) Sometimes these files download badly. Going to a different computer/location is the easiest way to get a fresh start.

Go back to where you clicked on the link to start the presentation, and **INSTEAD** click on the link below to view the LITE version, which has no video content. Flash video can be an issue for some computers, and the lite version takes this out of the equation.

**Free Pole Vault Skills Course Now Available Through NFHS Coach Education:** Please click on the link from the IHSA Track & Field Webpages or go to: <http://www.nfhs.org/content.aspx?id=8873>

## **2014 TRACK AND FIELD MAJOR RULES CHANGES:**

**3-1-2:** No meet official, including meet referee and jury of appeals, shall set aside any rule.

**Rationale:** Clarifies within the rules that the referee, meet officials or jury does not authority to set aside a rule except as provided under special circumstances.

**3-2-8, 3-2-4k, 3-2-7:** The use of electronic communication devices is permitted during meets in unrestricted areas and coaches' boxes; however, they may not be used for any review of a referee's decision or to communicate with an athlete during a race or trial.

**Rationale:** Technology advancements in the area of electronic audio and video devices have made such items easy to use and very accessible. Their use, if not used for communication during the actual competition when a competitor is on the track or completing a trial, no longer creates an advantage or disadvantage among competitors or teams and can serve as a coaching tool.

**3-19-3, 7-5-5:** Removes the requirement that the implement inspector shall inspect vaulting poles and the responsibility rests with the field referee or head field judge.

**Rationale:** The implement inspector's expertise is in the throwing implements, not the vaulting poles. The scales typically used are limited to about 40 pounds; therefore, are not usable for this purpose. This provides for a more efficient and practical process.

**4-3-1c(7), NOTES 1, 4-3-2, 9-6-1c(7):** Any visible undergarment worn underneath the uniform bottom that **does not** extend below the knees is now considered a foundation garment and not subject to single, solid color rule. An undergarment extending below the knees shall meet all requirements regarding a visible undergarment.

**Rationale:** Compression-style shorts that extend beyond the length of the uniform short, but above the knees are frequently being worn as foundation garments, similar to a sports bra. The color of such visible undergarment plays no significant role for officiating purposes. The time and attention by officials to be certain athletes are in compliance when wearing such items delays progression of

the meet and the severity of a penalty of disqualification for a noncompliant garment is too severe as the item does not impact the competition.

**6-2-9:** Consistent in all field events for communication, a pass shall be communicated to the event judge before the start of the trial clock.

**Rationale:** Consistency in language in all field events regarding proper communication between competitor and judge when the athlete is going to pass.

**6-6-1:** Clarifies the diameter restriction for the rubber tip javelin.

#### **NOTE**

**Rationale:** Updates the equipment requirements for the rubber tip javelin.

**7-2-10, 6-2-9:** Adjusts the prescribed time limits for pole vault and places time limits for consecutive trials in the throwing events.

**Rationale:** Adjusts the prescribed time limits for the pole vault and now places the time limits for consecutive trials in Rule 6, Throwing Events, which has not previously been addressed in the throws.

**7-5-24:** Padding meeting the ASTM Specification Standards shall be required for the start of the 2014-15 track season.

**Rationale:** For the purpose of minimizing risk of injury to a pole vaulter, require that planting box padding shall meet the applicable ASTM Specification Standard no later than the start of the 2014-15 track season. This required implementation date allows for product availability.

#### **2014 Track and Field Major Editorial Changes**

**4-6-3, 4:** These two articles, which address how to order reruns after an act of interference has occurred, have been deleted from Rule 4 and moved to Rule 5-9, which defines interference in running events.

**5-1-3, 5-2-6:** All-weather track surfaces utilizing a painted line to mark the inner edge of the track are now the more commonly-used surface. The order of listing a painted line, followed by a raised curb to designate the inside edge of the track is more appropriate for the construction and design of today's tracks.

**6-3-1, 2 – 7-3-1, 2:** Clarifies that the tie-breaking procedure in field events applies only for places scoring and removes unnecessary language from the rules.

#### **2014 NFHS Track and Field Editorial Changes**

3-4-5, 3-8-3, 4-4 NOTE, 4-6-3 PENALTY, 4-6-4 PENALTY, 5-9-2, 5-9-3, 6-2-10, 6-2-12, 6-2-14 PENALTY, 6-4-2, 6-4-3, 6-5-2, 6-5-3, 6-6-2, 7-1-2, 7-2-1, 7-2-6, 7-2-10, 7-2-17, 7-4-1, 7-5-1, 7-5-29, 7-6-1, 8-1-1 NOTE, 8-1-2 NOTE, 9-6-4 PENALTY, Appendix A

#### **2014 NFHS Track and Field Points of Emphasis**

1. Throwing implements returned to competitors by officials
2. Proper coaching requires staying up to date on rules and techniques

**IHSA/NFHS Rule Variations:** These variations are well documented in the IHSA required online Rules Video. Officials, please review the online rules video prior to taking the required part I online examination.

1. **Uniform – In Illinois** the uniform and undergarments worn by cross country teams and track and field RELAY TEAMS must be SIMILAR, NOT IDENTICAL.

**Undergarments** do not need to be of a single, solid color and need not be unadorned. An athlete may wear multiple undergarments and those undergarments may be of different colors, For example; it would be legal to wear a red long sleeve tee shirt with a green short sleeve tee shirt over it. In cross country and on T&F relay teams only, if more than one team member chooses to wear undergarments ,then his/her undergarments must be similar in style and color. In the example above, any team member also choosing to wear undergarments would also need to wear the red long sleeve and the green short sleeve tee combination. Not all of the team members would be required to wear undergarments, but if they do, then they must match in style and be similar. COACHES, in order to guarantee that the officials interpreting your teams uniforms share your interpretation of "SIMILAR, it is highly recommended that you make certain that your cross country team members and T&F relay teams match exactly. Again, this is recommended and not required. Obviously if they match exactly there is no need for an officials interpretation.

The uniform rule in Illinois is interpreted to provide some flexibility for schools under the pressure of tight budgets. When interpreting uniforms for cross country teams and track and field relay teams consider the following: Are the uniforms being worn similar enough so that a person standing at the finish line can easily determine that the competitors running for the same school are team mates? Ultimately, this is a judgement call that will be made by the meet referee, common sense should prevail.

2. **Watches – In Illinois** it is not legal to wear a watch during competition.
3. **Chips vs Torso – In Illinois** we determine the finish order of competitors by the position of the torso and NOT the order provided by chip timing **when video is used to determine places..**
4. **Uniform/Jewelry DQ – In Illinois** we do not disqualify a competitor for a uniform or jewelry first violation after they have passed through the clerks inspection and are racing or have finished their race (unless alterations are made after the competitor passes inspection). In this case they would be disqualified for unsporting conduct.
5. **Removeable Arm Sleeves –** Are now legal in Illinois.

6. **Calf Sleeves** – Are now legal in Illinois.
7. **Wrist Sweat Bands** – Are now legal in Illinois.

## **2014 (F.A.T.) QUALIFYING STANDARDS:**

<b>Event</b>	<b>1A Girls 2014</b>	<b>2A Girls 2014</b>	<b>3A Girls 2014</b>	<b>Event</b>	<b>1A Boys 2014</b>	<b>2A Boys 2014</b>	<b>3A Boys 2014</b>
Long Jump	16-4	16-11	17-6	Long Jump	21-0	21-8	22-3
Pole Vault	9-3	9-9	10-6	Pole Vault	13-0	13-6	13-9
High Jump	5-2	5-2	5-3	High Jump	6-3	6-3	6-5
Shot Put	35-6	37-0	37-8	Shot Put	48-0	50-11	52-11
Triple Jump	33-8	34-8	35-8	Triple Jump	42-0	43-10	44-10
Discus Throw	108-0	112-3	117-6	Discus Throw	143-0	149-0	156-6
4x800 M. Relay	10:22.24	9:58.04	9:38.24	4x800 M. Relay	8:26.24	8:15.24	7:58.04
4x100 M. Relay	:51.94	:50.84	:49.44	4x100 M. Relay	:44.54	:43.54	:42.64
3200 M. Run	12:12.24	11:40.04	11:16.04	3200 M. Run	10:04.00	9:49.24	9:29.04
100 M. High Hurdles	:16.64	:15.94	:15.34	110 M. High Hurdles	:15.54	:15.24	:14.74
100 M. Dash	:13.04	:12.74	:12.54	100 M. Dash	:11.14	:11.04	:10.94
800 M. Run	2:26.64	2:23.34	2:19.74	800 M. Run	2:01.24	1:59.04	1:57.24
4x200 M. Relay	1:50.34	1:48.04	1:45.74	4x200 M. Relay	1:33.74	1:31.74	1:29.64
400 M. Dash	1:02.04	:59.90	:59.44	400 M. Dash	:51.74	:50.84	:49.94
300 M. Low Hurdles	:49.04	:47.84	:46.94	300 M. Int. Hurdles	:42.00	:40.44	:39.84
1600 M. Run	5:35.14	5:25.24	5:14.24	1600 M. Run	4:37.24	4:30.44	4:22.04
200 M. Dash	:27.04	:26.64	:25.94	200 M. Dash	:22.94	:22.54	:22.24
4x400 M. Relay	4:14.34	4:10.04	4:04.24	4x400 M. Relay	3:31.74	3:27.44	3:23.74

### **Athletes with Disabilities Standards**

<b>Event</b>	<b>Track Chair Class-Girls</b>	<b>Track Chair Class-Boys</b>
Shot Put	4'	6'
Discus Throw	8'	15'
100 M. Dash	:45	:40
200 M. Dash	1:35	1:25
400 M. Dash	3:15	3:00
800 M. Run	6:30	6:00

## **OFFICIALS INFORMATION:**

### ◆ **2014 State Final Volunteer Licensed and Non-Licensed Officials (Deadline: April 8, 2014):**

**Volunteers who are IHSA licensed officials at the State Meets:** You must go online through the officials' center to accept or decline working as a volunteer at the State Girls and/or Boys Track Meet(s) online as well as indicate the day(s) you will volunteer as well as your shirt size. You will not receive a form in the mail. We will post a request for you to volunteer at the State Meets.

**Volunteers who are non-licensed officials at the State Meets:** All non-licensed officials who volunteered at last year's meet(s) will be sent an email in early January. If your email address has changed from last year, please notify Cheryl Lowery [clowery@ihsa.org](mailto:clowery@ihsa.org) of your new email address.

**People who have never volunteered at the State Track Meets:** If you would like to volunteer this year at either the girls or boys state final, contact Cheryl Lowery ([clowery@ihsa.org](mailto:clowery@ihsa.org)) to supply your email address, day(s) you are available to volunteer and shirt size.

◆ **State Final Housing:** All persons who work the respective state final meets are responsible for their own housing. Eastern Illinois University will make dormitory rooms available both weekends. Reservations for University Residence Halls must be made in advance. For reservations, please contact University Housing & Dining at (217) 581-5633 visit [www.eiu.edu/~ihsa](http://www.eiu.edu/~ihsa). **The discounted rates are for consecutive nights only.**

### ◆ **2014 Housing Costs – per person not per room (Tax included, Double room rates assume two people in the room):**

\$40.00 <u>per person</u> in a Double Room for 3 nights	\$45.00 <u>per person</u> in a Single Room for 2 nights
\$30.00 <u>per person</u> in a Double Room for 2 nights	\$30.00 <u>per person</u> in a Single Room for 1 night
\$20.00 <u>per person</u> in a Double Room for 1 night	<b>Housing Check In Location</b>
\$60.00 <u>per person</u> in a Single Room for 3 nights	<b>Team Check In:</b> Taylor Hall

## **Officials and Spectator Check-in:** Stevenson Hall

- ◆ **OFFICIALS HOUSING LOCATION AND OFFICIALS BREAKFAST MEETING:** Officials will be housed in Stevenson Hall and the officials breakfast will be in the University Union Ballroom. Officials will use the same parking lot as in previous years...they will have to walk across 4<sup>th</sup> street for breakfast...five minute walk from Stevenson Hall...Signs will be posted on the sidewalk directing you to breakfast.
- ◆ **Officials Breakfast and Packet Pick-up:** Packet pick up for officials will be done during a breakfast meeting in the University Ballroom each day on both weekends (Thursday: 7:45 a.m., Friday: 6:30 a.m. and Saturday: 6:30 a.m.) Officials will park in the Stevenson parking lot...officials will walk across 4<sup>th</sup> street for packet pick-up and breakfast. Signs will be posted on the sidewalk directing you to breakfast. If you will not come to breakfast, contact Cheryl Lowery at the IHSA Office to make arrangements for your shirt and wristband to be picked up at O'Brien Stadium (west side, at the South Ticket window).
- ◆ **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.)

## **SECTIONAL HOSTS, TRACK COACHES AND/OR ATHLETIC DIRECTORS INFORMATION:**

- ◆ List of Participants due on **MONDAY at noon** the week of the sectional meets.
- ◆ Sectional seeding meetings will be conducted on **TUESDAY** the week of the sectional meets.
- ◆ Sectional T&F meets must be conducted on **THURSDAY OR FRIDAY**.
- ◆ 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.
- ◆ **F.A.T. must be used at all Sectional Meets.**
- ◆ **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) 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.

## **TRACK & FIELD STATE FINAL TIME SCHEDULE:**

- Wednesday, 4:00 p.m. – 7:00p.m. – Track opens for 1A practice
- Thursday, 11:00 a.m.– 1A prelims
- Friday, 9:00 a.m. – 2A and 3A prelims
- Saturday, 10:00 a.m. – 1A, 2A, 3A finals
- **State Final Time Schedules will be released after the number of heats have been determined from the Sectional Winners. A tentative Time Schedule is included in the Terms and Conditions in your school and manager's manuals.**
- Look below for additional details relative to practice times at O'Brien Stadium.

**Team Packet Pick-up will be at the South Ticket window on the west side of O'Brien Stadium (parking lot side)**

IHSA Staff will be available during the following times for packet pick up. Scratches should be reported at this time. Class 2A and 3A teams who plan to attend the 1A state final, must pick up their team packets (bib numbers are your only ticket for free access to O'Brien Stadium):

**Wednesday:** 4:00 p.m.-7:00 p.m.

**Thursday:** 8:00 a.m. - 6:00 p.m.

**Friday:** 8:00 a.m. – 1:00 p.m.

### **IMPORTANT NOTICE REGARDING USE OF THE E.I.U. FACILITY FOR PRACTICE FOLLOWING THE MEETS:**

Schools may use the track and field facilities at O'Brien Stadium for practice and warm-up. These practice sessions are not the responsibility of the IHSA nor of EIU. Athletes and coaches use the facilities to practice at their own risk. Coaches will be responsible for the safety of their athletes/staff. Coaches must be aware of the weather and react according to IHSA severe weather safety guidelines. If it rains, go indoors!

#### **Practice Schedule (State Final):**

On **Wednesday afternoon, 1A competitors** will be permitted to warm-up on the track from **4:00 p.m. until 7:00 p.m.**, and between **8:00 a.m. and 10:00 a.m.**, on **Thursday morning**. On **Thursday night** from approximately **5:00 p.m. until 7:00 p.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. – 7:00 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 8:45 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 7:00 p.m. on Wednesday and Thursday after all special warm-up times.