

2014-2015 TRACK AND FIELD BULLETIN
(LAST EDITED December 1, 2014 @ 11:21:03 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:

Coaching & IHSA Member School Staff Compliance (Click on “Staff Responsibilities & Logins”, Click on “Staff Compliance”: This IHSA Schools Center staff page will display all coaches and whether or not they are in compliance. is very important because if any information is missing from the coaching profile, the coach (head and/or assistant) will not be able to add his/her name to their list of coaches on their List of Participants and will not be issued credentials at the State Final. This page indicates:

- a. Who has been listed as coaches for your school (School Administrator only)
- b. How each coach on your staff is certified to coach (School Administrator only)
- c. If the coach has completed the PES Exam (one time requirement) (Coach)
- d. **NEW STATE OF ILLINOIS REQUIREMENT): If the coach/athletic director has passed the Concussion Exam (every two years) (Coach/Athletic Director)**

(To make changes to this information, the School Administration should click on the “Staff Logins & Roster” link and click the name of the staff member needed to be edited and make necessary changes.)

To Complete the PES and Concussion Exams: Coaches must log in using their USER ID and PASSWORD and click on the appropriate 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 by the Online List of Participants deadline.

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 2 and will be closed on March 3, 2015.

Pole Vault: All schools conducting the pole vault this year MUST have in place a new box pad meeting the ASTM Standard approved by the NFHS. **YOU MAY NOT POLE VAULT WITHOUT THE NEW PAD!**

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 2 and March 3.** 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)!!!!**

2014-15 IMPORTANT DATES/DEADLINES FOR GIRLS AND BOYS TRACK & FIELD:

First Date of Officials Promotion applications

7/1/2014

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Online Rules Meeting Presentation begins (Tue.)/RM Bulletin Posted	12/2/2014
First Date of Officials Online Part 1 testing (Tues.)	12/2/2014
Manual for Schools with T & C's posted Online	12/2/2014
Manual for Managers with T & C's posted Online	12/2/2014
Only New Officials Rule Books mailed (upon receipt from NFHS)	12/10/2014
Season begins (Mon.)	1/19/2015
1st Contest (Mon.)	2/2/2015
Officials Availability Deadline (Thurs.)	2/19/2015
Last Date of Officials Part 1 testing/Online Rules Meeting Deadline	3/3/2015
Probation/Suspension Calculated (Tues.)	3/4/2015
Last date of Officials Promotion applications	3/13/2015
First Date of Officials Online Part 2 Exams	3/17/2015
Last Date of Officials Online Part 2 Exams	3/24/2015
Officials Assignment Process Begins-Calendar should be updated (Fri.)	3/27/2015
State Final Vol. Official Deadline (Mon.) - Contact IHSA	3/30/2015
New Officials Licensing Period Ends	4/15/2015
First Date of Officials renewal/licensing period	5/01/2015
Girls Online List of Participants (Mon.) – Noon	5/11/2015
Girls Sectional Seeding Mtg. (Tue.)	5/12/2015
Girls Sectionals (Thurs. or Fri.-Check Assignment page)	5/14-5/15, 2015
Girls State Final (Thurs.-Sat.)	5/21-5/23, 2015
Boys Online List of Participants (Mon.) – Noon	5/18/2015
Boys Sectional Seeding Mtg. (Tue.)	5/19/2015
Boys Sectionals (Thurs. or Fri.-Check Assignment page)	5/21-5/22/2015
Boys State Final (Thurs.-Sat.)	5/28-5/30/2015
Season Ends (Sat.)	5/30/2015
Officials Assignment History Updated	6/20/2015
Last Date of Officials renewal/licensing period	6/30/2015
T&F Advisory Meeting following the 14-15 season	9/9/2015

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 2 and March 3**. Head coaches that do not view the required rules meeting during this 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. **If you experience trouble receiving credit after you have watched the presentation, please contact Cheryl Lowery (clowery@ihsa.org) to confirm.**

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.

If you experience trouble receiving credit for the Rules Meeting after you have viewed the complete presentation, please contact Cheryl Lowery (clowery@ihsa.org) at the IHSA Office to verify and issue a manual credit for the Rules Meeting.

Free Pole Vault Skills Course Now Available Through NFHS Coach Education: Please click on the link from the IHSA Track & Field Webpages.

Track and Field Rules Changes - 2015

1-4: As an option to be determined by the games committee or meet director, the order of events for indoor competition shall consist of the 55-meter or 60-meter High Hurdles, Dash and Low Hurdles. With no action, the standard events' distance shall be 55-meters.

Rationale: Many indoor events are run in college facilities, which are set up for the 60-meter distance. Allowing this as an option eliminates special marking of the facility for the hurdles and dash.

4-3-3, 9-6-3: The prohibition of wearing jewelry has been removed from the rules for track and field and cross country competition. As in previous years, the wearing of a medical alert with the alert visible continues and is encouraged for purposes of risk minimization.

Rationale: The prohibition of jewelry is not necessary in track and field and cross country. The wearing of jewelry ordinarily presents little risk of injury to either the competitor or opponents. Elimination of the rule allows officials to focus on meet administration directly related to competition. Coaches continue to have the obligation to see that competitors are properly equipped.

6-2-9, 6-4-9a, 6-5-9a, 6-6-11h, 7-2-11, 7-4-14d, 7-5-29e, 7-6-13f: Clarifies that a competitor shall be charged with a foul if he/she does not initiate a trial within one minute after the competitor's name has been called.

Rationale: Clarifies that a competitor must initiate a trial within the time limit, with completion of that trial allowed beyond the prescribed time.

6-2-17 NOTE, 6-6-9, 7-2-17NOTE 1: Establishes the procedure to follow should a legal implement break during an attempt and a replacement trial awarded or at the completion of an attempt with the result recorded and no replacement trial.

Rationale: Allows for an additional trial when an implement breaks and becomes non-compliant during competition due to no fault of the competitor. Reorganizes and places rule within general rules for throwing and jumping events.

6-4-9f, 6-5-9g, 6-6-11g: It is no longer a foul if the competitor is not under control before legally exiting the competition area after the implement has landed.

Rationale: Maintains consistency with current trends in track and field.

6-4-9g, 6-5-9h, 6-6-11f: The event judge no longer calls "Mark" when an implement has landed and there has been no foul by the competitor.

Rationale: Maintains consistency with current trends in track and field.

7-2-11: A crossbar displaced by a force disassociated with the competitor after he/she is legally and clearly over the crossbar shall not be a fault.

Rationale: Addresses possible influence of an outside force on the crossbar on an otherwise successful attempt.

8-1-1, 2: An option is available to conduct the boys decathlon and the pentathlon running the 1600- or 1500-meter run. With no action, the 1600-meter run shall be the standard event distance to be included.

Rationale: When using the IAAF standard scoring, the 1500-meter run is the standard distance. Either distance should be accepted as both can be scored.

8-2-1f New: The indoor weight throw may be included in the order of events for indoor meets.

Rationale: Presently, the shot put is the only event for throwers at indoor meets.

2015 Track and Field Major Editorial Changes

5-12-1, 5-14-2f: Removes "impedes" from rules, as it is unnecessary when the rule already addresses interference.

5-13-2: Interference is defined in Rule 5-9 and the extra reference to "stride" is unnecessary and removed.

5-13-3,4: Reorganized Rule 5-13 for clarity by moving non-infraction actions into Articles 3 and 4.

7-2-12: Clarifies competitor with best mark in preliminaries goes last in the finals, including after excused competitors have completed their trials.

2015 Track and Field Editorial Changes

2-2-2, 2-2-3, 3-10-4, 4-6, 4-6-4, 4-6-5, 4-6-5 NOTE 3, 6-2-5, 6-3-1, 6-4-6 NOTE 3, 7-2-1, 7-2-8, 7-3-2, 7-3-2a(1), 7-3-2c, 7-4-15, 7-5-10, 7-5-13, 7-5-15, 7-5-17, 7-5-30, 7-6-8, 7-6-17a

2015 Track and Field Points of Emphasis

1. Risk minimization in the hammer and weight throws
2. Proper flagging in the throwing events
3. Legal implements breaking and becoming non-compliant during competition
4. Displacement of the crossbar not associated with competitor
5. Jewelry restriction removed
6. Head event judge mechanics – throwing events

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/Jewelry – In Illinois** it is **now legal** to wear a watch or jewelry 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 DQ – In Illinois**, we do not disqualify a competitor for a uniform 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. **Legal in Illinois:** Jewelry, watches, Removeable Arm Sleeves, Calf Sleeves, Wrist Sweat Bands, Bi-Cep bands

2015 (F.A.T.) QUALIFYING STANDARDS (no changes from 2014):

Event	1A Girls	2A Girls	3A Girls	Event	1A Boys	2A Boys	3A Boys
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	42-3	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 Wheelchair Track & Field Qualifying Standards:

Event	Wheelchair Girls	Wheelchair Boys
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:

◆ **2015 State Final Volunteer Licensed and Non-Licensed Officials (Deadline: April 7, 2015):**

Volunteers who are IHSA licensed officials at the State Meets: You must go online through the officials’ center to 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 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) 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.

The discounted rates are for consecutive nights only.

◆ **2015 Housing Costs – per person not per room (Tax included, Double room rates assume two people in the room):**

\$40.00 per person in a Double Room for 3 nights

\$30.00 per person in a Double Room for 2 nights

\$20.00 per person in a Double Room for 1 night

\$60.00 per person in a Single Room for 3 nights

\$45.00 per person in a Single Room for 2 nights

\$30.00 per person in a Single Room for 1 night

Housing Check In Location

Team Check In: Lawson 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 4th 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 4th 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 the competitors 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.** 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.