



Iowa Girls High School Athletic Union
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Iowa High School Athletic Association
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We hope everyone had a great indoor portion of the track and field season. As schools move to the outdoor season, we have received a few questions on items observed throughout the first part of the season. We hope to clarify several of these questions for all coaches and officials, so everyone is on the same page to start the outdoor season.

Games Committee Providing Liquids to Competitors – Of all the rule changes for the 2017 season, this is the change that has generated the most questions. As stated in the rules book under 3-2-4u, “The games committee also may provide liquids during competition.” The key word here is *may*, which allows you the option to offer water to competitors during a meet. We would encourage athletic directors and coaches to put into their meet correspondence whether or not they, as the host school, are planning on offering water to competitors during the meet, so the visiting schools can plan accordingly. Again, it is not mandated that you offer water or other liquids to all competitors at your home meets.

Electronic Devices – Coaches can use electronic devices during competition as they coach their student-athletes. Pictures and videos of performances can be viewed from unrestricted areas, but an athlete may not view the photo/video when competing in a race or during a trial. The video or photo can be taken by a coach, teammate, manager, parent or spectators, but the individual shooting the video or photo must be outside of the competition area. For example, there are two teammates competing in the high jump. The two take an iPad to the competition area with them. They video each other’s jumps and then look at the jumps between attempts. The two cannot shoot or view the video in an area where only competitors and officials are allowed. The competitors would have to move to an area where there are no restrictions as to who can be in that area. We have also received a few emails and calls from field event officials about competitors wearing headphones during warmups within the competition area, which is preventing these competitors from hearing instructions and other information throughout the warmup period and competition. As these competitors are in a restricted area (the actual competition area) with an electronic device, they could technically be disqualified from the event. Coaches, please communicate this item with your athletes. Officials, as with many other rule topics, we recommend using preventative officiating when working with all electronic devices.

Jewelry – We continue to get questions about athletes wearing jewelry during competition. The NFHS did away with the jewelry rule a few years ago. Athletes can wear earrings, necklaces, bracelets, etc. during competition. Watches with GPS capabilities are still illegal.

Undergarments – Iowa has adopted its own adaption in regards to visible items worn underneath the uniform top and bottom. The adaptation requires the undergarments to be unadorned and of a single solid color. Each undergarment can have one manufacturer’s logo/trademark/reference, no more than 2 ¼ square inches with no dimension more than 2 ¼

inches. The visible undergarment under the running top does not have to be the same color of the visible undergarment worn under the running bottom. Relay members do not need to have matching undergarments. Coaches, we know several students purchase their own tights to wear under their running bottom when it's cool; however, it is your responsibility as the head coach to have students in a legal uniform during competition. Multi-colored or camouflage compression shorts/tights are not legal if worn under the running bottom. Again, it is best to address this issue now than after a situation arises at the state qualifying or state meets.

Order of Events – Many schools have contacted our office regarding the new order of events schedule for 2017. The order of events posted online is for all high school track and field meets. Girls only meets, boys only meets, and coed meets will follow the same schedule throughout the year. In coed meets, the girls will run the event first followed by the boys. The junior high order of events has not changed. Junior high meets will still follow the schedule listed in the Junior High Sports Manual.

Wheelchair Competitors – If you have a wheelchair competitor who plans on entering the state qualifying meet, please complete the appropriate form and send it to the appropriate organization. Schools with boy wheelchair competitors need to complete the following form: <http://www.iahsaa.org/wp-content/uploads/2016/12/17-Wheelchair-Entry.pdf> while schools with girl wheelchair competitors need to complete the form found under this link: <https://ighsau.org/wp-content/uploads/2017/01/17WheelchairEntry.doc>. We are asking these forms be completed and returned by Friday, April 7.

QuikStats – The first QuikStats check date is Tuesday, April 11. Coaches, we ask that if meets were postponed or canceled to update your schedule on your team's QuikStats page. Also a reminder that the next check date is Tuesday, April 25. Just a reminder that all state qualifying meet seed times need to be verified through QuikStats. Any seed time discrepancies, faster or slower than what is posted on QuikStats, will result in a "No Time" seed time. No split times are allowed for individual event seed times.

State Qualifying Meets & State Meets – The State Qualifying Meets will be held on Thursday, May 11, 2017. The State Qualifying Meet assignments will be posted on our web sites in the coming weeks. Entry information for the state qualifying meets will be mailed from the IHSAA office on Monday, April 24. The State Meet will be held Thursday-Saturday, May 18-20, 2017. Remember, the State Meet schedule does change this year. Class 1A and Class 4A will compete in the morning and Class 2A and Class 3A will compete in the afternoon.

There will be more information provided to you as the season progresses. Coaches and officials please do not hesitate to contact us if you have questions or concerns.

Sincerely,



John Overton
Assistant Director



Jared Chizek
Assistant Director