

2021 TRACK AND FIELD RULES MEETING

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HEAT & HYDRATION


- Take plenty of water breaks during practice.
- Use the information provided by the IHSAA and the IGHSAU.
 - Heat and Humidity Gauge
 - Heat Index Chart
 - Urine Color Chart



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HEAT & HYDRATION


- Heat-related deaths are preventable if specific steps are taken by coaches and administrators.
 - Develop an Emergency Action Plan
 - Allow student-athletes to acclimatize to heat and humidity
 - Access to water should never be restricted
 - Student-athletes should be encouraged to take in fluids frequently before and after practices and games
 - Practices should be scheduled at times during the day that minimize exposure to heat and humidity



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HEAT & HYDRATION


- Use the "BUDDY SYSTEM"
 - Assign student-athletes a "Buddy" and have them monitor each other for signs and symptoms of heat related problems
- Signs of Possible Heat Stroke
 - Altered consciousness
 - Semi-consciousness, confused, irrational behavior
 - Combative
 - Headache, dizziness, weakness
 - Hot skin – with or without sweating
 - Increased heart and breathing rates
 - Nausea, vomiting or diarrhea



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HEAT & HYDRATION

- The actions taken in the first 5-10 minutes after recognizing heat stroke are critical to the student-athlete's survival!
- Cold water submersion cools the body the fastest!
 - For student-athletes wearing pads, remove the pads and place the student in a plastic tub of ice and cold water
 - Can also use a piece of plastic with ice and cold water that is held at the corners

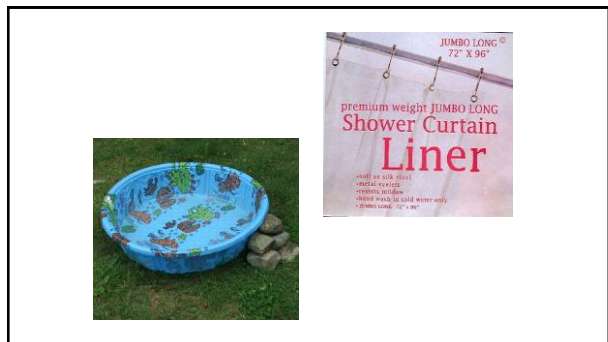


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Exertional Heat Stroke is the leading cause of preventable death in high school athletics

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HEAT & HUMIDITY PEN

COST = \$85 BY CONTACTING THE IHSAA

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HEAT INDEX TABLE

How to use the Heat Index Chart:

THE TEMPERATURE & HUMIDITY READINGS IN THE BOX OF PRACTICE WILL TAKE PLACE IN THE SUN.

QUESTIONS FOR USING THE HINDS THERMO HYGROMETER

1. How do you use the Hinds Thermo Hygrometer?
2. How do you use the Hinds Thermo Hygrometer?
3. How do you use the Hinds Thermo Hygrometer?
4. How do you use the Hinds Thermo Hygrometer?

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IHSAA URINE COLOR CHART

The color of your urine is a good indicator of your hydration level. The chart below provides the general appearance of urine color in relation to hydration level. If the color of your urine is yellow, it is a sign that you are dehydrated. If the color of your urine is dark yellow, it is a sign that you are severely dehydrated. If the color of your urine is orange, it is a sign that you are extremely dehydrated. If the color of your urine is red, it is a sign that you have a urinary tract infection or other medical condition. If the color of your urine is brown, it is a sign that you have a serious medical condition. If the color of your urine is black, it is a sign that you have a very serious medical condition.

1, 2, 3 = WELL HYDRATED	H Y D R A T E D
4, 5 = Hydrated, but not well hydrated. Drink additional fluids on a regular basis on the color of your urine is equivalent to numbers 1, 2 or 3.	H Y D R A T E D
6, 7, 8 = DEHYDRATED	D E H Y D R A T E D

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MANDATORY CONCUSSION COURSE FOR ALL 7-12 COACHES

Concussion in Sports
Elective Course

Student Coach Parent Administrator Official

Free! **Completion: 100%**

ALL 7-12 coaches (paid or volunteer) are required to view the NFHS course, "Concussion in Sports" before the beginning of their respective sport season. Information regarding accessing this course has been sent to your school administrator.

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CONCUSSIONS

Iowa Code Section 280.13C states, in part,

"Annually, each school district and nonpublic school shall provide to the parent or guardian of each student a concussion and brain information sheet, as provided by the Iowa High School Athletic Association and Iowa Girls High School Athletic Union.

The student and student's parent or guardian shall sign and return the concussion and brain injury information sheet to the student's school prior to the student's participation in any interscholastic activity for grades seven through twelve."

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CONCUSSIONS

Iowa Code Section 280.13C continued –

- "If a student's coach or contest official observes signs, symptoms, or behaviors consistent with a concussion or brain injury in an extracurricular interscholastic activity, **the student shall be immediately removed from participation.**
- A student who has been removed from participation shall not recommence such participation until the student has been evaluated by a licensed health care provider trained in the evaluation and management of concussions and other brain injuries and **the student has received written clearance to return to participation from the health care provider."**

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CONCUSSIONS

- **Coach Removal**– Iowa law requires a student's coach who observes signs, symptoms, or behaviors consistent with a concussion or brain injury, during any kind of participation, i.e. practices, scrimmages, contests, etc., **to remove the student from participation immediately and the student shall not return until the coach, or school's designated representative, receives written clearance to return from a licensed health care provider.**

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CONCUSSIONS

- **Contest Official Removal** – Iowa law requires a **contest official who observes signs, symptoms, or behaviors consistent with a concussion or brain injury during scrimmages, contests, etc., to remove the student from participation immediately and that official, or a designated contest official at the contest/event, must receive the written clearance to return from a licensed health care provider before the student can return to participation in that contest/event, including an event that takes place over multiple days.**

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CONCUSSION RECOGNITION & MANAGEMENT

- Information on concussions can be found at www.iahhsaa.org. Click on "Health and Safety" under "Resources" on the IHSAA home page

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LIGHTNING GUIDELINES

- ALL thunderstorms produce lightning and are dangerous.
- Lightning often strikes as far as 10 miles away from the storm.
- **Each school should have a lightning safety plan, which includes knowing where teams & spectators will go and how long it will take them to get there safely.**

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LIGHTNING GUIDELINES

If thunder is heard, or lightning is seen, immediately suspend the contest and instruct everyone to take safe shelter.

Once the contest is suspended due to lightning, wait at least 30 minutes after hearing the last thunder before having teams & spectators leave safe shelter and resuming the contest.

Complete guidelines regarding lightning safety appear in every NFHS rule book.

Remember, lightning kills, play it safe!



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LIGHTNING GUIDELINES




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JOINT TRACK AND FIELD ADVISORY COMMITTEE

Jeff Bissen (Chair)	Glenwood
Nate Smith	Ankeny Centennial
Martha Bauder	Central, Elkader
Toby Lorenzen	Central Lyon
Blair Puls	Hudson
Jon Pedersen	Central Decatur
Mark Tigges	Clive (Official)

2 openings to be filled in coming weeks




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ADDITIONAL PARTICIPATION OPTIONS

To allow one track scrimmage with up to four teams participating in the event


To allow one meet where all 19 events are not scheduled to be contested (i.e. throws only, relays only)



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CLASSIFICATIONS


In the sport track and field, member schools that are placed in different classes due to cooperative agreement decisions made by other member schools, shall remain in the same class. The member school will be placed in the lower of the two split classifications. Member schools placed in different classes, based on the member school's decision to have different cooperative programs for each gender or cooperative programs with different schools, will remain in different classifications and be assigned to state qualifying events as classified. Member schools will not be allowed the choice to participate in a higher classification. In order for classifications to be determined in a timely manner, no new cooperative program will be accepted, nor will any existing cooperative program be allowed to dissolve after 5:00 pm Friday, March 19, 2021 for track and field.



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MEET LIMITATION

- Sixteen (16) Meets – New for 2021
- Does not include Drake Relays, State Qualifying or State Meet



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INDIVIDUAL DAILY MEET LIMITATION EXCEPTION

- Both boys and girls have an exception for the Drake Relays regarding a competitor competing in only one meet per day. The exception is only for the Drake Relays.



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STATE QUALIFYING MEET INFORMATION

- State qualifying meets in all classes will be held on Thursday, May 13, 2021
 - Rain date – Friday, May 14, 2021
- All qualifying meet entries will be online
 - Deadline for qualifying meet entries will be 10:00 AM on Wednesday, May 12
 - All scratches or substitutions must be sent by email to the host no later than 10:00 a.m. on the day of the meet
 - No substitutions will be allowed after that time. Scratches after that time will count as an event.
 - Emergency situations will be considered and can only be approved by the IHSAA or IGHSAAU.



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STATE QUALIFYING MEET INFORMATION

- Scratches and substitutions made in events after the 10:00 am deadline on Thursday, May 13 will require meet managers to reseed the event.
- All substitutes will receive a “No Time” seed time and will be seeded last in the event
- Deadline to challenge a seed time is 1:00 pm on Thursday, May 13
 - Meet managers expected to get heat and lane assignments to each school electronically by 10:30 am



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STATE QUALIFYING MEET INFORMATION

- All state qualifying meet entries must be verified on Varsity Bound
- Boys check dates will be:
 - Tuesday, April 13
 - Tuesday, April 27
 - Tuesday, May 11
- Girls check dates will be each Tuesday of the season starting April 13
- Any time discrepancies (faster or slower than what is posted on Varsity Bound) will result in “No Time” seed time. No split times are allowed for individual event seed times



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STATE MEET QUALIFYING

- All state qualifying will be based on meet place and state qualifying meet performances
- Class 4A – Top two finishers plus next best twelve (12) performances
- Class 2A and 3A – Top two finishers plus next best eight (8) performances
- Class 1A – Top finisher plus next fourteen (14) performances
- No more than 24 qualifiers in any event
 - State qualifying meet place
 - First alphabetical, as the school name appears in the IHSAA directory
- All races will run to the common finish line



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STATE MEET INFORMATION


- Class 2A and 3A will compete in the morning sessions
- Class 1A and 4A will compete in the afternoon sessions
- Complete state meet schedule can be found online



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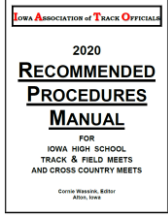
OFFICIALS' INFORMATION


- Registered with both organizations if working meets that involve both boys and girls
 - Pay the appropriate registration fee
 - View the online rules meeting
 - Pass the online open book examination




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IATO RECOMMENDED PROCEDURES MANUAL






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Rules Changes
2020 NFHS TRACK & FIELD




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Rule Change

PROVIDING AID

4-6-5 g Disqualification and conduct
Art. 5. . . It is an unfair act when a competitor receives any assistance. Assistance includes:
 g. Competitor receiving assistance from another competitor to complete the race. Both competitors shall be disqualified unless a competitor is injured or becomes ill and an appropriate health-care professional is not readily available, only the injured/ill competitor is disqualified.
NOTE: Every attempt should be made for the appropriate health-care professionals to make these decisions as to assistance. A competitor who provides assistance to an injured or ill competitor should not be disqualified if neither the individual competitor providing the assistance nor his/her team gains an advantage as a result of providing the assistance.



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Rule Change

EXCHANGE ZONE

5-3-3 Track Markings
ART. 3 . . . An exchange zone is designated for exchanging the baton during relay races. It is an area the width of one lane and 20 or 30 meters long. The lines marking the limits of the exchange zone are included in these measurements. In relay races in which the incoming competitor is running 200 meters or less the exchange zone shall be extended 10-meters in the direction of the incoming competitor.

5-10-6 Relays
ART. 6 . . . Each competitor shall carry the baton by hand throughout the race and shall pass it to the succeeding teammate. The first competitor shall start with the baton, and the last competitor shall carry the baton until he/she has finished the race. The baton must be passed while the baton is within the exchange zone. A baton that inadvertently leaves a runner's hand must be retrieved immediately without interference to other runners.
NOTE: In the 4x100m and 4x200m, and other relays with legs of 200m or less, each exchange zone will be 30m long. All exchange zones for races over 200m will remain at 20m.

5-10-9 Relays
ART. 9 . . . In relay races, each outgoing competitor, while waiting for the baton, shall take a position entirely within the exchange zone and must complete the exchange while the baton is within the exchange zone.




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Rule Change


EXCHANGE ZONE

EXISTING EXCHANGE ZONE
(When a baton is carried towards the baton)



NEW 30M EXCHANGE ZONE
(When a baton is carried towards)





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Rule Change

RUNWAY WARM-UPS

6-2-6 General Rules for Field Events

Art. 6 . . . Warm-ups should not be allowed unless supervised by an event official or the contestants coach and the venue has been declared open by the meet director. It is illegal to run backwards or in the opposite direction (non-legal direction) on a horizontal jump, pole vault or javelin runway. At the conclusion of any field event there should be no further practice and implements, including vaulting poles, shall be removed from the area. Once a competition has begun, except as scheduled, competitors are not allowed to use for practice purposes the runway, ring, takeoff area or throwing implements associated with the competition.

PENALTY: First offense shall result in a warning and, if repeated, disqualification from that event. If the incident recurs, the athlete will be disqualified from further competition in the meet.

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Rule Change

LONG JUMP/TRIPLE JUMP PIT CLARIFICATIONS

6-9-5 Long Jump and Triple Jump


ART. 5 . . . The landing pit shall have a minimum width of 9 feet (2.75 meters) and should meet a minimum length of 23 feet (7 meters).

Note: For long jump and triple jump pits constructed after 2019, the length of the pit shall be at least 23 feet (7 meters).

a. In the long jump and triple jump, the foul line shall be located by measuring from the nearer edge of the landing pit to the front of the foul line.

NOTE: Distance from the foul line or takeoff board may be adjusted to accommodate different levels of competition. Competitors may change which foul line or takeoff board they are using during competition, but only with the prior notification and confirmation of the event judge. Suggested distances are:

	Boys	Girls
Long Jump	12 feet (3.7 m)	8 feet (2.5 m)
Triple Jump	32 feet (9.8m)	24 feet (7.3 m)


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Rule Change

HEADBAND/HAIR DEVICE

Hair devices made of soft material and no more than 3 inches wide may be worn in the hair or on or around the head. Bobby pins, flat clips, hair ribbons, extensions, and flat barrettes, unadorned and no longer than 2 inches, are also allowed.


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Editorial Changes

2020 NFHS TRACK & FIELD



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Editorial Change

5-1-5 RUNNING EVENTS

5-1-5 Track Construction

Art. 5 . . . When feasible, it is recommended that there be an obstacle-free zone on the inside and on the outside of the track at least 1 meter in width.

Rationale: This editorial change removed redundant language from the book.

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Editorial Change

RELAY BATON AND EXCHANGE ZONE


5-11-1 Relay Infractions

ART. 1 . . . A relay team shall pass their baton in accordance with the rules. The track rules relative to fouling, coaching or interference apply identically to relay races. Also, incoming competitors may not assist teammates by pushing them.

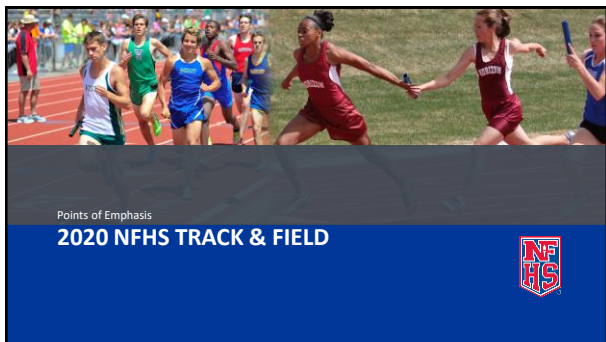
Rationale: The change from its to their clarified that a team must finish the race with the same baton that it used at the start of the race.

ART. 6 . . . Each competitor shall carry the baton by hand throughout the race and shall pass it to the succeeding teammate. The first competitor shall start with the baton, and the last competitor shall carry the baton until he/she has finished the race. The baton must be passed while the baton is within the exchange zone. A baton that inadvertently leaves a runner's hand must be retrieved immediately without interference to other runners.

NOTE: In the 4x100m and 4x200m, and other relays with legs of 200m or less, each exchange zone will be 30m long. All exchange zones for races over 200m will remain at 20m.

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Points of Emphasis

MEET ADMINISTRATION

- Providing a quality experience to track and field athletes, coaches, and spectators does not happen by accident. Many months of pre-planning and execution have occurred before the event is finalized and the first event begins.
- Most standardized checklists include foundational topics such as: establishing entry limitations and substitution deadlines, securing meet personnel, developing a meet schedule, and preparing the facility to host the event. Quality meet administrators know and understand that while covering these essential items is certainly necessary and appropriate, the ability to drill down to the smallest details is equally important and critical for ensuring success.
- While not included on most checklists, pay special attention to the following items as they can dictate the success or failure of your event:

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Points of Emphasis

MEET ADMINISTRATION

- NFHS Rule 3-1-1 gives authority to the meet director to establish a custodian of awards. Double check prior to your event that the appropriate awards have been ordered and are available. This critical step will save you embarrassment in the moments and time after the event.
- NFHS Rule 3-4-7 allows the meet referee the authority to delegate the responsibility of counting laps for any race of two laps or more. Whomever is assigned to this duty must be confident and knowledgeable regarding counting laps and the likelihood of dealing with the potential for lapped runners. This is not a duty for a novice official or volunteer.
- NFHS Rule 3-5-3 outlines the situations that are eligible to protest/appeal. It is imperative that coaches understand the appeal structure and its available options. Having a clear and concise protocol that is delineated to coaches prior to the start of the event will pay benefits.
- NFHS Rule 3-18-3 designates the responsibility for ensuring that each flight of hurdles is set at proper height and prescribed point prior to each race. While moving hurdles on-and-off the track efficiently is essential, the system used to double check height and placement is also critical.
- NFHS Rule 3-18-4 outlines the responsibilities of the block chief. Assigning an individual(s) responsible to ensure that starting blocks are in good working order, are located at the starting line of each race, and removed after the start is one less responsibility usually placed on the starter or assistant starter.
- NFHS Rule 5-11-1 requires that in any relay race, a team must start and end the race with the same baton. Meet administrators should consider a system (color, number, etc.) that, if necessary, can assist officials in determining that the correct baton has been used by any team finishing a race.

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Points of Emphasis

EXCHANGE ZONE

- In sprint relays such as the 4x100 meter and 4x200 meter, and other relays with incoming legs of 200 meter or less, the outgoing runner, while waiting for the baton, must be positioned entirely inside the 30-meter exchange zone.
- The exchange zones for relay races with legs over 200m are not impacted by this rule change.
- The rule change does not require that tracks be repainted or resurfaced in order to be in compliance with NFHS rules.

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Points of Emphasis

ASSISTING INJURED ATHLETES

- The competitor who receives aid will be disqualified, but when no advantage is gained the competitor assisting should not be penalized for exhibiting good sportsmanship.
- The final decision in these situations' rests with the meet referee who has sole authority to rule on infractions, irregularities, and disqualifications in a meet.

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Points of Emphasis

SHUTTLE HURDLE RELAY

- The outgoing runner must be positioned behind her/his starting line and she/he must be motionless immediately prior to her/his "start". She/he cannot "start" until the incoming runner has broken the plane of the break line with her/his torso, meaning each outgoing runner must have a discernable pause between her/his "set" and her/his "start". A "rolling start" is illegal.
- NFHS Rule 5, Section 14 applies to all contestants in the event.
- If a relay team puts themselves at an advantage or other relay team at a disadvantage due to displacing a hurdle that cannot be corrected in a timely manner, the offending relay team shall be disqualified.


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Points of Emphasis

SHUTTLE HURDLE RELAY

- Case 1: Team A's third runner legally knocks down his ninth hurdle; however, his hurdle displaces his fourth runner's second hurdle and the hurdle setter is not able to reset the hurdle placement in time. The fourth runner's hurdle is displaced in a way in that (a) Team A's fourth hurdler must clear two hurdles at the same time (b) Team B's third runner doesn't have a ninth hurdle to clear in his lane (c) Team A's fourth hurdler doesn't have a second hurdle to clear. RULING: Legal in A as relay team put its own self at disadvantage; Legal in B in a sense that Team A didn't put Team B at disadvantage; however, a protest could be filed and referee could make determination of a rerun; Disqualification in C as relay team put itself at an advantage.




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Points of Emphasis

SHUTTLE HURDLE RELAY

- Case 2: Team A's third runner legally knocks down his third hurdle; however, (a) his hurdle displaces his fourth runner's seventh hurdle and the hurdle setter is able to reset the hurdle placement so the fourth runner can legally clear the seventh hurdle (b) his hurdle displaces his opponent's seventh hurdle and the hurdle setter is able to reset the hurdle placement so Team B's fourth runner can legally clear the seventh hurdle (c) his hurdle displaces his fourth runner's seventh hurdle and opponent's fourth hurdle. The hurdle setter is able to reset the hurdle placement so the fourth runner can legally clear the seventh hurdle and his opponent had already cleared his fourth hurdle prior to displacement. RULING: Legal in A, B and C.



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Points of Emphasis

SPIKE LENGTH AT DRAKE STADIUM



Pyramid Spikes
LEGAL


Compression (Christmas Tree) Spikes
NOT LEGAL

Needle Spikes
NOT LEGAL





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PRESENTED BY XTREAM

UPDATE FROM THE DRAKE RELAYS HIGH SCHOOL SELECTION COMMITTEE

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PRESENTED BY XTREAM

- The Drake Relays Director, the Drake Relays Committee and the Drake Relays High School Selection Committee are working closely with the Track and Field Administrators of the IGHSAU and the IHSAA
- Many specific details are still undecided regarding the 2021 Drake Relays.
- High Schools will be notified when final decisions have been made regarding competition and entry procedures.

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INFORMATION THAT CAN BE SHARED AT THIS TIME

- All High School competition for the 2021 Drake Relays will be held on Thursday, April 22.
- High School entries will open on Monday, March 8.
- All Covid-19 protocols will be adhered to as determined by the appropriate government agency.
- The tentative order of events will be the IGHSAU / IHSAA published order of events with exceptions. The 4X100 meter relay preliminaries will be the first running event, followed by the girls 3000m run and the boys 3200m run. The 200m dash will not be an event. Only girls will run the 800m sprint medley relay. Only boys will run the 1600m distance medley relay.

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INFORMATION THAT CAN BE SHARED AT THIS TIME

- All running events will be run as finals, with the exception of the 4X100 meter relay which will have preliminaries. All field events will have preliminaries and finals.
- Tentatively, the 4X100 meter relay qualifiers will be reduced from 96 teams for boys to 48 teams for boys and from 96 teams for girls to 48 teams for girls. The number of qualifiers in all other events will remain the same.
- The High School Blue Standard qualifying marks for 2021 will be announced soon.



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THESE ARE VERY UNIQUE TIMES. THE UNDERSTANDING AND COOPERATION OF ALL IOWA TRACK AND FIELD COACHES IS OF THE UTMOST IMPORTANCE THIS YEAR.

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IHSAA/IGHS AU CONTACT INFORMATION

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YOU'RE ALMOST FINISHED

At the conclusion of the verification page, you will be provided with a certificate of completion.

Coaches – please print three (3) copies of the verification certificate
One for your records
One for your administrator
One for your coaching authorization renewal

Officials – please print one copy of the verification certificate for your files

You may now click on the button to the right of your screen that says:
I'm FINISHED Watching the Rules Meeting Video
You will be directed to the verification screen followed by the verification certificate



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