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***Iowa High School Athletic Association***  
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The home stretch of the season is here. We hope it's been a great season for you and your kids up to this point. We hope for 70 degrees and sunshine everyday through the state meet. As we head into the postseason, we want to share some of the issues we have learned about through conversations with coaches, officials and administrators.

**State Meet Schedule** – We appreciate your patience as we worked within Drake University's guidelines in order for the event to be held on the blue oval. As was shared in the press release from last Tuesday, there are two changes to the schedule. The Class 1A, 4A and Wheelchair events will not begin until 3:30 pm and 3:25 pm on Thursday and Friday, respectively. In addition, Saturday will be run as two two-class sessions. These changes were necessary in order to meet the capacity limitations put in place by the university. Please note, since the release, we have had to make a change to the start of the afternoon discus events in attempt to finish with adequate daylight for safety precautions. A link to the revised schedule can be found here: <https://www.iahsaa.org/wp-content/uploads/2021/05/2021-State-TF-Schedule-5.11.21.pdf>

**30-Meter Exchange Zone** – We have had a few questions regarding the new exchange zones and the starting location of the outgoing runner. The outgoing runner's entire body must start inside the 30-meter zone. The athlete cannot have a running start into the zone, nor can the athlete straddle the exchange zone marker. These are the same protocols that have and continue to be used for 20-meter zones in the 4x400 and 4x800 races.

**COVID-19 Throws Updated Protocol** – With recent updated guidance from the CDC, we are modifying the protocol requiring athletes or teammates from retrieving their own implement in the shot put and discus. Meet volunteers may retrieve the implement from the sector and return it to the athlete. Meet volunteers may wear gloves to do so, but if they are not wearing gloves, the volunteers should sanitize their hands frequently throughout the competition.

**Hair Devices** – Per both organizations' current board policy, both male and female athletes can wear 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. Items may only display one manufacturer's logo or school name or logo. Such logo must be no more than 2 1/4 square inches, with no dimension greater than 2 1/4 inches. There are no size, color, or logo restrictions for hair devices. We've received many inquiries regarding athletes wearing devices that are knotted, which creates tails of the extra material. As long as the base of the hair device is no more than 3 inches wide, there isn't an issue.

**Measuring Discus Performances** – We continue to have issues with meet officials recording incorrect discus results. The discus is measured to the nearest lesser inch. Partial inch increments are not allowed in the discus. A toss of 132-4.5 is supposed to be 132-4. Please work with all parties to get this corrected as we work towards the state qualifying meet. Any discus performance from the qualifying meet with a 1/2 or 1/4 inch increment will be rounded down to a legal measurement.

**Being Excused to Compete in Another Event** – The rule book does allow an athlete to be excused to compete in another event; that does not mean warm-up or cool-down from the running event. Time limits for competitors excused to compete in another event shall be determined by the games committee. Due to

the various locations of field event venues across the state, those time limits will vary from site to site. In regards to the state qualifying meet, the meet manager will determine a reasonable time limit. Why is setting the time limit important? A competitor will not be called for a trial during that time, and in the high jump, the event judge will not pass a competitor or raise the crossbar to the succeeding height until the time limit expires. Just a reminder, that in the throws and long jump, the head event judge may change the order of competition in the preliminary or final rounds to accommodate an athlete competing in another event. Successive trials are also an option to consider for those athletes. If a competitor has to be excused during the final round of competition, the competitor with the best mark in the preliminaries has earned the right to make the last attempt of the competition and may choose to wait until after any excused competitors have taken all their trials.

### **NFHS Guidelines for Competitors Being Excused to Compete in Another Event**

- 1) The competitor must receive permission from the head event judge
- 2) The head event judge must record the time excused
- 3) The head event judge may allow the competitor to take a trial/attempt out of turn before being excused
- 4) The head event judge may use some judgement in extending the time excused under special circumstances, i.e. competing in 3200 meter run
- 5) In the high jump, if the competitor has failed to return in the allotted time and all other remaining competitors have passed, failed or cleared the existing height, the crossbar will be raised to the next height and the judge will automatically pass the excused competitor to the new height
- 6) Coaches must take into account the limited time allowed to compete in another event when determining the events any individual competitor enters
- 7) When an unusual circumstance, injury, reruns, etc., occurs that will prolong the absence of the excused participant, it shall be the competitor's responsibility to communicate this to the head event judge

**Referee Authority** – We do not use a jury of appeals for either the state qualifying or state meets. With that being said, the meet referee has the sole authority for ruling on infractions, except for false starts. The referee cannot delegate the decision making process to the games committee or another official, but he/she can seek the advice of the head umpire or head field judge before making a ruling. Coaches may appeal to protest and appeal specific situations to the referee, including a misapplication of the rules within 30 minutes after the announcement of event results. Coaches cannot protest a judgement decision. The referee's decision is final.

**State Qualifying Meet Entry Deadline** – We emailed each coach and athletic director regarding the new entry process through Varsity Bound. Entries for the meet close at 10:00 AM, Wednesday, May 12. Coaches should have their entries finalized no later than 9:00 AM. Do not jeopardize the participation of your students by not meeting this deadline.

**State Qualifying Meet Manual** – The State Qualifying Meet Manual is posted on both web sites and can be found at the following link: <https://www.iahsaa.org/wp-content/uploads/2021/05/2021-State-Qualifying-Track-Manual5.3.21.pdf>. This manual provides information you will need to know about the State Qualifying Meet.

**State Meet Qualifiers** – After we received the scored HyTek files from each of our sites, we will begin the process of determining state meet qualifiers. As soon as we have a qualifying list, we will post a list of qualifiers on the appropriate web site. Do not expect to see a final list of qualifiers until early Friday afternoon. As stated in the State Qualifying Meet Manual, please review your qualifying meet results Thursday before leaving your meet site. If a performance was entered incorrectly into the HyTek

software, it is easier to fix it Thursday night before qualifiers are posted Friday. From our standpoint, it is not a lot of fun notifying a school that a particular event has not qualified after a list of qualifiers has been posted as a result of our organizations receiving incorrect results from the night before. There will be no more than 24 qualifiers in any event. If the tie still remains, the school name, as printed in the IHSAA Directory, will be used as the tie breaker. The first school name alphabetically will become the qualifier. Heat and lane assignments will be posted as soon as they are available. Schools with state meet qualifiers will be sent state meet information by UPS on Monday, May 17. They will include printed state meet information and your wrist bands for entry into Drake Stadium. Please read the information and follow any instructions you receive. All of the printed materials in those packets will also appear on the web sites. We have had this question asked in the past, so we will share this again with all of you. Drake Stadium is closed on Wednesday, May 19. No team or individual students should come to the stadium expecting to practice or just to walk around and view the stadium.

**Online Ticketing** – All tickets to the state qualifying and state meet will be sold through Hometown Ticketing. Qualifying meet tickets are now on sale. State meet tickets will go on Monday, May 17. Please share this link with your athletes and their families to help direct them to the correct place on the IHSAA web site: <https://www.iahxaa.org/tickets/>

**State Meet Spike Check** – We want to remind all coaches that Drake University allows 1/4" or shorter pyramid spikes on all Drake Stadium surfaces. The two of us have been told that this was an issue at the Drake Relays, particularly in the high jump. Coaches, you are responsible for your athlete's spikes. If a spike doesn't meet the required specifications, it is the athlete's responsibility to correct the issue and not our meet volunteers. We will not be providing spikes to athletes at the state meet site, so please address this issue prior to arrive at the stadium.

**NFHS Questionnaire** – As in the past, all head coaches and officials have been invited to take part in the NFHS rules-writing process by taking the annual Track and Field and Cross Country rules questionnaire. This questionnaire is provided so the opinions of a national sampling of coaches and registered officials will be considered by the NFHS Track and Field and Cross Country Rules Committee. The questionnaire will close on May 27. To participate in the questionnaire process, please follow the link below to the Questionnaire menu and select your appropriate sport link to complete the rules questionnaire. You are NOT required to log in to take this questionnaire. <http://www.nfhs.org/sports-resource-content/nfhs-sport-questionnaires/>

Don't hesitate to give either office a call if you have a question over the next week.

Sincerely,



Gary Ross



Jared Chizek