



**Iowa Girls High School Athletic Union**  
5000 Westown Parkway, Suite 150 - West Des Moines, Iowa 50266 - (515) 288-9741

**Iowa High School Athletic Association**  
PO Box 10 - Boone, Iowa 50036 - (515) 432-2011



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What a frustrating track and field season it has been for the first seven weeks of the season. We all know everyone is making the best of the cold temperatures, windy conditions, the rain and yes even the snow. We also know that you and your athletes want to compete on a regular basis and given some of the performances we've seen so far in the abbreviated season, your athletes are ready to compete at a high level. We can only hope that the weather cooperates for the next four-plus weeks.

Given the overall lack of meets statewide, both offices have received minimal emails and calls on rule interpretations. However, those we have received are those that we have questions on each year.

**30-Meter Exchange Zone** – We were hoping we covered the sprint exchange zones well enough in the rules meeting that we would not receive questions on the 30-meter zone in year two. 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.

**Hair Devices** – While the NFHS rule book now states a rule pertaining to religious headware, we will continue to use both organizations' current board policy regarding non-religious garb, such as headbands. 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. Regarding 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.

**State Meet Schedule** – As we shared in the rules meeting, we do flip classes in the state meet schedule this year. Classes 1A and 4A will compete in the morning while Classes 2A and 3A will compete in the afternoon. The complete state meet schedule can be found at the following link: [https://www.iahsaa.org/wp-content/uploads/2022/01/22\\_State\\_TF\\_Schedule1.13.22.pdf](https://www.iahsaa.org/wp-content/uploads/2022/01/22_State_TF_Schedule1.13.22.pdf).

**State Qualifying Meet Entry Information** – Following the Drake Relays, we will be sending information to each school regarding their state qualifying meet entries. Please be on the lookout for that information during the first part of the Week of May 2. Team assignments will be posted Monday, April 25.

**Drake Relays Qualifying Information** – Usually later this week, both of our offices receive phone calls from athletic directors or head track coaches regarding Drake Relay qualifying. Please note that neither of us are members of the Drake Relays High School Selection Committee, and all questions regarding the Drake Relays need to be directed to individuals listed in the Drake Relays High School Entry Information Packet.

**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 16. 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.iahsaa.org/tickets/>

**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 9. 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