

Iowa Association of Track Officials

Recommended Procedures Manual

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****IMPORTANT SUPPLEMENT****

Major Rule Changes: 2023

3-4-3 Reruns

ART 3-The referee has the sole authority to determine if a race shall be rerun, and if so, who is eligible to participate in the rerun and when it should be scheduled.

Note: Refer to NFHS Rules 5-9-2 and 5-9-3.

- a. Determine if a rerun is necessary:
 1. Acknowledge that a race rerun will rarely, if ever, be fair to everyone and should be avoided if at all possible.
 2. To consider a rerun, one of the following must apply:
 - (a) Interference by another competitor resulting in disqualification
 - (b) Interference caused by a nonparticipant; or
 - (c) A meet administration error, i.e., wrong staggers, hurdle setting, official's instructions, etc.
 3. Reruns should be considered only in races or relays with individual legs of 400 meters or less for a one day meet. A competitor who is eligible and elects to participate in the rerun wipes out any performance, including place, time or record, in the original race.
 4. Any disqualification that occurred in the original race would stand

4-2-2 Individual Entries

Contestant may officially participate in:

Four individual events	No relays allowed
Three individual events	May be listed on any # of relays but compete in one relay
Two individual events	May be listed on any # of relays but compete in two relays
One individual event	May be listed on any # of relays but compete in three relays
Zero individual events	May be listed on any # of relays but compete in four relays

5-7-2 The Start

The interval between the set command and the firing of the starting device is approximately two seconds.

5-10-2 Relay Cards

In relay events, no more than eight individuals may be listed on the relay entry card.

Rule 9 (NEW) Creates new indoor track & field rules section.

10-3-2b: Any displaced or jostled crossbar should be placed on standards in exact same position before the next attempt.

IOWA CHANGES: Meet Order

Girls Shuttle Hurdle relay now before Boys Shuttle Hurdle in Co-Ed Meets
Coaches allowed in the infield for the State Qualifying Meet.

IOWA ASSOCIATION of TRACK OFFICIALS

Recommended Procedures for Track and Field Meets

TRACK MEET ADMINISTRATION

Pre-Meet Recommendations:

- The National Federation **Track Officials' Manual** and the **I.A.T.O. Recommended Procedures Manual** material should be reviewed prior to recruiting meet volunteers.
- Meet management, the athletic director and coaches should compile a list of competent volunteers to recruit.
- Competing teams should be notified concerning type of running surface, the type and length of spikes that will be allowed and the approved items (tape, chalk, etc.) for marking exchange zones for relay races.
- Prepare a running events and track marking legend, heat sheets, and uniform requirement information for the clerk of course, starter and each umpire. Umpires should also be provided with incident reporting forms and umpire assignment diagrams.
- Information concerning the relay exchange zones must be shared with the appropriate officials.
- Prepare specific information for each field event. That information should include criteria for the following: reporting in, warming up, athletes who must leave to compete in other events, qualifying for the finals, fouls, measurements, disqualifications, uniform requirements and violation warning forms, records and tie-breakers. (This information is all included in the specific field event information sheets included in the **I.A.T.O. Recommended Procedures Manual**.) If possible laminate these sheets so they remain usable during inclement weather.
- Prepare a running events and track marking legend for the starter/referee.
- Prepare heat sheets and lane assignment sheets for the head finish judge.
- **Maintain blocks and hurdles so they are in good working condition.**
- Set up easily identifiable rope or banner barriers to define restricted areas around each field event, the finish area and in the infield.
- If meet format allows, provide a written appeal form for the coaches in their packets.
- Mark sector lines for throwing events.
- Thoroughly work up the sand in the long jump pit. **The pit should be full with sand and level with take off board.**
- Examine the discus cage and ensure that it meets recommended safety requirements.

Recommended Equipment:

- Provide a portable standard with large lap numbers and a bell at the finish line.
- It is mandatory that at least one complete set of blocks be available. If a crew of block setters is not available to transport the blocks, provide a wheeled rack or wheelbarrow. It is advantageous to provide two or three complete sets of blocks.
- It is mandatory that at least one complete set of hurdles be available. It is advantageous to provide two complete sets of hurdles. **One or two extra hurdles should be available to replace any that are broken during the course of the meet.**
- **Small orange or yellow cones should be located on the break-line** when appropriate. On all-weather surfaces that lack a curb on the inside of lane one, **cones that are 6" or larger should be located around both curves and on the straightaways, on the curb-line.** These cones should be placed every 1.5 meters (approx. 5 feet) or less.
- Two-way radios or headsets should be provided to the announcer, clerk, head finish judge, starter and meet manager for communication purposes.

- Provide a portable 15" to 18" starter's platform for the 100M, 200M, 100MH & 110MH races.

Meet Personnel Recommendations:

All meet personnel should wear distinctive apparel that enables competitors and coaches to readily identify them. This apparel can be in the form of caps, jackets, shirts or vests.

Starter/Referee (S/R)

- Utilize two starters whenever possible.
- The S/R's authority begins upon arrival at the meet site and concludes 30 minutes after the last-event results have been announced or made official.
- S/R should meet with the clerk of course to review duties and procedures.
- S/R should meet with field event judges to review rules and procedures before the meet starts.
- S/R should meet with umpires prior to the start of the meet to review violation criteria, the violation reporting process, relay exchange zones and the mechanics of officiating the shuttle hurdle relay.
- S/R should meet with the head finish judge to review communication procedures.
- S/R should meet with the meet announcer to review proper announcing procedures and give him/her a copy of the appropriate sportsmanship announcement (Co-ed, Boys' or Girls').
- S/R must check the starting blocks to make sure that they are in good working condition.
- S/R is directly in charge of activities during the meet. The S/R shall answer questions that are not specifically placed under the jurisdiction of other officials.
- The S/R has the sole authority to determine if a race shall be rerun, and if so, who is eligible to participate in the rerun and when it should be scheduled.
- **S/R must sign the final score sheet and record the time of that signing on the sheet.**

Clerk of Course (Clerk)

- Utilize two clerks whenever possible.
- The clerk shall help keep starting area near the chute free of extra personnel.
- The clerk shall help control noise when the starting line is near the chute.
- The clerk should walk over to the starting line with the 200-meter runners and have the first heat on the track with blocks set up by the time the starter arrives.
- The clerk shall be knowledgeable about uniform requirements and help with enforcement.
- **If the meet is being manually timed**, the clerk shall remind runners to stay in their lanes at the conclusion of any race run entirely in lanes, and return to the starting line.
- **The clerk should have knowledge concerning the proper procedure for setting up heat and assignments. This would allow him/her to re-structure heats and eliminate unnecessary heats.**
- **The clerk shall give very specific information to the relay team members concerning the exchange zone markings.**

Umpires

- Utilize six (6) to twelve (12) umpires at high school meets.
- **Umpires shall keep themselves stationed around the track for all running events, not just the relays. This is just good preventive officiating!**
- If a running event and track marking legend is available, one should be provided for each umpire.
- Umpires should be provided with heat sheets.
- **Umpires must review the exchange zones marks.**
- Meet management should provide incident-reporting cards for the umpires.
- An umpire assignment diagram should be provided for each umpire prior to the meet so they will know their specific assignment for each race.
- **Umpires must review the criteria regarding the shuttle hurdle relay break-line and the starting procedures concerning the 2nd, 3rd and 4th runners.**
- There should be enough umpires to release the starter and finish line personnel from exchange zones duties.
- Umpires shall help keep finish area free of extra personnel.

- Umpires shall be provided with either red/white or yellow/white flags or paddles.
- Umpires shall be provided with written information covering violations, and the uniform warning procedures.
- Any uniform warning that is issued by an umpire should immediately be reported to the referee. The information recorded must include: name of the athlete, school, event, type of uniform violation, the time of the violation and the name and assignment of the official who issued the warning.

Field Event Judges

- Each field event should have at least 3 adult judges.
- **An adult field event judge should open the field event venue prior to warm-ups and close the venue upon completion of the event.**
- Each field event should have a stop watch to time the appropriate time limits for each competitor. With 15 seconds remaining, a visual or verbal signal can be given to the competitor.
- Each field event shall be provided with the laminated sheet that contains the **current** information concerning rules for that specific event, as well as uniform requirements and all other pertinent information for that particular event.
- Red and white flags should be used at each field event. The white flag should be raised to indicate a successful attempt and the red flag should be raised to indicate that a foul has occurred.
- Field event judges shall not allow coaching in restricted areas.
- Coaching can only be done from unrestricted areas.
- **Indoor shot put implements are not legal in outdoor competition!**
- Any uniform warning that is issued by a field event judge should immediately be reported to the referee. The information recorded must include: name of the athlete, school, event, type of uniform violation, the time of the violation and the name and assignment of the official who issued the warning. This information should also be recorded on the event recording sheet.

Note that the cover sheet for the field events has been extensively revised to address some of the pressing issues in the throws events.

Split-readers

- The **only** people inside the fence reading splits to the participants shall be those designated by meet administration. Except as mentioned below they should be stationed on the start/finish line.
- **During the 1,500 and 3000 meter runs the primary split-readers should be stationed at the start lines to provide 400 meter splits.**
- Split-readers shall not compete with lap readers. They should be separated so the runners have an opportunity to process the information. **(An alternative to a split-reader is to provide a running digital clock that is visible to all runners. The clock should be located just beyond the line on which the split-reader would have been located so the runners can see their time as they are crossing the split line.)**

P.A. Announcer

- Five (5) minutes prior to the start of competition, the announcer should read the ***Sportsmanship Announcement*** provided by the Iowa High School Athletic Association and the Iowa Girl's High School Athletic Union. **All 3 versions (Co-ed, Boys' & Girls') of this announcement have been included with this material.**
- The announcer should defer to the Starter upon his signal to the finish line personnel that he/she is ready to start the next race or heat.
- **The announcer should always record the time of day on the event result sheet after he/she has given the final results of an event.**

Finish Line, Manual Timing:

- The head finish judge should meet with the starter prior to the meet to discuss communication procedures.
- The head finish judge should review finish line procedures with timers and pickers **before** the meet starts.
- Timers and pickers should be moved off the track at least 8-10 feet.
- The finish line area should be kept clear of helpers, athletes, teammates, hurdles and starting blocks. All meet personnel can assist with this task.
- Order of finish cards should be provided for the head finish judge.

Fully Automatic Timing (FAT):

- The finish line area should be kept clear of helpers, athletes, teammates, hurdles and starting blocks. The finish line proper, must remain vacant while runners are finishing. All meet personnel can assist with this task.
- **A manual back-up timer should be utilized when only a single FAT system is being used as the primary timing system.** This will ensure that a valid time will be captured for first place should the FAT system malfunction.

Meet Logistics:

- Meet management shall follow IGHS AU and IHSAA guidelines about coaches on the infield for SQM.
Meet management shall establish their own guidelines for regular scheduled meets.
- Coaches should present physicians' letters to the Starter/Referee **prior** to the start of competition.
- Whenever possible hurdles should be set up during the previous race.
- When hurdles are set up during distance races, keep 3 to 4 lanes open.
- **Hurdle crews should always start setting up hurdles nearest the starting line.**
- Coaches should not give instructions to relay runners during the race which conflict with those given by officials.
- All fans, coaches, non-participating athletes and spectators shall be kept out of the starting area for 100-meter dash, 100-meter hurdles and 110-meter hurdles.
- If it is not possible to maintain proper silence at the starting line, everyone near the fence in that area should be moved back.
- **Whenever possible three-turn staggered starts should be utilized for the medley relays and 4 x 400.**
- It is recommended that the exchange zone triangle in lane one be multi-colored to reflect all of the exchange zone colors at that location.

IOWA HURDLE PLACEMENT AND HEIGHT

<u>Girls Indoor</u>	Number	Height	To 1st	Between	Last to Finish
H.S. 55 m	5	33"	13m	8.5m	8m
H.S. 60 m	5	33"	13m	8.5m	8m
<u>Boys Indoor</u>					
H.S. 55 m	5	39"	13.72m	9.14m	4.72m
H.S. 60 m	5	39"	13.72m	9.14m	9.72m
<u>Girls Outdoor</u>					
Jr High 100 m	10	30"	13m	8.5m	10.5m
Jr High 200 m	4	30"	55m	35m	40m
H.S. 100 m	10	33"	13m	8.5m	10.5m
H.S. 400 m	10	30"	45m	35m	40m
<u>Boys Outdoor</u>					
Jr High 100 m	10	30"	13m	8.5m	10.5m
Jr High 200 m	4	30"	55m	35m	40m
H.S. 110 m	10	39"	13.72m	9.14m	14.02m
H.S. 400 m	10	30"	45m	35m	40m
<u>Girls SH Relay</u>					
Jr High (102.5m x 4)	10	30"	13m	8.5m	13m
H.S. (102.5m x 4)	10	33"	13m	8.5m	13m
<u>Boys SH Relay</u>					
Jr High (102.5m x 4)	10	30"	13m	8.5m	13m
H.S. (109.7m x 4)	10	36"	13.72m	9.14m	13.72m

If a common finish line is used for every running event in a meet (Required for state qualifying meets), a separate set of hurdle marks must be used for each flight of hurdles in the shuttle hurdle relays. For the junior high shuttle hurdle relay and the high school girls shuttle hurdle relay, the hurdle marks shall be 2.5 meters farther away from the common finish line than the regular 100m hurdle marks. The start line for the 2nd and 4th relay runners shall also be 2.5 meters farther away from the common finish line than the normal 100m start line. Instead of being 100 meters, each leg of the relay will be 102.5 meters.

For the high school boys shuttle hurdle relay the hurdle marks must be 11 13/16 inches closer to the common finish line than the regular 110m hurdle marks. The start line for the 2nd and 4th relay runners shall also be 11 13/16 inches closer to the finish line than the normal 110m hurdle start line. Instead of being 110 meters, each leg of the relay will be 109.7 meters.

If a common finish line is NOT used for every running event in a meet, the regular hurdle marks for the 100m hurdle event can be used for the junior high boys and girls shuttle hurdle relays and the high school girls shuttle hurdle relay. However, the start line for 1st & 3rd runners (also serves as the finish line for this race) must then be located 2.5m outside (beyond) the normal finish line. Instead of 100 meters, each leg of the relay will be 102.5 meters.

The regular hurdle marks for the 110m hurdle event can be used for the high school boys shuttle hurdle relay, but the start line for the 1st & 3rd runners (also serves as the finish line for this race) must be located 11 13/16 inches before the normal finish line. Instead of 110 meters, each leg of the relay will be 109.7 meters.

(Remember: SHR runners 1 & 3 always run in odd numbered lanes, runners 2 & 4 always run in even numbered lanes, and there must be a 1 meter break-line mark for incoming runners in the appropriate lanes.)

Iowa schools that compete in meets outside of Iowa are likely to find that the junior high boys will run 110m hurdles set at 33", high school boys will run 300m hurdles set at 36" and high school girls will run 300m hurdles set at 30".

IOWA ASSOCIATION of TRACK OFFICIALS

Recommended Procedures for Track and Field Meets

CLERK OF COURSE

NO ONE IS MORE INSTRUMENTAL IN KEEPING THE MEET ON SCHEDULE THAN THE CLERK OF COURSE!

1. To be reviewed with Starter prior to the start of the meet:
 - The track marking legend and the scripted running events legend; with special attention given to the location and color of the starting lines and the exchange zones.
 - The specific instructions that the clerk will give all competitors; with special attention given to keeping runners in groups according to their heats or relay legs when they are sent to their specific destinations
 - Procedure for competitors involved in field events and running events at the same time
2. Review the uniform requirements with **all** competitors.
 - Technically the warning concerning a uniform violation must be administered during competition. However, when a clerk of course witnesses an athlete wearing an illegal uniform he/she can practice preventive officiating by reminding the athlete about the uniform violation.
 - Clerks must also be aware of the rule change that allows athletes to wear undergarments which display contrasting colored stitching of the seams.
3. Review the criteria for allowable spikes (shape and length) with all athletes.
4. If two clerks are available, one of them can accompany the athletes to the starting line for all races. The clerk can review their instructions while placing the athletes on the track in their respective lanes. This is similar to what the duties of an assistant starter or a clerk of the start would be.
5. If only one clerk is available, the clerk can accompany the athletes to the starting line and give them instructions in the following races:
 - 100 meter dash
 - 100 meter low hurdles
 - 110 meter high hurdles
 - 200 meter dash
6. During preliminaries and finals in the following races, athletes should be checked in well behind the starting line, and kept in their proper heat and lanes until such time as they move to the starting line:
 - 100 meter dash
 - 100 meter low hurdles
 - 110 meter high hurdles
 - 200 meter dash

7. **The clerk must have knowledge of the proper procedure to re-structure heat and lane assignments. This can eliminate unnecessary heats and save valuable time.** All scratches should be completed prior to the start of the meet, except for injuries. If heats are re-structured and lane assignments changed, this information must be relayed to both the head finish judge and the clerk of start or the starter prior to running those heats.

1/23

UMPIRES

1. **Only the starter/referee or jury of appeals can disqualify an athlete from competition.**
2. The referee has the sole authority for ruling on infractions or irregularities which are not covered within the rules. The referee may seek the advice of the head umpire or field event judge before making a ruling. The referee is also authorized to disqualify a competitor who commits an infraction personally observed by the referee, but not reported because of the absence of an umpire.
3. When a competitor is disqualified, the referee (**not an umpire or other meet official**) shall notify or cause to be notified, the competitor or the competitor's coach, of the disqualification.
4. The primary duty of the umpire is to detect and report, in writing, without waiting for a protest, all apparent violations of the rules to the head umpire.
5. One umpire shall be designated as head umpire. The head umpire is responsible for gathering written and verbal violation information and reporting this information to the starter/referee. The head umpire shall also signal when the hurdles are properly set and umpires in position.
6. Each umpire shall have knowledge of the violation reporting procedure.
7. It is recommended that as a group, the umpires review the criteria for running, hurdle, relay, and uniform violations with the head umpire and/or the starter/referee. They should also receive a written copy of the various violation criteria.
8. It is recommended that each umpire have a copy of the track marking legend, the scripted running events legend for the track meet and a copy of the umpire assignment diagrams with his/her specific assignments noted.
9. It is recommended that each umpire have a copy of all heat and lane assignments.
10. It is recommended that each umpire use the violation reporting sheets/forms provided by meet management.
11. Each umpire shall have either a red & white flag or paddle, or a yellow & white flag or paddle.
12. The red or yellow shall be displayed upon observation of a violation. Record the specifics of the violation on the violation reporting form. The head umpire, or someone assigned by the head umpire, will come to your location to pick up the completed form. **Maintain your position on the track.** Vacating your position on the track while races are in progress can lead to situations where the track is not adequately covered.
13. If an umpire observes a potential violation, but deems that no violation occurred, a white flag should be displayed to signify that no violation has occurred.
14. **One umpire shall be assigned to the break-line.** Small cones, provided by meet management, should be utilized to identify the break-line for every race that requires the runners to cut at the break-line. **The break-line umpire should signal with the yellow or red for any violations or with the white if all runners were legal when they cut.**
15. **One umpire shall be designated to be in charge of each relay exchange zone.** That umpire will display the red or yellow until all runners at that zone are ready, and then display the white to signify readiness. The white flag should be displayed until acknowledged by the starter or the head umpire. **All umpires assigned to an exchange zone should immediately signal whether the exchanges they were assigned to observe were legal or a violation occurred. Umpires must be aware of the expansion of some of the exchange zones to 30 meters and provide proper information and location to the athletes assigned to their exchange zone.**
16. In relay races which are run the entire distance in lanes, teammates of each starting competitor shall occupy the same lane or corresponding position at each exchange zone. The baton may be exchanged only in such lane or position.
17. **Gloves are not permitted in relay events.**
18. 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.
19. The baton actually shall be handed, not thrown, from the competitor to the succeeding teammate. **The runners shall not simultaneously touch the baton outside the exchange zone. If the baton is dropped in the exchange zone, in a legitimate attempt to hand it, either competitor may retrieve it, even from another lane, provided the competitor does not interfere with an opponent and the baton is retrieved within the limits of the original exchange zone extended across the track. If the baton is dropped outside the exchange zone, it must be retrieved by the competitor who dropped it.**
20. After passing the baton, in a common exchange zone, the relieved competitor should jog straight ahead. Runners who handed off in lane one should step off the track as soon as possible. Other runners should look over their shoulder and check to make sure the track is clear, before they veer left or right to exit the track. **RUNNERS SHOULD NOT COME TO A COMPLETE STOP.**

21. After passing the baton in an assigned lane, the relieved competitor should stay in his/her lane until all teams have cleared the exchange zone. Then the runners should clear the track.
22. **In relay races where the incoming competitor is running a leg of 200 meters or less in an assigned lane, the exchange zones have been expanded to 30 meters. There is no longer an acceleration zone and the outgoing runner shall be positioned entirely within the assigned lane and the boundaries of the exchange zone while waiting for the baton. The outgoing runner should be given very specific instructions concerning the distinctive mark that denotes the beginning of the exchange zone.**
23. **In all 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. The runners shall not simultaneously touch the baton outside the exchange zone.**
24. The track rules relative to violations, coaching or interference apply identically to relays, just as they do to individual runners. Also, incoming competitors may not assist teammates by pushing them.
25. The baton shall not be thrown following the finishing of any relay. **Rules specifically prohibit this action and call for disqualification.**
26. During the relays, umpires should focus their attention on the baton and the imaginary vertical plane of the exchange zone. **The actual moment of the baton exchange must take place entirely in the zone; the runner(s) need not be in the zone at the time of the exchange when the exchange takes place at the end of the zone.** Keep in mind control of the baton. Touching does not imply control. The entire painted exchange zone mark is in the exchange zone. Note: **The runners shall not simultaneously touch the baton outside the exchange zone.**
27. When a race is run in lanes, competitors are expected to run the entire race in their assigned lanes. Competitors who inadvertently run out of their lanes on a straightaway or in the lane to their outside on a curve are not in violation provided they do not interfere with or impede another runner. **A competitor shall be considered to be out of the lane when:**
 - a. Without being fouled and while running around a curve, steps on or over the inside lane line or curb for three or more consecutive steps with either foot or both feet.
 - b. While running on a straightaway, runs in an adjacent lane and interferes with or impedes another competitor.
 - c. While running around a curve, runs over the outside lane line and interferes with or impedes another competitor.
 - d. He/she does not finish the race in the assigned lane, or if while a member of a relay team, does not make the pass in the assigned lane.
 - e. He/she takes one or more steps inside the assigned lane line prior to the break line.
28. Whenever possible umpires should station themselves on the outside of the track. This position gives them a much better view of the competitors during the race. **This is especially true on the curves.**
29. It is recommended that umpires wear distinct, similar attire, as specified by meet management. Their presence should be obvious to all competitors and coaches. This encourages all competitors to adhere to the rules. (Preventive officiating at its finest!)
30. **Umpires must remember that they are not spectators and are expected to be in their proper location for all running events, not just during relays.**
31. **Each competitor is required to wear a legal uniform. A competitor shall not compete while wearing an illegal uniform.**
32. **Uniforms shall be worn as intended by the manufacturers. They should be worn "right side out". Boys are not allowed to roll over the waistbands of the shorts. Girls are allowed to roll over the waistbands of the shorts over. The top must hang below the waistband or be tucked into the waistband of the bottom when the competitor is standing erect.**
33. **A uniform shall consist of:**
 - A. Shoes (slippers or socks do not meet this requirement).
 - B. Full-length **track top** and **track bottom** or one-piece uniform issued **or approved** by the school.
 1. Teammates' bottoms may vary in length and style (must be the same color and design if worn in relay).
 2. Loose-fitted, boxer-type bottoms, one-piece uniforms and closed-leg briefs are acceptable.
 3. The top and bottom or one-piece uniform may have school identification and the top may have the competitor's name.
 4. When numbers are used, each competitor shall wear his/her assigned, unaltered contestant number.
 5. The top shall not be knotted or have knot-like protrusions.
 6. The top must hang below or be tucked into the waistband of the bottom when the competitor is standing erect.

7. A single manufacturer's logo/trademark/reference, no more than 2 ¼ square inches with no dimensions more than 2 ¼ inches is permitted on the uniform bottom or top or one-piece uniform.
8. An American flag, not exceeding 2 X 3 inches, may be worn on each item of uniform apparel, and either a commemorative or memorial patch, not to exceed 4 square inches, may be worn on the uniform;
9. **Any visible apparel worn underneath** the top or bottom or one-piece uniform shall be a single solid color and unadorned except for: (a.) a single school name or insignia no more than 2 ¼ square inches with no dimension being more than 2 ¼ inches and/or (b.) a single, visible manufacturer's logo as per NFHS rules. (Note: If more than one (1) item of apparel is worn under the uniform top or the uniform bottom or a one-piece uniform, all must be the same solid color. However, visible items worn under the top and bottom do not have to be the same color. **Undergarments that display contrasting color stitching of the seams are now legal.**
10. **In relays**, each team member shall wear the same color and design (pattern of colors) of uniform although the length of the bottom or one-piece uniform may vary. Any visible garment(s) or apparel worn under the top or bottom shall be of a single solid color. Visible garments worn under the top do not have to be the same color as visible garments worn under the bottom. **If more than one member of a relay team wears undergarments, the undergarments DO NOT have to be the same solid color as that of other relay team members.**
11. French or high-cut apparel may be worn under, but not in lieu of bottoms.
12. The waistband of a competitor's bottom shall be worn above the hips. The logo/trademark/reference on the uniform bottom may be larger than 2 ¼ square inches around the waistband.
13. Bare midriffs are not acceptable.

C. No part of the uniform, excluding shoes, shall be removed in or near the area of competition.

A warning shall be issued for the first uniform violation. Any subsequent violation by that athlete shall result in a disqualification from the event in which the subsequent violation occurs. Information concerning any uniform warning must be recorded by the covering official. The information recorded must include: name of the athlete, school, event, type of uniform violation, the time of the violation and the name and assignment of the official who issued the warning. This information must also be communicated to the meet referee immediately. The referee shall in turn inform the head coach of the athlete involved concerning any uniform warning and/or any uniform disqualification.

34. In relay races, each team member shall wear the same color and design of school uniform (jersey and shorts). If two or more team members wear visible apparel under their uniform, that apparel does not have to be the same color or the same length. Visible apparel worn under the jersey does not have to be the same color as visible apparel worn under the shorts. However, all visible apparel worn under the jersey must be unadorned and the same color and all visible apparel worn under the shorts must be unadorned and the same color.
35. **When worn, medical alert medallions or bracelets should remain visible.**
36. Interference is any action by a competitor, which unfairly changes the course or natural running rhythm of a competitor during a race. This may include bumping, tripping or running across the competitor's path.
37. If a nonparticipating contestant interferes with a competitor during competition, the nonparticipating contestant may be disqualified from the meet. The nonparticipant's teammate (s) also may be disqualified from that event.
38. It is an unfair act when a competitor receives any assistance from any other person that could improve that competitor's performance.

Assistance includes:

- a. Interference with another competitor.
- b. Pacing by a teammate or persons not participating in the event.
- c. Competitors joining or grasping hands with each other during a race.
- d. Competitor using an aid during the race.
- e. Communicating with the competitor through the use of a wireless device.
- f. **Coaching a competitor from a restricted area.**
- g. Competitor viewing a videotape prior to the completion of the competition.
39. **A competitor who is bleeding**, has an open wound or an excessive amount of blood on the uniform **may complete the running event or field event trial**. However, the competitor shall not participate further until appropriate treatment has been administered and/or the excessive blood has been removed from the uniform.
40. **When a break line is utilized, competitors shall run the entire distance to the break line in their assigned lanes before breaking to the pole position.**
41. No competitor shall deliberately run on or inside the track curb (or painted line), and thereby gain an advantage by improving position or shortening the course. A competitor may leave the track to retrieve a dropped relay baton

- provided no interference occurs and no advantage is gained.
42. In a race involving a curve where lanes are not specified, a competitor may move toward the inside or outside of the track providing he/she is one full running stride, approximately 7 feet, in advance of the competitor whose path is crossed. It is not a foul if a competitor crosses to the inside or outside if the action does not interfere in any way with another competitor's stride. A competitor shall not, when running around a curve, step on or over the curb, or painted line, for three or more consecutive steps with either or both feet.
 43. **It is a hurdling infraction if a competitor:**
 - a. Does not attempt to clear each hurdle.
 - b. Knocks down any hurdle by hand.
 - c. Advances or trails a leg or foot along the side of or below the height of the hurdle gate.
 - d. Runs over a hurdle not in the assigned lane.
 - e. Runs around a hurdle.
 - f. Impedes another hurdler.
 44. During hurdle races watch for arm throwing by the hurdlers. If it (arm/hand) does not interfere, impede, or touch a hurdler in an adjacent lane, it is not a foul. Touching may be a foul and should be reported even if you observe it in lanes other than those assigned to you. Note position of trail leg and the top of the hurdle gate. The foot/leg should not drop below the plane of the gate extended.
 45. In all shuttle hurdle relay races there shall be a "break line" one meter in front of the starting line. **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.** (In essence this means that each outgoing runner must have a discernable pause between her/his "set" and her/his "start", just like any other runner who is starting a race of 400 meters or less. This is true if she/he is using a 2-point start, a 3-point start or a traditional 4-point start.) **The "rolling start", which was legal until 2005 in girl's competition, is no longer allowed in the shuttle hurdle relay.**
 46. **Umpires should protect downed runners, but not touch them.** Let the trainers or medical personnel handle these runners. If an umpire assists or touches a runner, that runner is disqualified.
 47. **Umpires should use extreme caution when media people are present.** The media is often overly curious about disqualifications. When a call has been made and reported, the umpire's obligation is complete. Do not discuss the call with anyone other than the Referee or Jury when they require more information. If a coach or athlete tries to question an umpire, refer them to the Head Umpire or Referee. Only the Referee may give permission for a coach to discuss the situation with an umpire. If permission is granted, the coach will be escorted to and from the umpire's position by the Referee or meet management.
 48. **Unacceptable conduct** by a competitor includes, but is not limited to, willful failure to follow the directions of a meet official, using non-excessive profanity which is not directed at someone or any action which could bring discredit to the individual or his school. **Unacceptable conduct shall result in disqualification from the event.**
 49. **Unsportsmanlike conduct** is behavior which is unethical or dishonorable. It includes, but is not limited to, disrespectfully addressing an official, any flagrant behavior, intentional contact, taunting, criticizing an opponent or an official, or the use of excessive profanity or profanity directed at someone. This shall apply to all coaches, contestants and other school/team personnel. **Unsportsmanlike conduct shall result in disqualification from the event and any further competition in the meet.**

IOWA ASSOCIATION of TRACK OFFICIALS

Recommended Procedures for Track and Field Meets

FIELD EVENT JUDGES

The information for each field event has been condensed so that it can be formatted on two 8½ X 11 sheets of paper. Reproduce the information on the front and back of a single sheet and laminate the sheet. Include this laminated sheet on the clipboard for the specific field event identified. Virtually all the information necessary for field event officials to properly supervise and judge that event is included on this single sheet.

It would be helpful if your field event judges could receive copies of the rules and mechanics for their respective field events a few days before the meet. This would give them an opportunity to review the information in depth prior to the meet.

The starter/referee should arrive on site early enough to review this material with the head judge for each field event.

As specified by the IHSAA and the IGHSAU, all regular season Iowa high school coed meets should schedule the girl's Shot Put and High Jump first followed by the Discus and Long Jump. The boy's will have the Discus and Long Jump first followed by the Shot Put and High Jump. This is the schedule that will also be followed at all of the state qualifying meets.

The National Federation allows for the use of "coaching boxes" if approved by the games committee. Please refer to rule (3-2-4g). **However, note that coaches' boxes will not be used at any state qualifying meet or at the State Meet.**

Athletes are prohibited by rule from warm-ups at a field event venue until it is declared open. While warming up each athlete must be supervised, by his/her coach or an adult official assigned to that venue. The event officials should close the venue upon the completion of the event.

Meet management is encouraged to use large orange cones to designate that a field event venue is closed to warm-up and/or competition. These large orange cones should be placed:

- on the take-off board of the long jump
- in the circle of the discus
- in the circle of the shot put
- in front of or on top of the high jump pad

When an orange cone is placed in those positions it indicates that the field event venue is closed. Only an event official should be allowed to remove the cone and open the field event venue. At the conclusion of the event, the cone should be replaced by an event official to indicate that the event is closed.

The throwing sector for the discus and the shot put shall be 34.92 degrees. **When converting from either the 40° or 60° sector, the stopboard in the shot put can conform to the 34.92° sector, but it is not a requirement. If the stopboard being used still conforms to either the 40° or 60° sector, it must be clearly marked to delineate the sector lines on the stopboard. These lines must be placed equidistance from the ends of the stopboard.**

A warning shall be issued for the first uniform violation. Any subsequent violation by that athlete shall result in a disqualification from the event in which the subsequent violation occurs. Information concerning any uniform warning must be noted on the event result sheet. The information recorded must include name of the athlete, school, event, type of uniform violation, and the name and assignment of the official who issued the warning. **This information must also be communicated to the meet referee immediately. When any competitor receives a warning or is disqualified due to a subsequent violation, the referee should personally notify the head coach who is involved.**

When field event judges are calling up the competitors, the proper sequence of commands is: "<1st name> is up; <2nd name> is on deck; and <3rd name> is on hold, "<1st name> you're up". The clock for the time limit starts when the first competitor's name is called the **second** time. This final call-up should be accompanied with a hand signal toward the athlete. This hand signal ensures that the official, the athlete and the person running the clock, are all on the same page.

NOTE: The last few years there has been a slight change to the call-up sequence. This updated method drastically shortens the time between attempts, creates a good flow to the competition and keeps the athletes alert and ready to respond.

Throws: Upon completion of an attempt, the official should say, “<1st name> is next, <2nd name> is on deck and <3rd name> is on hold. If the attempt was successful, measure and record, then say “<1st name> you’re up”. If the attempt was a foul, after a brief pause the official will say “<1st name> you’re up.”

High jump and long jump: A similar sequence can be used in the jumps but the flow will be slightly different with bar replacement and bar height adjustment in the high jump and raking the pit in the long jump.

Judges who are working the throws must remember that **it is not a foul if the competitor:**

- Enters the circle from the front half of the circle
- Carries a towel into the circle and throws the towel out of the circle prior to beginning their attempt
- Enters the circle and then exits the circle prior to beginning their attempt
- Is not under control when exiting the circle as long as the implement has landed

Shot put officials are reminded that an indoor shot put is not legal for outdoor competition or outdoor warmups. Throwers are only allowed to use legal implements during warmups. This prohibits the use of either smaller or larger implements during warmups. By rule, the use of an illegal implement in warm-ups disqualifies the athlete from the competition.

Whenever possible throws competition should be run “cafeteria style”. (One throw at a time in the order that the names are listed on the event sheets.) If competitors need to be excused to compete in other events, allow them to take consecutive or alternating throws with other competitors. As their implement must be returned to them and they often consult with their coach between throws, alternating throws is sometimes quicker than allowing a competitor to take his throws consecutively.

Whenever there are more than 14 entries in a throws event meet management should divide the competitors into flights. This allows the competitors to complete their throws in a timely fashion, without having to repeatedly warm-up prior to each attempt.

Meet management should schedule the shot put and discus events in such a manner that the competition is completed in one before it begins in the other. This allows all the athletes who compete in both events to check in properly at both venues and eliminates the necessity of athletes having to continually shuttle back and forth between the two events.

Each athlete must personally check in at each venue (teammates and managers are not be allowed to check athletes in). At some meets these venues are not located near each other, and it is very problematic to have to check in for one throw event while still competing in the other throw event.

Athletes must check in for a field event prior to the beginning of competition in that event. Once the competition has started any athlete, who has not checked in shall be denied the opportunity to compete in that event.

The games committee or meet management shall determine time limits for competitors excused to compete in another event.

Its recommended that Field Event Judges use flags to indicate a fair or foul attempt rather than voice commands.

The crew assigned to each field event should be provided the following equipment:

- Stop watch for timing
- Red and white flags to indicate legal attempts and fouls
- Appropriate length and type of tape measure
- Marker stake attached to the end of the measuring tape (Shot Put, Discus and Long Jump)
- Clipboard with laminated sheet that contains current rules and mechanics for conducting the event
- Mechanical or lead pencils to record the performances
- Brooms and rakes appropriate for the venue

High School DISCUS – 2023

1. **Warming up or practice shall not be allowed in any throwing event venue until it is declared open. Each athlete must be supervised by an adult coach or adult event official.**
 - First occurrence: Warning
 - Second occurrence: Disqualification from the event
 - Third occurrence: Disqualification from the meet
2. **Each contestant shall be responsible for knowing the time schedule.**
3. Contestants shall report promptly to the discus event judges at the designated location when the discus is announced.
4. Contestants officially become competitors when they report to the discus event judges.
5. **Contestants who fail to report prior to the discus event judges starting competition shall not be allowed to participate.**
6. Each competitor shall be allowed three preliminary trials. In the finals each qualifier is allowed three additional trials. In meets with limited entries, the games committee may allow all competitors just four trials.
7. The order in which competitors take their first trials shall be determined by lot or the games committee.
8. The time limit for competitors excused to compete in another event shall be determined by the games committee. **Always record the time when a competitor leaves an event to compete in another event and the time when the competitor returns.**
9. The time at which the preliminaries in the discus shall terminate, should be set by the games committee. Any competitor who does not complete all preliminary attempts within the time specified shall forfeit any remaining preliminary trials.
10. If there are preliminaries and finals, the order of competition in the finals shall be the reverse of the best performances in the preliminaries; i.e. the competitor having the best preliminary performance will be last in order.
11. The head discus official may change the order of competition to accommodate those who may be excused to participate in other events. Competitors may also be allowed to take more than one trial in succession under these circumstances. They may even be allowed to take preliminary and final trials in succession.
12. When preliminaries are held, one or more competitors than there are scoring places shall qualify for the finals. All competitors tying for the last position shall be finalists.
13. To be eligible to participate in the finals, a competitor shall have had at least one legal throw in the preliminaries.
14. If a qualifying competitor withdraws from competition in the finals, no substitute may replace the withdrawn competitor.
15. **The use of a protective cage is required for the discus in both high school and junior high school competition.**
16. A trial is an attempt. Each competitor is allowed a specified number of trials.
17. A flight is a round of trials for a group of competitors. The three preliminary trials shall be taken in flights of no less than five.
18. To qualify is to win the right to participate in finals.
19. **A foul throw is one which is counted as a trial but which is not measured. A red flag should be raised to indicate a foul.**
20. **It is a foul if the competitor:**
 - a. After stepping into the circle, fails to pause before starting the throw.
 - b. After stepping into the circle, touches the circle, not including the inner face of the band, if one is used, or the ground outside the circle during a throw.
 - c. Throws the discus so it does not fall within the sector lines. **(The lines are “out of bounds”).**
 - d. Throws a discus which hits the cage and/or an object outside the sector before landing within the sector.
 - e. Leaves the circle before the implement has landed.
 - f. Does not exit the back half of the circle.
 - g. Fails to initiate a trial that is carried to completion within **1 minute** after being called for a trial. For **consecutive trials** a competitor is allowed **2 minutes**.
21. A competitor in the throwing events may enter and exit the circle without a foul provided it occurs within the time allowed for the trial and before the competitor starts his/her attempt beginning with a pause.
22. The discus event judges shall be responsible for the judging and measuring of each legal throw of a competitor. **A white flag should be raised to indicate a legal throw.**
23. Each legal throw shall be measured from the nearest edge of the first mark made by the discus, to the point **on the inside edge of the throwing circle** nearest such mark. Draw the measuring device through the center of the throwing circle where the two lines marking the throwing sector intersect. Measurements shall be recorded to the nearest lesser inch or even number centimeter. Measurement must be made with either a non-stretchable tape or certified scientific measurement device (laser). The judges shall hold the tape in such a way that the readings will be at the circle.
24. **Meet management may place reference marks for records or qualifying marks adjacent to the sector.**
25. To obtain a better grip, competitors are permitted to use chalk or an adhesive or similar substance such as rosin on their hands during competition.
26. **Competitors shall not compete while using an illegal implement.**
27. Taping of any part of the hands or fingers shall not be permitted unless there is an open wound that must be protected by tape. Taping of the wrist is permissible.
28. Gloves are not permitted. However, a support belt may be worn.
29. **Competitors shall not be allowed to use electronic devices during competition in the area of competition. However, they are allowed to view videos or pictures of their performance between attempts if they do so in a non-restricted area.**
30. **Each competitor is required to wear a legal uniform. A competitor shall not compete while wearing an illegal uniform.**
31. **Uniforms shall be worn as intended by the manufacturers. They should be worn “right side out”. Boys are not allowed to roll over the waistbands of the shorts. Girls are allowed to roll over the waistband of their shorts over. The top must hang below or be tucked into the waistband of the bottom when the competitor is standing erect.**
A uniform shall consist of:
 - A. Shoes (slippers or socks do not meet this requirement).

- B. Full-length track top and track bottom or one-piece uniform issued **or approved** by the school.
1. **Teammates' bottoms may vary in length, style and color**.
 2. Loose-fitting, boxer-type bottom, one-piece uniform and closed-leg briefs are acceptable.
 3. Top, bottom or one-piece uniform may have school identification and the top may have the competitor's name.
 4. When numbers are used, each competitor shall wear the assigned, unaltered contestant number.
 5. The top shall not be knotted or have knot-like protrusions.
 6. The top must hang below or be tucked into the waistband of the bottom when the competitor is standing erect.
 7. A single manufacturer's logo/trademark/reference is permitted on the uniform top or bottom or one-piece uniform.
 8. An American flag, not exceeding 2 X 3 inches may be worn on each item of uniform apparel, and either a commemorative or memorial patch, not to exceed 4 square inches, may be worn on the uniform top or bottom.
 9. **Any visible apparel worn underneath** the top or bottom or one-piece uniform must be unadorned (except for a single school name, school insignia, or manufacturer's logo, none of which can be more than 2 ¼ square inches with no dimension more than 2 ¼ inch) and be of a single solid color. Visible apparel worn under the top and the bottom **do not** have to be the same color. Undergarments that display contrasting color stitching of the seams is legal.
 10. French or high-cut apparel may be worn under the bottom, but not in lieu of the bottom.
 11. **The waistband of a competitor's bottom shall be worn above the hips.** The logo/trademark/reference on the uniform bottom may be larger than 2 ¼ square inches around the waistband.
 12. **Bare midriffs are not acceptable.**
- C. **No part of the uniform, excluding shoes, shall be removed in or near the area of competition.**

A warning shall be issued for the first uniform violation. Any subsequent violation by that athlete shall result in a disqualification from the event in which the subsequent violation occurs. Information concerning any uniform violation warning must be noted on the event result sheet. This information must also be communicated to the meet referee immediately.

-If medical medallions or bracelets are worn, the medical alert sign should remain visible.

32. To place in the discus a competitor must have had at least one legal throw.
33. Competitors shall be credited with their best performance regardless of whether this occurs in the preliminaries or finals.
34. When there is a tie in the final standings of the discus, places and points scored shall be awarded as follows:
First tie-breaker: If the distance resulting from the best performance of competitors is identical, the higher place is awarded to the tying competitor whose second-best performance is better from either the preliminary trials or the finals.
Second tie-breaker: If the second-best performances are also identical, the higher place is awarded to the tied competitor whose third-best performance is better than the third-best performance of any tied competitor, etc.
35. If after applying the above criteria, there is still a tie by any of the competitors for any scoring places, the points for tied places shall be added together and divided by the number of competitors who are involved in the tie.
36. A record will be recognized for each competitor when two or more tie at the record distance even though the points and places in the event are determined by the method of breaking ties. A record is valid whether made in the preliminaries or the finals.
37. **A competitor who is bleeding, has an open wound or an excessive amount of blood on the uniform, may complete the discus attempt.** However, the competitor shall not participate further until appropriate treatment has been administered and/or the excess blood has been removed from the uniform.
38. The head discus official must sign the event card, indicating all the place winners.
39. **Unacceptable conduct** by a competitor includes, but is not limited to, willful failure to follow the directions of a meet official, using non-excessive profanity which is not directed at someone or any action which could bring discredit to the individual or his school.
Unacceptable conduct shall result in disqualification from the event.
40. **Unsportsmanlike conduct** is behavior which is unethical or dishonorable. It includes, but is not limited to, disrespectfully addressing an official, any flagrant behavior, intentional contact, taunting, criticizing an opponent or an official, the use of excessive profanity or profanity directed at some one. This shall apply to all coaches, contestants and other school/team personnel. **Unsportsmanlike conduct shall result in disqualification from the event and any further competition in the meet.**
41. A field event begins at a time designated by the games committee and concludes and is considered official when the places have been determined and the results have been recorded by the field event judge.
42. At the conclusion of the discus there shall be no further practice and implements shall be removed from the area.

In situations where a disqualification is obvious, and in the absence of a field event referee or a head field event judge over-seeing all of the field events, notify the competitor of his/her disqualification and the reason for it. Make note of the disqualification and the **specific** reason for it on the result sheet. Pass this information on to the referee so he/she can verify the disqualification and be prepared to discuss it with the competitor's coach. In situations where the disqualification is not obvious, **immediately** notify the referee. **The referee will make the determination if a disqualification is justified.** Whenever possible the head discus judge should stay at the event location and continue the competition.

Discus officials are reminded that they no longer have to say "Mark" when the implement lands and that the thrower does not have to be under control when exiting the ring.

High School HIGH JUMP - 2023

1. **Warming up or practice shall not be allowed in any jumping venue until it is declared open. Each athlete must be supervised by an adult coach or adult event official.**
 - First occurrence: Warning
 - Second occurrence: Disqualification from the event
 - Third occurrence: Disqualification from the meet
2. **Each contestant shall be responsible for knowing the time schedule.**
3. A bungee cord manufactured for use in the high jump and for the standards in use may be used during warm-ups, as approved by the games committee.
4. Contestants shall report promptly to the high jump event judges at the designated location when the high jump is announced.
5. Contestants officially become competitors when they report to the high jump event judges.
6. **Contestants who fail to report prior to the high jump event judges starting competition shall not be allowed to participate.**
7. The order in which competitors take their first trials shall be determined by lot or the games committee.
8. The head high jump official may change the order of competition to accommodate those who may be excused to participate in other events.
9. The time limit for competitors excused to compete in another event shall be determined by the games committee. General practice is contestant must return within ten minutes after the completion of their race or relay leg. The contestant must tell the event judge before leaving the competition area for another event. If contestant does not communicate with event judge and is not present, the competition will continue and contestant attempts are recorded as a pass. **Always record the time when an approved competitor leaves an event to compete in another event and the time when the competitor returns.** When that time limit has been met, the bar will be raised to the next level. Upon their return, the excused competitors must make their next attempt at whatever height the bar is currently set. **UNDER NO CIRCUMSTANCES SHOULD THE BAR BE LOWERED TO A PREVIOUS HEIGHT TO ACCOMMODATE THOSE COMPETING IN OTHER EVENTS. It is unfair for other competitors to wait unreasonably long periods of time for excused competitors to return. THE ONLY TIME THE BAR CAN BE LOWERED IS WHEN COMPETITORS JUMP-OFF A TIE CONCERNING FIRST PLACE.**
10. A trial is an attempt. Each competitor is allowed a maximum of three trials at any one height. The competitor may use all three trials or elect to pass at any of them. Unless the competitor has had three unsuccessful trials at a given height, the competitor may elect to pass a height and take the remaining trial or trials at a subsequent height. **A competitor is eliminated as soon as he/she has had three consecutive unsuccessful trials, regardless of the height or heights at which the unsuccessful trials were attempted. Pass can be used to forgo a trial or a height. The contestant must communicate the request to the event judge before the jumper is called up and the trial clock is started.** All previous failures are disregarded as soon as the competitor legally clears the bar.
11. A competitor, who has passed at least three consecutive heights after the competition has begun, may be permitted one warm-up jump without the crossbar in place but shall enter the competition at that height. Such a warm-up must be taken at a height change.
12. The judges shall place the crossbar at the starting height as determined by the games committee. The games committee will also determine the schedule of increments that the bar will be raised during competition. When only one competitor remains in the competition, the competitor may determine successive heights of the crossbar.
13. A competitor may attempt to clear the bar in any manner, provided the takeoff is from one foot and provided no weights or artificial aids are used. All of the competitor's body must go over the bar.
14. **AFTER COMPETITION HAS STARTED, THE BAR SHALL NOT BE LOWERED, EXCEPT TO DETERMINE A FIRST-PLACE WINNER WHEN A TIE FOR THAT PLACE IS INVOLVED.**
15. An accurate measurement of the height of the crossbar shall be taken before each record attempt. Any displaced crossbar or jostled crossbar should be placed on the standards in exact same position before next attempt.. To ensure this, one face of the crossbar should be marked for identification.
16. Measurements shall be recorded to the nearest lesser ¼ inch or centimeter. Measurements shall be made with a non-stretchable tape or a certified scientific measurement device (laser). Measurement of the official height shall be from a point on the same level as the takeoff to the lowest point on the upper side of the crossbar.
17. **It is a foul, and an unsuccessful trial is charged, if the competitor:**
 - a. Displaces the crossbar in an attempt to clear it.
 - b. Touches the ground or landing area beyond the plane of the crossbar, or the crossbar extended, without clearing the bar. Inadvertent kick of the high jump mat is not a foul unless the jumper uses the pit to assist with the jump or is done on a regular basis.
 - c. After clearing the bar, contacts the upright and displaces the crossbar or steadies the bar.
 - d. Fails to initiate a trial that is carried to completion within **1 minute** after being called for a trial and after the crossbar has been set and called up for a trial. For consecutive attempts at the same height, two minutes is allowed. When three or fewer competitors remain in the competition, the contestants are allowed three minutes. When only one competitor remains he/she will be allowed five minutes to initiate a jump.
 - e. Fails (total body) to go over the bar.
 - f. Takes off from two feet.
 - g. Uses weights or artificial aids.
18. **A red flag should be raised to indicate a foul and a white flag should be raised to indicate a legal jump.**
19. **WHEN THERE IS A TIE IN THE HIGH JUMP,** places and points scored shall be awarded as follows:
 - First tiebreaker:** The competitor with the fewest number of trials for the height at which the tie occurs, i.e., the last height successfully cleared, shall be awarded the higher place.
 - Second tiebreaker:** If the tie remains, the competitor with the fewest total number of unsuccessful trials throughout the competition, up to and including the height last cleared, shall be awarded the higher place.
 - Passed trials shall not count as misses.**

If the tie remains after applying both tiebreakers listed above and:

1. **If it concerns first place**, the competitors tying shall make one more attempt at the height at which they failed. If no one clears the height, the bar shall be lowered by one (1) inch increments until a successful attempt. If two or more of the tying contestants cleared the height, the bar shall be raised by intervals of one (1) inch. Each competitor shall attempt one trial at each height until a winner is determined.
2. **If the tie concern any place other than first place, the competitors shall be awarded the same place and points divided.**
3. A competitor shall be credited with his best achievement if it occurs in a jump-off for first place.

Note 1: If the height which the competitors last attempted is not the same, because of a passed height by one or more of the remaining competitors, the bar shall be lowered to the lowest height last attempted by any of the remaining competitors to begin the jump-off.

Note 2: No passed heights shall be permitted in the jump-offs.

20. The games committee shall specify the marking materials, if any, that may be used, as well as the number of marks and location of the individual marks. Normally, two marks are allowed per jumper. Use of tennis balls are discouraged.
21. **Competitors shall not be allowed to use electronic equipment during competition in the area of competition. However, for safety they are allowed to view videos or pictures of their performance between trials if they do so outside the area of competition and are not called up to jump and the trial clock is started. The use of cell phones by all competitors should be prohibited for safety reasons.**
22. **Each competitor is required to wear a legal uniform. A competitor shall not compete while wearing an illegal uniform.**
23. **Uniforms shall be worn as intended by the manufacturers. They should be worn "right side out". Boys are not allowed** to roll the waistbands of the bottoms over. **Girls are allowed** to roll the waistband of their bottoms over. The top must hang below or be tucked into the waistband of the bottom when the competitor is standing erect. **A uniform shall consist of:**
 - A. Shoes (slippers or socks do not meet this requirement).
 - B. Full-length **track** top and **track** bottom or one-piece uniform **issued or approved by the school.**
 1. **Teammates' bottoms may vary in length, style and color.**
 2. Loose-fitting, boxer-type bottoms, one-piece uniforms and closed-leg briefs are acceptable.
 3. The top and bottom or one-piece uniform may have school identification the top may have competitor's name.
 4. When numbers are used, each competitor shall wear the assigned, unaltered contestant number.
 5. The top shall not be knotted or have knot-like protrusions.
 6. The top must hang below or be tucked into the waistband of the bottom when the competitor is standing erect.
 7. A single manufacturer's logo/trademark/reference is permitted on the uniform bottom or top or one-piece uniform.
 8. An American flag, not exceeding 2 X 3 inches may be worn on each item of uniform apparel, and either a commemorative or memorial patch, not to exceed 4 square inches, may be worn on the uniform top or bottom.
 9. **Any visible apparel worn under the top or bottom or one-piece uniform must be unadorned (except for a single school name, school insignia, or manufacturer's logo, none of which can be more than 2 ¼ square inches with no dimension more than 2 ¼ inch) and be of a single solid color. Visible apparel worn under the top and bottom do not have to be the same color. Undergarments that display contrasting color stitching of the seams are legal.**
 10. French or high-cut apparel may be worn under the bottom, but not in lieu of the bottom.
 11. **The waistband of a competitor's bottoms shall be worn above the hips.** The logo/trademark/reference on the uniform bottom may be larger than 2 ¼ square inches around the waistband.
 12. **Bare midriffs are not acceptable.**
 - C. **No part of the uniform, excluding shoes, shall be removed in or near the area of competition.**
A warning shall be issued for the first uniform violation. Any subsequent violation by that athlete shall result in a disqualification from the event in which the subsequent violation occurs. Information concerning any uniform violation warning must be noted on the event result sheet. This information must also be communicated to the meet referee immediately.
24. **If medical medallions or bracelets are worn, the medical alert sign should remain visible.**
25. To place in the high jump a competitor must have had at least one successful jump.
26. A record will be recognized for each competitor when two or more tie at the record height even though the points and places in the event are determined by the method of breaking ties. A record is valid even when it is made in a jump-off for first place.
27. **A competitor, who is bleeding, has an open wound or an excessive amount of blood on the uniform, may complete the high jump trial.** However, the competitor shall not participate further until appropriate treatment has been administered and/or the excessive blood has been removed from the uniform.
28. The head high jump official must review for accuracy and sign the final results, indicating all the place winners required by the Games Committee.
29. **Unacceptable conduct** by a competitor includes, but is not limited to, willful failure to follow the directions of a meet official, using non-excessive profanity which is not directed at someone or any action which could bring discredit to the individual or his school. **Unacceptable conduct shall result in disqualification from the event.**
30. **Unsportsmanlike conduct** is behavior which is unethical or dishonorable. It includes, but is not limited to, disrespectfully addressing an official, any flagrant behavior, intentional contact, taunting, criticizing an opponent or an official, the use of excessive profanity or profanity directed at someone. This shall apply to all coaches, contestants and other school/team personnel. **Unsportsmanlike conduct shall result in disqualification from the event and any further competition in the meet.**
31. A field event begins at a time designated by the games committee and concludes and is considered official when the places have been determined and the results have been recorded by the field event judge.
32. At the conclusion of the high jump there shall be no further practice allowed on the approach apron or the landing pit.

In situations where a disqualification is obvious, and in the absence of a field event referee or a head field event judge over-seeing all of the field events, notify the competitor of his/her disqualification and the reason for it. Make note of the disqualification and the **specific** reason

for it on the result sheet. Pass this information on to the referee so he/she can verify the disqualification and be prepared to discuss it with the competitor's coach. In situations where the disqualification is not obvious, **immediately** notify the referee. **The referee will make the determination if a disqualification is justified.** Whenever possible the head high jump judge should stay at the event location and continue the competition.

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High School LONG JUMP - 2023

1. **Warming up shall not be allowed in any jumping venue until it is declared open. Each athlete must be supervised by an adult coach or adult event official. It is illegal to run backward or in the opposite direction (non-legal direction) on a horizontal jump runway. Once competition has begun, competitors are not allowed to use for practice purpose the runway associated with the competition.**
 - First occurrence: Warning
 - Second occurrence: Disqualification from the event
 - Third occurrence: Disqualification from the meet
2. **Each contestant shall be responsible for knowing the time schedule.**
3. Contestants shall report promptly to the long jump event judges at the designated location when the long jump is announced.
4. Contestants officially become competitors when they report to the long jump event judges.
5. **Contestants who fail to report prior to the long jump event judges starting competition shall not be allowed to participate.**
6. Each competitor shall be allowed three preliminary trials. In the finals each qualifier is allowed three additional trials. In meets with limited entries, the games committee may allow all competitors just four trials.
7. The order in which competitors take their first trials shall be determined by lot or the games committee.
8. The head long jump official may change the order of competition to accommodate those who may be excused to participate in other events. Competitors may also be allowed to take more than one trial in succession under these circumstances. They may even be allowed to take preliminary and final trials in succession.
9. The time limit for competitors excused to compete in another event shall be determined by the games committee. **Always record the time when a competitor leaves an event to compete in another event and the time when the competitor returns.**
10. The time at which the preliminaries in the long jump shall terminate should be set by the games committee. Any competitor who does not complete all preliminary attempts within the time specified shall forfeit any remaining preliminary trials.
11. If there are preliminaries and finals, the order of competition in the finals shall be the reverse of the best performances in the preliminaries; i.e. the competitor having the best preliminary performance will be last in order.
12. When preliminaries are held, one or more competitors than there are scoring places shall qualify for the finals. All competitors tying for the last position shall be finalists.
13. To be eligible to participate in the finals, a competitor shall have had at least one legal jump in the preliminaries.
14. If a qualifying competitor withdraws from competition in the finals, no substitute may replace the withdrawn competitor.
15. A trial is an attempt. Each competitor is allowed a specified number of trials.
16. A flight is a round of trials for a group of competitors. The three preliminary trials shall be taken in flights of no less than five.
17. To qualify is to win the right to participate in finals.
18. **A foul jump is one which is counted as a trial but which is not measured.**
19. **It is a foul if the competitor:**
 - a. Allows his/her shoe to extend over the scratch line or make a mark in front of it on the takeoff.
 - b. Runs across the scratch line, or the scratch line extended.
 - c. Does not keep his/her head in the superior position, i.e., no somersault.
 - d. In the process of landing or leaving the pit, touches the ground or apron outside the landing nearer the foul line than the nearest mark made in the landing pit.
 - e. Fails to initiate a trial that is carried to completion within **1 minute** after being called for a trial. **For consecutive trials a competitor is allowed 2 minutes.**
20. **A red flag should be raised to indicate a foul and a white flag should be raised to indicate a legal attempt.**
21. The long jump event judges shall be responsible for the judging and measuring of each legal trial of a competitor.
22. Each legal jump shall be measured perpendicularly in a straight line from the edge of the takeoff board, or its' extension, nearest the landing pit to the mark in the landing pit, made by the competitor, nearest the takeoff board. Measurements shall be recorded to the nearest lesser ¼ inch or centimeter. Measurement must be made with either a non-stretchable tape or certified scientific measurement device (laser).
23. **Markers may be placed alongside the runway, but not on it. May have up to two markers.**
24. The rectangular takeoff area or board should be a minimum of 8 inches wide and can be up to 24 inches wide.
25. **Meet management may place reference marks for records or qualifying marks adjacent to the landing pit.**
26. **Competitors shall not be allowed to use electronic devices during competition in the area of competition. However, they are allowed to view videos or pictures of their performance between attempts if they do so in a non-restricted area.**
27. **Each competitor is required to wear a legal uniform. A competitor shall not compete while wearing an illegal uniform.**
28. **Uniforms shall be worn as intended by the manufacturers. They should be worn "right side out". Boys are not allowed to roll the waistbands of the bottoms over. Girls are allowed to roll the waistband of their bottoms over. Tops must hang below or be tucked into the waistband of the bottom when the competitor is standing erect. A uniform shall consist of:**
 - A. Shoes (slippers or socks do not meet this requirement).
 - B. Full-length **track** top and **track** bottom or one-piece **uniform issued or approved by the school.**
 1. **Teammates' bottoms may vary in length, style and color.**
 2. Loose-fitted, boxer-type bottoms, one-piece uniforms and closed-leg briefs are acceptable.

3. The top and bottom or one-piece uniform may have school identification and the top may have competitor's name.
4. When numbers are used, each competitor shall wear the assigned, unaltered contestant number.
5. The top shall not be knotted or have knot-like protrusions.
6. The top must hang below or be tucked into the waistband of the bottom when the competitor is standing erect.
7. A single manufacturer's logo/trademark/reference, is permitted on the uniform bottom or top or one-piece uniform.
8. An American flag, not exceeding 2 X 3 inches may be worn on each item of uniform apparel, and either a commemorative or memorial patch, not to exceed 4 square inches, may be worn on the uniform top or bottom.
9. Any visible apparel worn under the top or bottom or one-piece uniform must be unadorned (except for a single school name, school insignia, or manufacturer's logo; none of which may be more than 2 ¼ square inches with no dimension more than 2 ¼ inch) and of a single solid color. Visible apparel worn under the top and bottom do not have to be the same color. **Undergarments that display contrasting color stitching of the seams are legal.**
10. French or high-cut apparel may be worn under the bottom, but not in lieu of the bottom
11. **The waistband of a competitor's bottom shall be worn above the hips.** The logo/trademark/reference on the uniform bottom may be larger than 2 ¼ square inches around the waistband.
12. **Bare midriffs are not acceptable.**
- C. **No part of the uniform, excluding shoes, shall be removed in or near the area of competition.**

A warning shall be issued for the first uniform violation. Any subsequent violation by that athlete shall result in a disqualification from the event in which the subsequent violation occurs. Information concerning any uniform violation warning must be noted on the event result sheet. This information must also be communicated to the meet referee immediately.

29. **If medical medallions or bracelets are worn, the medical alert sign should remain visible.**
30. To place in the long jump a competitor must have had at least one successful jump.
31. Competitors shall be credited with their best performance regardless of whether this occurs in the preliminaries or finals.
32. When there is a tie in the final standings of the long jump, places and points scored shall be awarded as follows:
First tie-breaker: If the distance resulting from the best performance of competitors is identical, the higher place is awarded to the tying competitor whose second-best performance is better from either the preliminary trials or the finals.
Second tie-breaker: If the second-best performances are also identical, the higher place is awarded to the tied competitor whose third-best performance is better than the third-best performance of any tied competitor, etc.
33. If after applying the above criteria, there is still a tie by any of the competitors for any scoring places, the points for tied places shall be added together and divided by the number of competitors who are involved in the tie.
34. A record will be recognized for each competitor when two or more tie at the record distance even though the points and places in the event are determined by the method of breaking ties. A record is valid even when it is made in a preliminary trial.
35. **A competitor who is bleeding, has an open wound or an excessive amount of blood on the uniform, may complete the long jump trial.** However, the competitor shall not participate further until appropriate treatment has been administered and/or the excessive blood has been removed from the uniform.
36. The head long jump official must sign the event card, indicating all the place winners.
37. **Unacceptable conduct** by a competitor includes, but is not limited to, willful failure to follow the directions of a meet official, using non-excessive profanity which is not directed at someone or any action which could bring discredit to the individual or his school. **Unacceptable conduct shall result in disqualification from the event.**
38. **Unsportsmanlike conduct** is behavior which is unethical or dishonorable. It includes, but is not limited to, disrespectfully addressing an official, any flagrant behavior, intentional contact, taunting, criticizing an opponent or an official, the use of excessive profanity or the use of profanity directed at some one. This shall apply to all coaches, contestants and other school/team personnel. **Unsportsmanlike conduct shall result in disqualification from the event and any further competition in the meet.**
39. A field event begins at a time designated by the games committee and concludes and is considered official when the places have been determined and the results have been recorded by the field event judge.
40. At the conclusion of the long jump there shall be no further practice allowed on the approach runway or in the landing pit.

In situations where a disqualification is obvious, and in the absence of a field event referee or a head field event judge over-seeing all of the field events, notify the competitor of his/her disqualification and the reason for it. Make note of the disqualification and the **specific** reason for it on the result sheet. Pass this information on to the referee so he/she can verify the disqualification and be prepared to discuss it with the competitor's coach. In situations where the disqualification is not obvious, **immediately** notify the referee. **The referee will make the determination if a disqualification is justified.** Whenever possible the head long jump judge should stay at the event location and continue the competition.

High School SHOT PUT – 2023

1. **Warming up or practice shall not be allowed in any throwing venue until it is declared open. Each athlete shall be supervised by an adult coach or adult event official.**
 - First occurrence: Warning
 - Second occurrence: Disqualification from the event
 - Third occurrence: Disqualification from the meet
2. **When warming up throwers are only allowed to use implements that are legal for the actual competition. Therefore all undersized or oversized implements as well as any other illegal implements are prohibited during warmups. By rule the use of an illegal implement in competition or warm-ups disqualifies the athlete from the competition.**
3. **Each contestant shall be responsible for knowing the time schedule.**
4. Contestants shall report promptly to the shot put event judge at the designated location when the shot put is announced.
5. Contestants officially become competitors when they report to the shot put event judges.
6. **Contestants who fail to report prior to the shot put event judges starting competition shall not be allowed to participate.**
7. Each competitor shall be allowed three preliminary trials. In the finals each qualifier is allowed three additional trials. In meets with limited entries, the games committee may allow all competitors just four trials.
8. The order in which competitors take their first trials shall be determined by lot or the games committee.
9. The time limit for competitors excused to compete in another event shall be determined by the games committee. **Always record the time when a competitor leaves an event to compete in another event and the time when the competitor returns.**
10. The time at which the preliminaries in the shot put shall terminate should be set by the games committee. Any competitor who does not complete all preliminary attempts within the time specified shall forfeit any remaining preliminary trials.
11. If there are preliminaries and finals, the order of competition in the finals shall be the reverse of the best performances in the preliminaries; i.e. the competitor having the best preliminary performance will be last in order.
12. The head shot put official may change the order of competition to accommodate those who may be excused to participate in other events. Competitors may also be allowed to take more than one trial in succession under these circumstances. They may even be allowed to take preliminary and final trials in succession.
13. When preliminaries are held, one or more competitors than there are scoring places shall qualify for the finals. All competitors tying for the last position shall be finalists.
14. To be eligible to participate in the finals, a competitor shall have had at least one legal throw in the preliminaries.
15. If a qualifying competitor withdraws from competition in the finals, no substitute may replace the withdrawn competitor.
16. A trial is an attempt. Each competitor is allowed a specified number of trials.
17. A flight is a round of trials for a group of competitors. The three preliminary trials shall be taken in flights of no less than five.
18. To qualify is to win the right to participate in finals.
19. **A foul throw is one which is counted as a trial but which is not measured. A red flag should be raised to indicate a foul.**
20. **It is a foul if the competitor:**
 - a. Fails to initiate a trial that is carried to completion within **1 minute** after being called for a trial. **For consecutive trials a competitor is allowed 2 minutes.**
 - b. After stepping into the circle, fails to pause before starting the put.
 - c. After stepping into the circle, touches the circle, not including the inner face of the stopboard or the band, if one is used, or the ground outside the circle during a put.
 - d. Allows the shot to drop behind or below the shoulder during the put attempt.
 - e. Touches the top or end of the stopboard before leaving the circle.
 - f. Puts the shot so it does not fall within the sector lines. **(The lines are “out of bounds”).**
 - g. Leaves the circle before the implement has landed.
 - h. Does not exit the back half of the circle.
 - i. Uses a cartwheel technique of shot putting.
 - j. **Uses an indoor implement during outdoor competition. (Disqualification from the competition)**
21. **A white flag should be raised to indicate a legal throw.**
22. A competitor in the throwing events may enter and exit the circle without a foul provided it occurs within the time allowed for the trial and before the competitor starts his/her attempt beginning with a pause.
23. The shot put event judges shall be responsible for the judging and measuring of each legal put of a competitor.
24. Each legal throw shall be measured from the nearest edge of the first mark made by the shot, to **the inside edge of the stopboard** nearest such mark. Draw the measuring device through the center of the throwing circle where the two lines marking the throwing sector intersect. Measurements shall be recorded to the nearest lesser 1/4 inch or centimeter. Measurement must be made with either a non-stretchable tape or certified scientific measurement device (laser). The judges shall hold the tape in such a way that the readings will be at the circle.
25. **Meet management may place reference marks for records or qualifying marks adjacent to the sector.**
26. To obtain a better grip, competitors are permitted to use chalk or an adhesive or similar substance such as rosin on their hands during competition.
27. **Competitors shall not compete while using an illegal implement. It is not legal to use an indoor shot put in outdoor competition.**
28. Taping of any part of the hands or fingers shall not be permitted unless there is an open wound that must be protected by tape. Taping of the wrist is permissible.
29. Gloves are not permitted. However, a support belt may be worn.
30. **Competitors shall not be allowed to use electronic equipment during competition in the area of competition. However, they are allowed to view videos or pictures of their performance between attempts if they do so in a non-restricted area.**

31. **Each competitor is required to wear a legal uniform. A competitor shall not compete while wearing an illegal uniform.**
32. **Uniforms shall be worn as intended by the manufacturers. They should be worn "right side out". Boys are not allowed to roll the waistbands of the shorts over. Girls are allowed to roll the waistband of their shorts over. **Tops must hang below or be tucked into the waistband of the bottom when the competitor is standing erect.****
33. **A uniform shall consist of:**
 - A. Shoes (slippers or socks do not meet this requirement).
 - B. Full-length **track** top and **track** bottom or one-piece uniform **issued or approved by the school.**
 1. **Teammates' bottoms may vary in length, style and color.**
 2. Loose-fitted, boxer-type bottom, one-piece uniform and closed-leg briefs are acceptable.
 3. Top, bottom or one-piece uniforms may have school identification and the top may have the competitor's name.
 4. When numbers are used, each competitor shall wear his/her assigned, unaltered contestant number.
 5. The top shall not be knotted or have knot-like protrusions.
 6. The top must hang below or be tucked into the waistband of the bottom when the competitor is standing erect.
 7. A single manufacturer's logo/trademark/reference, is permitted on the uniform bottom or top or one-piece uniform.
 8. An American flag, not exceeding 2 X 3 inches may be worn on each item of uniform apparel, and either a commemorative or memorial patch, not to exceed 4 square inches, may be worn on the uniform top or bottom.
 9. **Any visible apparel worn underneath** the top, bottom or one-piece uniform must be unadorned (except for a single school name, school insignia, or manufacture's logo; none of which may be more than 2 ¼ square inches with no dimension more than 2 ¼ inch) and of a single solid color. Visible apparel worn under the top and the bottom **do not** have to be the same color. Undergarments that display contrasting color stitching of the seams are legal.
 10. French or high-cut apparel may be worn under the bottom, but not in lieu of the bottom.
 11. **The waistband of a competitor's bottom shall be worn above the hips.** The logo/trademark/reference on the uniform bottom may be larger than 2 ¼ square inches around the waistband.
 11. **Bare midribs are not acceptable.**
 - C. **No part of the uniform, excluding shoes, shall be removed in or near the area of competition.**

A warning shall be issued for the first uniform violation. Any subsequent violation by that athlete shall result in a disqualification from the event in which the subsequent violation occurs. Information concerning any uniform violation warning must be noted on the event result sheet. This information must also be communicated to the meet referee immediately.

34. If medical medallions or bracelets are worn, the medical alert sign should remain visible.
33. To place in the shot put a competitor must have had at least one legal put.
34. Competitors shall be credited with their best performance regardless of whether this occurs in the preliminaries or finals.
35. When there is a tie in the final standings of the shot put, places and points scored shall be awarded as follows:
First tie-breaker: If the distance resulting from the best performance of competitors is identical, the higher place is awarded to the tying competitor whose second-best performance is better from either the preliminary trials or the finals.
Second tie-breaker: If the second-best performances are also identical, the higher place is awarded to the tied competitor whose third-best performance is better than the third-best performance of any tied competitor, etc.
36. If after applying the above criteria, there is still a tie by any of the competitors for any scoring places, the points for tied places shall be added together and divided by the number of competitors who are involved in the tie.
37. A record will be recognized for each competitor when two or more tie at the record distance even though the points and places in the event are determined by the method of breaking ties. A record is valid whether made in the preliminaries or the finals.
38. **A competitor who is bleeding, has an open wound or an excessive amount of blood on the uniform, may complete the discus attempt.** However, the competitor shall not participate further until appropriate treatment has been administered and/or the excess blood has been removed from the uniform.
39. The head shot put official must sign the event card, indicating all the place winners.
40. **Unacceptable conduct** by a competitor includes, but is not limited to, willful failure to follow the directions of a meet official, using non-excessive profanity which is not directed at someone or any action which could bring discredit to the individual or his school.
Unacceptable conduct shall result in disqualification from the event.
41. **Unsportsmanlike conduct** is behavior which is unethical or dishonorable. It includes, but is not limited to, disrespectfully addressing an official, any flagrant behavior, intentional contact, taunting, criticizing an opponent or an official, the use of excessive profanity or profanity which is directed at some one. This shall apply to all coaches, contestants and other school/team personnel.
Unsportsmanlike conduct shall result in disqualification from the event and any further competition in the meet.
42. A field event begins at a time designated by the games committee and concludes and is considered official when the places have been determined and the results have been recorded by the field event judge.
43. At the conclusion of the shot put there shall be no further practice and implements shall be removed from the area.

In situations where a disqualification is obvious, and in the absence of a field event referee or a head field event judge overseeing all the field events, notify the competitor of his/her disqualification and the reason for it. Make note of the disqualification and the specific reason for it on the result sheet. Pass this information on to the referee so he/she can verify the disqualification and be prepared to discuss it with the competitor's coach. In situations where the disqualification is not obvious, **immediately** notify the referee. **The referee will make the determination if a disqualification is justified.** Whenever possible the head shot put judge should stay at the event location and continue the competition.

The event judge is also no longer required to yell "Mark" when a legal throw has landed and throwers are no longer required to be under control when exiting the circle.

IOWA ASSOCIATION of TRACK OFFICIALS

Recommended Procedures for Track and Field Meets

TIMERS

Prior to the start of the meet the head timer should review the following information with all timers.

1. One person shall be designated as the head timer.
2. Electric or digital timers which measure one one-hundredth of a second must be used. With timers that measure one one-thousandth of a second, simply drop the one-thousandth reading. (Example: 22.347 will be recorded as 22.34.)
3. The proper procedure for starting, stopping and clearing a stopwatch should be reviewed.
4. The proper procedure for when to clear the watches and when not to clear them should be reviewed.
5. It is recommended that there be at least two timers for each place. Many larger meets provide three timers for first place. If it is not possible to recruit this many timers, provide two timers for first place and one timer for each of the other places.
6. If two watches agree and the third (if there is one) disagrees, the time indicated by the two is considered the official time.
7. If all (3) of the watches disagree, the time indicated by the watch showing the middle time is official.
8. When only two watches record a time, the slower time shall be recorded.
9. When Fully Automatic Timing (FAT) equipment is used, the time shall be recorded in one one-hundredths of a second. In determining qualifiers for a subsequent round, timing to one thousandth of a second may be used.
10. **Meets that use a single FAT system as the primary source of timing, need to use a manual back-up system. (This is required at state qualifying meets in Iowa.) To assure that the manual back-up system can provide accurate times, the starter should be using black powder shells that produce smoke.**
11. If FAT and manual times must be integrated, the hand-held times must first be rounded up to the next tenth of a second. Then a conversion factor of .24 must be added (i.e., MT + .24 = FAT).
12. The official time of a race starts with the firing of a pistol, which provides smoke or the visible flash from an electronic, gunless device. Upon sighting the smoke or flash, the timers should start their watches.
13. Competitors officially "finish" a race when any part of their bodies, i.e., "torso" as distinguished from head, neck, legs, feet or hands, reaches the first edge of the finish line. When a competitor reaches

this first edge of the finish line, the timers responsible for timing that competitor should stop their watches.

14. Immediately after the finish of the race, timers shall present their watches to the head timer, who will record the official time. **Timers should not give participants their times.** This practice slows down the process of recording the results of each race, which in turn slows down the entire meet.
15. Upon the completion of recording the results of each race, the head timer shall verbally instruct all timers to clear their watches.
16. Timers should then properly position themselves to observe the start of the next race.

It is recommended that the above information be taped to the back of the head timer's clipboard and also be distributed to all timers.

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IOWA ASSOCIATION of TRACK OFFICIALS

Recommended Procedures for Track and Field Meets

FINISH JUDGES (PICKERS)

The head finish judge should review the following information with all finish judges prior to the start of the meet.

1. One person shall be designated as the Head Finish Judge.
2. The head finish judge shall designate the places to be picked by the finish judges.
3. At least two judges shall be assigned to each place to be scored, and they should be positioned on opposite sides of the track.
4. The judges shall pick one or more places than the number to be scored.
5. Without consulting other judges, each finish judge shall write the number or numbers of the place winner they selected on a card and hand the card to the head finish judge.
6. Competitors officially "finish" a race when any part of their bodies, i.e., "torso" as distinguished from head, neck, legs, feet or hands, reaches the first edge of the finish line. Judges shall make their selections based on this criteria.
7. The decision of any judge picking the higher scoring place shall overrule the decision of any judge(s) picking a lower scoring place.
8. The head finish judge shall view the finish of each race as a whole. Should a place winner be overlooked, the head finish judge may place a competitor in the position in which the head finish judge saw the competitor finish. The head finish judge may make such a decision only if the other judges cannot determine the matter.
9. Proper procedure dictates that judges concentrate on the competitors until they are all within 10 meters of the finish line. The judges should then watch the finish line.
10. In races 400 meters or longer, it is recommended one judge select the first competitor to finish, another judge select the first and second to finish, another judge select second and third, another the third and fourth, etc.
11. At the conclusion of the race, the head finish judge shall certify the order in which the competitors finish.
12. The decision of the judges shall be final and without appeal except for possible action taken by the head finish judge, referee, or the jury of appeals, whoever is so designated as the final board of appeals.

It is recommended that the above information be included in the finish judge packet.

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