

2024 TRACK AND FIELD RULES MEETING

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HEAT & HYDRATION

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



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HEAT & HYDRATION

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



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HEAT & HYDRATION

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



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HEAT & HYDRATION

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



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COLD WATER IMMERSION EQUIPMENT



- Stock Tub
- Small Inflatable Pool
- Tarp
- Coolers with Ice
- Water source
- 3-4 Towels
- Tent for shade
- Pulse Oxygen monitor
- Paper to document vitals



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HEAT INDEX TABLE

This Heat Index Chart provides general guidelines for assessing the potential severity of heat stress. It is important to note that the heat index is only a guide and does not take into account other factors such as humidity, wind speed, and individual health conditions.

How to Use the Heat Index Chart:

1. Locate the temperature and humidity readings in the chart. If practice will take place in the sun, use the temperature and humidity readings in the "Heat Index & Possible Risk" section of this chart.
2. Follow the chart to the right to determine the heat index.
3. The Heat Index is the only combination of temperature and humidity that can be used to determine the heat index.

HEAT INDEX & POSSIBLE RISK

HEAT INDEX	70°	75°	80°	85°	90°	95°	100°	105°	110°	115°	120°
0%	64	69	73	78	83	87	91	95	99	103	107
10%	65	70	75	80	85	90	95	100	105	111	116
20%	66	72	77	82	87	93	99	105	112	120	128
30%	67	73	79	84	90	96	103	110	118	128	140
40%	68	74	79	86	93	101	110	120	132	147	167
50%	69	75	81	88	96	105	116	128	143	163	188
60%	70	76	82	90	100	111	124	138	156	179	208
70%	71	77	83	92	103	115	129	145	165	191	223
80%	72	78	84	93	105	118	133	150	172	200	236
90%	73	79	85	95	108	122	138	157	182	213	253
100%	74	80	86	97	111	126	144	165	193	228	270



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IHSAA URINE COLOR CHART

This chart is used to determine if you are properly hydrated. It is not the only way to determine if you are hydrated. The color of your urine is a good indicator of your hydration level. If the color of your urine is yellow, it is a good sign that you are hydrated. If the color of your urine is dark yellow or orange, it is a sign that you are dehydrated. If the color of your urine is light yellow, it is a sign that you are overhydrated. If the color of your urine is clear, it is a sign that you are overhydrated.

1, 2, 3 = WELL HYDRATED

Continue drinking enough fluids to keep your urine this color. It's good for your performance & your health.

4, 5 = Hydrated, but not well hydrated. Drink additional fluids on a regular basis so the color of your urine is equivalent to numbers 1, 2 or 3.

6, 7, 8 = DEHYDRATED

You are dehydrated! Drink a lot more fluids on a regular basis to enhance your performance and avoid getting muscle cramps, or heat illness. It may also improve your health.

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MANDATORY CONCUSSION COURSE



Concussion in Sports

Elective Course

Student Coach Parent Administrator Official

Free! Completions: 151023+

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



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CONCUSSIONS

Iowa Code Section 280.13C states, in part,

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

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



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HEADS UP: Concussion in High School Sports

HEADING: Concussion in High School Sports

HEADING: Concussion in High School Sports

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HEADING: Concussion in High School Sports

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CONCUSSIONS

Iowa Code Section 280.13C continued –

▪ “If a student’s coach or contest official observes signs, symptoms, or behaviors consistent with a concussion or brain injury in an extracurricular interscholastic activity, **the student shall be immediately removed from participation.**

▪ A student who has been removed from participation shall not recommence such participation until the student has been evaluated by a licensed health care provider trained in the evaluation and management of concussions and other brain injuries and **the student has received written clearance to return to participation from the health care provider.**”



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CONCUSSIONS

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



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CONCUSSIONS

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



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CONCUSSION RECOGNITION & MANAGEMENT



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



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LIGHTNING GUIDELINES

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



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LIGHTNING GUIDELINES

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

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

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

Remember, lightning kills, play it safe!



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JOINT TRACK AND FIELD ADVISORY COMMITTEE

Cody Eichmeier (Chair)	Dike-New Hartford
Scot Lamm	Mount Pleasant
Greg Williams	Monticello
Brad Travis	Spirit Lake
Kenny Wheeler	Pleasant Valley
Kylie Sandstrom	MFL MarMac
Rachel Larsen	Griswold
Erica Douglas	Ames
Jim Nichols	Storm Lake



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CLASSIFICATIONS

In the sport track and field, member schools that are placed in different classes due to cooperative agreement decisions made by other member schools, shall remain in the same class. The member school will be placed in the lower of the two split classifications. Member schools placed in different classes, based on the member school's decision to have different cooperative programs for each gender or cooperative programs with different schools, will remain in different classifications and be assigned to state qualifying events as classified. Member schools will not be allowed the choice to participate in a higher classification. In order for classifications to be determined in a timely manner, no new cooperative program will be accepted, nor will any existing cooperative program be allowed to dissolve after 5:00 pm Friday, March 15, 2024 for track and field.



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MEET LIMITATION

- Sixteen (16) Meets
- Does not include Drake Relays, State Qualifying or State Meet
- Both boys and girls have an exception for the Drake Relays regarding a competitor competing in only one meet per day. The exception is only for the Drake Relays.



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STATE QUALIFYING MEET INFORMATION

- State qualifying meets in all classes will be held on Thursday, May 9, 2024
 - Field events will start at 4:00 pm running will start at 4:45 pm
 - Rain date – Friday, May 10, 2024
- All qualifying meet entries will be online
 - Deadline for qualifying meet entries will be 10:00 AM on Wednesday, May 8
 - All scratches or substitutions must be sent by email to the host no later than 10:00 a.m. on the day of the meet
 - No substitutions will be allowed after that time. Scratches after that time will count as an event.



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STATE QUALIFYING MEET INFORMATION

- Scratches and substitutions made in events after the 10:00 am deadline on Thursday, May 9 will require meet managers to reseed the event.
- All substitutes will receive a "No Time" seed time and will be seeded last in the event
- Deadline to challenge a seed time is 1:00 pm on Thursday, May 9
 - Meet managers expected to get heat and lane assignments to each school electronically by 10:30 am



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STATE QUALIFYING MEET INFORMATION

- All state qualifying meet entries must be verified on Bound
- Boys check dates will be:
 - Tuesday, April 9
 - Tuesday, April 23
 - Tuesday, May 7
- Girls check dates will be each Tuesday of the season starting April 9
- Any time discrepancies (faster or slower than what is posted on Bound) will result in "No Time" seed time. No split times are allowed for individual event seed times



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STATE MEET QUALIFYING

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



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STATE MEET INFORMATION

- Class 2A and 3A will compete in the morning sessions
- Class 1A and 4A will compete in the afternoon sessions
- 1500 meter run now proceeds the 1600 meter run on Saturday
- Continue to honor top three individuals and relay teams following each event
- Complete state meet schedule can be found online



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EXPANSION OF PARA-DIVISION

- This year we will be expanding our Adaptive Track and Field to a Wheelchair Division and an Ambulatory Division
- Both websites have that manual posted to further illustrate those rules and guidelines.



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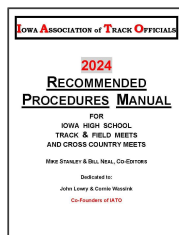
OFFICIALS' INFORMATION

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



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IATO RECOMMENDED PROCEDURES MANUAL



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2024 NFHS TRACK AND FIELD RULES CHANGES





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Rule Change

3-8-1 FINISH JUDGES AND TIMERS/FAT

- Removed the requirement of two appointed officials to operate the FAT timing system.
 - Now a small meet could utilize one individual to operate the FAT timing system and evaluate the finish line pictures.
- Each meet should utilize the number of officials that specific meet needs to operate the FAT timing system.

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Rule Change

4-2-1 NOTE PARTICIPATION AND ENTRY LIMITATIONS

- State Associations may adopt different participation limitations, not to exceed six events.
 - Offers flexibility to states to determine number of events best suited to the student athletes in their state.

Iowa will still adhere to the four event maximum.




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Rule Change

5-3-1 TRACK MARKINGS

- Track staggers are dependent on the geometry of each individual track and a competent surveyor should determine the lane staggers.
- Examples of a competent surveyor such as: land surveyor, professional engineer, certified track builder, or experienced track striper
- 9-4-1 Indoor Track Markings is also affected by this change.

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Rule Change

5-7-4 C,D AND NOTE (NEW) THE START



Starting violations which constitute a false start include:

- Failure to comply with the starter's commands.
- Having any part of the body in contact with the starting line or running surface beyond the line, when the starting device is fired.
- If a runner leaves their mark with a hand or foot after the "set" command but before the starting device is fired.
- If a runner leaves their mark with a forward motion without the starting device being fired.
- Failure to place starting blocks within the respective competitor's lane.
- Repeated use of disconcerting acts.

PENALTY: A competitor who commits a false start shall be disqualified.

NOTE: Extraneous motion before the device is fired does not necessarily require a false start be charged unless the criteria listed in the rule above are met. If the starter thinks the movement creates a situation of unfairness to any of the competitors, they may cancel the start with the command "Stand Up" or if the device has been fired, recall the race as an unsteady or unfair start and redo the start procedure.

No change in Shuttle Hurdle Relay Exchanges

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Rule Change

5-14-1 HURLING INFRACTIONS

ART. 1. It is an infraction if a competitor:

- Does not attempt to clear each hurdle.
- Knocks down or displaces any hurdle by hand.
- Advances or trails a leg or foot along the side of and below the height of the hurdle gate.
- Runs over a hurdle not in the assigned lane.
- Runs around a hurdle.
- Interferes with another hurdler.

PENALTY: Disqualification from the event.





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Rule Change

6-2-2D (NEW) GENERAL RULES FOR FIELD EVENTS

Guidance was added for how to handle a competitor entering late in a competition.

d. In the high jump, one minute shall be allowed for the first trial of a competitor first entering the competition. (at any height of entry)

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Rule Change

6-3-2B (NEW) BREAKING TIES

Rules were added to offer guidance to officials when dealing with competitors withdrawing from competition or jump-off.

(b) If all competitors eligible for a jump-off withdraw from the competition before the jump-off begins or at a height change, those competitors shall tie for first place, and any team points shall be added together and divided equally between the tying competitors.

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Rule Change

6-3-2B NOTES (NEW) BREAKING TIES CONT.

The new note explains that an athlete withdrawing from a jump-off concedes the higher place but does not negate their performance in the event nor is it unsporting to simply withdraw in this scenario. The addition of the new note helps explain how to officiate these scenarios.


NOTES:
3. A competitor withdrawing from a jump-off shall concede any opportunity for a higher placing in the event, but the withdrawal shall not negate a competitor's performance in that event up to the point of withdrawal. Withdrawing from a jump-off is not unsporting conduct. [4-6-1]



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6-4-1, 6-5-1, 6-6-1 THROWS

- The rule change permits athletes to apply tape to their fingers provided that the fingers are not taped together, and all fingers can move independently.
- The change also permits a wrist wrap provided there are no artificial aids within the wrap such as hard plastic pieces to keep the wrist stiff.

 **LEGAL**

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2024 NFHS TRACK AND FIELD EDITORIAL CHANGES

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Editorial Change

4-2-1 PARTICIPATION AND ENTRY LIMITATIONS

SECTION 2 PARTICIPATION AND ENTRY LIMITATIONS

ART. 1 . . . A competitor shall not compete in more than four events, including relays.

Contestant may officially participate in:	
Four individual events	No relays allowed.
Three individual events	May be listed on any number of relays but compete in only one relay.
Two individual events	May be listed on any number of relays but compete in only two relays.
One individual event	May be listed on any number of relays but compete in only three relays.
Zero individual events	May be listed on <u>fewer any number of</u> relays but compete in only four relays.

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Editorial Change

4-6-5 DISQUALIFICATION AND CONDUCT

Rewording of providing and receiving assistance.

ART. 5... It is an unfair act when a competitor receives any assistance. Assistance includes:
g. A downed competitor who receives assistance from another competitor, coach, official, or spectator to finish the race shall be disqualified. The individual providing the assistance shall not be disqualified for assisting a downed runner unless the assisting individual or their team gains an advantage.

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Editorial Change

5-9-2 INFRACTIONS FOR ALL RACES

Clarifies the 2022 rule change which allows the meet referee the option to create an additional preliminary heat for the offended competitor/team without automatically having to advance the competitor/team to the next round.

ART 2... If interference occurs in a preliminary heat, the referee may allow the offended competitor or relay team to start in a subsequent heat in the same round of heats if a lane is available. If a lane is not available, the meet referee may add a heat in that preliminary round or in the next round of heats, the same as if the offended competitor or relay team had won a place.

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2024 NFHS TRACK AND FIELD POINTS OF EMPHASIS





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Points of Emphasis

FAIR STARTS

- It is the starter's responsibility to ensure a fair and legal start.
- The interval between the set command and the firing of the starting device should be approximately two seconds.
- After giving the order "Set" if any competitor is in motion the starter shall not fire the device.
 - Firing too soon doesn't allow athletes to get ready and firing the device too slow create a situation of unfairness.

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Points of Emphasis

FAIR STARTS

- Starters may for any reason cancel a start by directing competitors to "Stand Up".

Examples a starter may cancel in races with legs of less than 800 meters.

- Noise at the start line;
- Starting block problem;
- Obstruction on the track;
- Slow athlete getting set;
- Misfire of starting pistol;
- Hands on the line; or
- Extraneous movement after the set command.

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Points of Emphasis

FAIR STARTS

In Distance races the following are some of the reasons that a starter could halt or recall the start.

- Runners not steady;
- Toes on the line;
- Failure to come to the line in a timely manner;
- Impeding a position of another athlete; or
- Fall during first 100 meters due to contact.

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Points of Emphasis

SPORTSMANSHIP


Sportsmanship rules help officials, parents, coaches, and student-athletes develop and reinforce values that apply to the development of the whole person. Respect for others, honesty, fair play, learning, and understanding the rules are critical life skills that, when practiced, will enhance any individual's character. The absence of good sportsmanship jeopardizes one of the fundamental principles of participation in education-based athletics and complicates the team-building process. A sportsmanship priority is keeping winning and losing in perspective. Understanding that losing with dignity is an important lesson, everyone must learn and practice. A collaborative, working relationship should be a priority between officials, game administration, coaches, and student-athletes to promote good sportsmanship during a track meet. This includes treating people with respect and using appropriate language, actions, and language that build people up and values each person.

It is critical to remember that winning means you were the best version of yourself that day. The beauty of track and field is that one constantly tests themselves against one's best time, height, or distance. Continual improvement is a hallmark of successful student-athletes, programs, teams, and coaches. This improvement also involves positive sporting behavior, a fundamental ingredient of education-based high school sports.

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