



***Iowa Girls High School Athletic Union***  
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***Iowa High School Athletic Association***  
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The regular season has ramped up. We know a memo was sent just a week ago, but we have had multiple scenarios come across both of our desks that we believe needed to be addressed sooner than later.

**Excused Competitors** - We have received multiple questions regarding excused competitors, particularly what happens when an athlete doesn't return within the allotted time frame. As a reminder, the games committee establishes the time frame and it is not a steadfast rule saying specifically 10- or 15-minutes found in the rule book or manual. We are hoping these examples can help both coaches, officials and meet volunteers for the remainder of the season.

- 1) John is a long jumper. Prior to him checking out to compete in the 800 medley, he has completed two trials. The games committee established a 10-minute time frame for an excused athlete to return. John leaves the long jump to compete in the relay. During the 10-minute time frame, John should not be called up as he is excused from the competition. Ideally, if John comes back prior to the round, we will work him in prior the round concluding. If not, we will not call him up prior to his next time through in original order. In both prelims and finals, we can throw and jump out of order and offer consecutive attempts to get caught back up.
- 2) Sarah is a discus thrower. Prior to her checking out to compete in the shuttle hurdle relay, she completed one trial. The games committee established a 10-minute time frame for an excused athlete to return. Sarah leaves the discus to compete in the relay. Sarah did not return within the 10-minute timeframe, and it is her turn in the original throwing order. Sarah is called up and the one-minute countdown begins. If she does not initiate the purposeful action of the trial prior to the clock expiring, she would be charged with a foul for that attempt.
- 3) Mark is a high jumper. Prior to him checking out to compete in the 100-meter dash, he has cleared 5-10. The games committee established a 10-minute time frame for an excused athlete to return. Mark leaves the high jump to compete in the race. The next height in the progression is 6-0. The bar will not be raised above 6-0 during that 10-minute period as we have an excused competitor still in the event. Now assume the 10-minute period has expired, all other jumpers have concluded their attempts at 6-0 and Mark is not back. The high jump is different from the shot, discus and long jump because a pass does not count as an attempt in the event. The bar is now raised to the next height in the progression and Mark is credited with a pass at 6-0. Rule 6-2-3b specifically covers the vertical jumps and an excused competitor not making it back to the competition within the time frame.

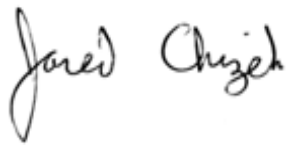
**Waterfall Starts** – Again, the starting procedure for the regular season is left up to the games committee (meet management). Similar to preferred lanes, there isn't a specified method requiring the highest seeded athletes to have the first spot on the waterfall. What we shared

earlier in the season is that the double waterfall procedure has changed for the state qualifying and state meet and can be found here: <https://www.iahsaa.org/wp-content/uploads/2025/01/State-Track-Waterfall12.5.24.pdf>. In the diagram, we have 24 athletes. Athletes seeded 1-8 will be on the front waterfall, with the top seeded athlete at the inside position. Again, the regular season is left to the discretion of the host.

**Sportsmanship** - We have had a lot of officials calling about unsportsmanlike conduct in our sport of Track and Field. In a sport that should be centered around personal growth there is no place for this. Profanity and throwing batons are not allowed within the competition. We do not want to get to the State Qualifying or State Meet and have to make calls on conduct. Please make sure our kids understand these rules and expectations. The penalty of these infractions is disqualification.

**Meet Limitation** – We are still having questions on the meet limitation rule. Again, schools can have 16 meets at each level of competition (varsity, JV, freshman) and no athlete may participate in more than 16 meets during the season, with the exception of Drake, state qualifying and the state meet. An athlete could participate in 9 varsity meets and 7 JV meets during the season. An athlete could not participate in 11 varsity meets and 8 JV meets. At no point can a school schedule more than 16 meets at each level.

If you have any questions or situations that come up throughout the season, don't hesitate to contact either one of us.



Jared Chizek



Madison Melchert