



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

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



Excused Competitors - The rule book does allow an athlete to be excused to compete in another event; that does not mean warm-up or cool-down from the running event. Due to the various locations of field event venues across the state, those time limits will vary from site to site. The state qualifying meet manager will determine a reasonable time limit, which most will fall between 10-15 minutes. A competitor will not be called for a trial during that time, and in the high jump, the event judge will not pass a competitor or raise the crossbar to the succeeding height until the time limit expires. Just a reminder, that in the throws and long jump, the head event judge may change the order of competition in the preliminary or final rounds to accommodate an athlete competing in another event. Successive trials are also an option. If a competitor has to be excused during the final round of competition, the competitor with the best mark in the preliminaries has earned the right to make the last attempt of the competition and may choose to wait until after any excused competitors have taken all their trials. Here are a couple of examples for reference:

- 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. Assuming John made it back to the long jump within the 10-minute timeframe and he was skipped as a result of the excused absence, John would jump out of order on his return. 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 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.

NFHS Guidelines for Competitors Being Excused to Compete in Another Event

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