



Kansas State High School Activities Association 2017 Track & Field Announcements

Points of Emphasis

1. Heat acclimatization and the prevention of heat illness.
2. The use of a rubber discus in practice and in competition is permitted, but athletes should always check-in two implements in the case that one does not pass weights and measurements or becomes illegal during competition.
3. NFHS Track and Field Uniform Regulations. The ultimate responsibility regarding uniform compliance rests with the school coach.
4. Sportsmanship: Rules exist to help officials, parents, coaches, and student-athletes develop and reinforce values that are applicable to the development of the whole person.

NFHS RULES

1. **3-2-4u New:** The games committee should have responsibility for providing liquids during the race and not leave up to each coach.
2. **3-6-1, 3-4-7:** Signifying with one lap remaining in the 800m. This builds excitement and prepares those needed at the finish line.
3. **3-6-1:** The authority to disqualify a runner for a false start should be extended by rule to the starter as well as the referee.

4. **3-10-7:** Clarifies field event judge's protocol for signifying the performance result when flags are not being used.
5. **4-3-1b (5), 9-6-1b (4):** Removes the NOTE limiting the placement of the American flag to one piece of uniform apparel as this is contradictory to the rule.
6. **4-6-5g NEW:** The rule should include coverage of the actions of competitors and nonparticipating team members as well as assistance/aid from other parties.
7. **4-6-5 NEW d, e, 9-7:** Although uncommon that appropriate health care professionals are not available to assist an injured/ill competitor, there may be occasions when a competitor is needing assistance to confirm his/her health status or to arrive to a location for health care. Should another competitor assist, such competitor shall not be disqualified, only the assisted competitor shall be disqualified for not completing the race unassisted.
8. **5-1-3:** In the absence of a curb, the placement of cones ensures the competitors run the prescribed race distance.
9. **5-6-4:** The results of running events are based on head-to-head competition and all contestants should have

the opportunity to compete in the heat earned by the athlete's place and/or qualifying times.

10. **5-7-3:** Consistent with current trends in the sport. Reinforces the concept that distance races (800, 1600 or 3200) only use a standing start.
11. **Rules 6 and 7:** Reorganized Rules 6 and 7 into one rule "Field Events" to avoid duplicity in the rules.
12. **6-2-14, 7-2-5:** For purposes of risk minimization, warm-ups in a field event may not take place until the venue is declared open and required supervision is in place.
13. **6-2-17:** Clarifies how trials are recorded when a legal implement breaks during competition.
14. **6-5-9e:** The top or sides of the stop board are outside of the ring and touching outside of the ring is not compliant with leaving from the back half of the circle and is a foul.
15. **10-2-2, 3-17-2:** Clarifies where to place the wind gauge when there are multiple takeoff boards.

Sportsmanship

NFHS Rule 3-4-8(a)

The head coach shall be responsible for verifying to the referee/starter that all his/her competitors are properly equipped (uniform and equipment) in compliance with these rules.

KSHSAA Procedure

At each regular season meet, the head coach shall turn in a properly completed card verifying their understanding of the rules and ensuring compliance by each competitor representing their school. This card shall be given to the meet manager, starter/referee at the scratch meeting.

Contained in the KSHSAA Track and Field Manual is a master SPORTSMANSHIP & LEGAL UNIFORM VERIFICATION form.

Information regarding compliance with the NFHS sportsmanship and legal uniform rules is found in the KSHSAA Track and Field Manual (Section 2.F).

Kansas State High School Activities Association

Track & Field

SPORTSMANSHIP & LEGAL UNIFORM VERIFICATION

The NFHS and the KSHSAA requires sports officials to enforce sportsmanship rules for coaches and contestants. Acts meant to demean or embarrass opposing contestants, teams, spectators and officials are not consistent with expected ideals of interscholastic education and competition and will be not tolerated.

Printed Coach Name: _____

School: _____

Verify by signing below that your contestants are legally equipped and uniformed according to NFHS and KSHSAA rules and will compete in a sportsman-like manner.

Coach Signature: _____

Event: _____ Date: _____

This card must be turned in per outlined procedure.

Coaches' & Officials' Requirements

(Very Important)

Coaches must insist on all National Federation track and field rules being enforced throughout the season at all meets. This prepares the athletes for the Regional and State Track and Field Meets.

All Head Coaches & Registered Starters

Take Test Online

February 20 – March 20

All middle/junior and senior high head coaches and all starters registered with the KSHSAA are required to take an open book examination on the NFHS track and field rules. Head coaches and registered starters are to submit the answers to the required examination online. Specific procedures will be provided to KSHSAA member schools in materials sent to the athletic directors and will be contained in materials sent to starters upon their registration with the KSHSAA.

The online exam will be available between February 20 and March 20 at www.kshsaa.org. Head coaches should login using the school's user ID and coach password. KSHSAA registered starters should use their officials number and password. Regardless of the level of coaching, all questions are to be answered.

School coaches failing to submit answers online by March 20 will result in a \$25 fine for the school. Registered starters failing to submit answers online cannot be selected as a starter for a regional and/or state track and field meet. Any coach not scoring 90% or higher on the required exam will be required to take the KSHSAA Track and Field Examination Part II. Failure to pass the Part II exam will result in publication of that school's name in the *Activities Journal*.

Online Rules Meeting Attendance

February 20 – March 20

1. Head coaches and KSHSAA registered starters are required to complete the ONLINE RULES MEETING. Instructions on how to access the online rules meeting will be sent to KSHSAA member school athletic directors and will be included in the starter's registration packet. In order to receive credit for the online meeting, coaches and starters must complete the online meeting between the dates of February 20 and March 20, 2017.

2. **KSHSAA Rule 10** — Only certified coaches (certified in compliance with standards established by the State Board of Education), or coaches aides (through application and approval from the KSHSAA), are allowed to work with teams. **No volunteers are permitted to work with teams.**

Seasons of Activities

KSHSAA Rule 30

1. **Provides ... in Track and Field (pole vault) only, schools who employ the same coach, or share facilities and equipment, may practice together and not be in violation of the prohibition on interschool scrimmage.**
2. **The KSHSAA Executive Board** passed the following policy relative to tobacco products and other chemical use. "Coaches, directors/sponsors/coaching aides, and contest officials are prohibited from using tobacco products, alcoholic beverages or illegal drugs while directly involved in interscholastic activities."
3. **A list of registered starters** who have attended a KSHSAA-sponsored rules meeting and have successfully fulfilled requirements, will be published on the KSHSAA website. **Regional managers must select their starters from this list.**

Pole Vault Safety

Continued emphasis is placed on pole vault safety. Coaches must thoroughly review all National Federation rules pertaining to the pole vault and should also review the special points of emphasis from the National Federation Track & Field Rules Book.

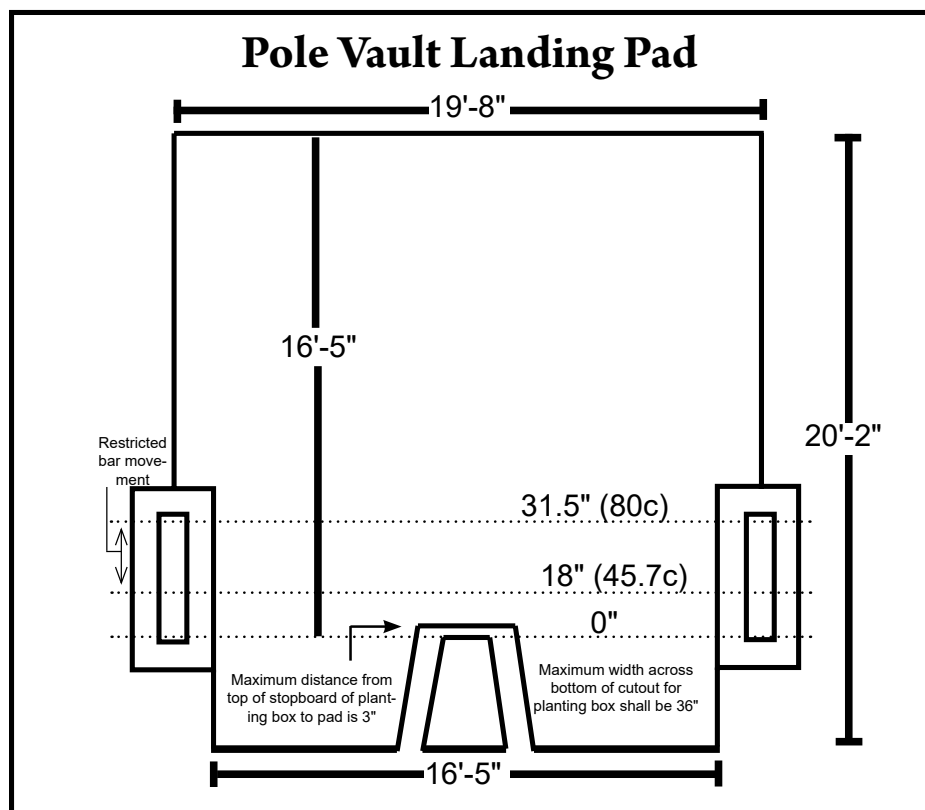
Rule 6-5-4 . . . A competitor shall not use an illegal implement during warm-up or competition.

Rule 6-5-3 . . . The competitor's weight shall be at or below the manufacturer's pole rating. The manufacturer's pole rating must include on each pole: the pole rating that shall be a minimum of 3/4 inch in a contrasting color located within or above the top hand-hold position; a 1-inch circular band indicating the maximum top-hand-hold position with the position being determined by the manufacturer.

Rule 6-5-3 . . . It is the responsibility of the coach to verify the competitor will use a legal pole rated at or above his/her weight.

Note: Each state association shall determine its own procedure regarding coach verification.

NOTE: Coaches may not re-mark poles.



Rule 6-5-4 . . . A competitor shall not use a variable weight pole, a pole which is improperly marked or a pole rated below his/her weight during warm up or competition.

PENALTY = Disqualification from the event.

Rule 6-2-16 – A bungee cord manufactured for use in the high jump and pole vault may be used during warm ups, as approved by the games committee. *Coaches – check with the event manager prior to allowing students to warm up with a bungee cord at any interscholastic track and field meet.*

Rule 6-5-5 . . . Prior to the warm up, the field referee, head field judge shall inspect each pole.

Weight Verification Form: Schools shall process the weight verification form for all pole vaulters. This form is to be processed via an online submission process. The administration will have to process like they do wrestling certification. Coaches are to provide a copy of this form to each meet manager prior to the start of warm ups.

Junior High Regulations

KSHSAA Rule 42-3

Art. 1: No student shall participate in more than seven days of competition during a season.

EXCEPTION: Ninth Graders (eight meets)

Art. 2: Seventh and eighth grade students shall be limited to four events per day (track and/or field). Any number of these may be relays.

a. Seventh and eighth grade students are limited to no more than two races of 880 yards (800 M) or more in one day.

b. Junior high ninth graders follow senior high regulations.

c. The longest race any grade level shall run is as follows:

7th grade—1 mile (1600M)

8th grade—2 miles (3200M)

9th grade—senior high regulations

Art. 3: The recommended order of events in invitational meets is listed in the *March KSHSAA Activities Journal*.

NOTE: The host school shall notify invited schools one week in advance of the meet if the order of events is to be different from that recommended.

Sixth graders participating in interscholastic meets are subject to event limitations set by the Kansas Department of Education. **Questions pertaining to sixth graders' participation in track and field should be referred to KSDE (Health & PE section).**

Recommended Events

Middle/Junior High

1. If the order of events for middle/junior high school girls and boys track invitational meets differs from those listed below, the host school shall notify schools one week in advance of the order of events for their track meet. The recommended events and the order for seventh and eighth grades are as follows:

*Girls 75 M Low Hurdles (30")

*Boys 75 M Low Hurdles (30")

Girls 100 M Dash

Boys 100 M Dash

Girls 1600 M

Boys 1600 M

Girls 4x100 M Relay

Boys 4x100 M Relay

Girls 400 M Dash

Boys 400 M Dash

Girls 4x200 M Relay

Boys 4x200 M Relay

Girls 800 M Run

Boys 800 M Run

Girls 200 M Dash

Boys 200 M Dash

Girls 3200 M (8th grade only)

Boys 3200 M (8th grade only)

Girls 4x400 M Relay

Boys 4x400 M Relay

Long Jump, High Jump, Pole Vault
(girls and boys)

Shot Put (2.744K), 6 lbs. (girls)

Shot Put (4K), 8.818 lbs. (boys)

*Girls & Boys 75 M Hurdle Spacing:

7 Hurdles; 13 M from start to first hurdle

8.5 M between hurdles

11 M from last hurdle to finish line

****The discus is the same as that used by high school girls.**

NOTE: Field events between girls and boys should be alternated.

All Track and Field

1. In the interest of safety, the discus and javelin should be thrown in non-congested areas, well away from the track. These areas should be roped off and properly marshalled. A discus cage as described on page 54 of

the *2017 NFHS Track & Field Rules Book* must be used.

Please Note: The shot and discus throwing sector is 34.92 degrees. (Refer to pages 54 and 56 of *NFHS Track & Field Rules Book*)

2. *Rule 4-3-1* describes the legal track & field uniform. It consists of a school issued top and bottom, which are not objectionable. No jeans or cut-offs shall be worn. *Rule 4-3-1* states that each competitor shall wear the uniform issued by the school.

Senior High Regulations

KSHSAA Rule 42-2

Art. 1: Practice shall not be held prior to Monday of Standardized Calendar Week #35 (February 27, 2017).

Art. 2: Competition shall not begin prior to Thursday of Standardized Calendar Week #37.

Art. 3: A student may not run a race of more than two miles (3200 M).

Art. 4: No student representing a member school shall participate in more than eight track meets during a season, exclusive of regional and state meets.

a. Schools are encouraged to schedule as many quadrangular or smaller events as possible. It is recommended these meets start after school hours.

b. On those days when school time is used, only two competitions may begin prior to 3 p.m. C.T.

Art. 5: The Executive Board shall arrange to hold regional meets in convenient locations throughout the state during Standardized Calendar Week #46.

NOTE: Per Executive Board decision, regional meets will be conducted on Friday, May 19, 2017. See the *KSHSAA Track & Field Manual* for detailed information about regional and state meets.

Art. 6: The state championship meets shall be held during Standardized Calendar Week #47, May 26-27, 2017.

Qualifying Standards

1. Per adopted policy, qualifying standards for regional entries have been adjusted for Classes 1A-4A. These standards will be published in the *2017 KSHSAA Track & Field Manual*.

Reminder: Qualifying Procedures

1. In high jump and pole vault, there is an adopted tiebreaking procedure to ensure only four competitors from each regional advance.
2. In selected running events, timing is to initially be done to one-thousandths. Once qualifiers are determined, times will be rounded per NFHS rule.

Individual Entries

1. An individual athlete may be entered in a maximum of four (4) individual events and may also be listed as a member of any or all relay teams. An individual athlete **MAY NOT COMPETE** in more than four (4) events (individual and/or relays) **TOTAL. Coaches** - be reminded that the individual event competition limitation of four (4) events is both an NFHS and KSHSAA rule. If an athlete is scratched from an individual event, there cannot be any substitution in that individual event for the scratched athlete. An athlete listed on the relay card is not considered to have competed in the relay unless they physically run as a member of the relay team in that meet. **For regional relay entries, coaches should always list more than four relay members - coaches are permitted to list a maximum of six.**

2. **Individual Event Entry Provisions** will be reviewed by KSHSAA Executive Board at their January 2017 meeting. Check the KSHSAA website (www.kshsaa.org>Athletic>Track and Field>Announcements) for information.

Miscellaneous

1. **Medals and Trophies** — When ties exist, duplicate awards will be given to teams and individuals. Regional managers must notify the KSHSAA of ties involving duplicate awards.

TIME LIMIT

Excused Competitors

During past seasons, problems were encountered with competitors not being available to participate in one event because of involvement in another event. Coaches must assume responsibility of ensuring athletes communicate with event judges of participation in another event, are excused by the judge, and return in a timely manner. Then, as judges, we need to ensure excellent communication.

Regional & State Meets

1. **The KSHSAA Track & Field Manual** will include regional entry and other important information for track coaches and managers.
2. **Online entries:** Regional entries will again be submitted via the

KSHSAA website. The specific procedure will be outlined in the *2017 Track & Field Manual*.

- schools are provided an access code (see your principal)
 - coaches **MUST** make correct entries
 - entries are due Saturday, May 13, 2017
 - coaches **MUST** have a printout to verify **"FINAL"** entries
 - **NO NEW** entries are permitted after May 13 at 8:30 p.m.
3. **At regional meets**, all scratches must be made by the coach at least one hour prior to the time the event is to start. All entries not scratched will be considered participating. If they fail to compete, they will be disqualified from competing in remainder of the meet unless reinstated by the games committee.
 4. Individual entries made via the online process will require coaches' careful attention since no accompanying regional entry forms will be available for verification.
 5. Form **TF-2** is required from every school entering athletes for regional competition. Once regional entries are finalized (no later than May 13), coaches **MUST** produce a printout of entries for their team(s).
 6. Form **TF-3** for girls, and form **TF-4** for boys is due to the regional manager before leaving the site.

KSHSAA Guidelines for Lightning Safety

1. When thunder is heard or cloud-to-ground lightning is seen, the leading edge of the thunderstorm is close enough to pose a lightning risk. Suspend play and take shelter immediately.
2. Once play has been suspended, wait at least 30 minutes from the last sound of thunder or lightning strike witnessed before resuming the activity.
3. Any subsequent thunder or lightning strike during the 30 minute waiting period resets the clock, and a new 30 minute waiting period begins.

Anytime lightning can be seen or thunder heard, risk is present!

School Considerations:

1. A documented plan for handling severe weather situations such as lightning should be in place.
2. The persons responsible for monitoring weather activity and determining when to suspend practice or competition should be identified.
 - Ideally this person will NOT be a coach or an official involved in the game or practice, as they may be too involved with their other duties to monitor the weather.
3. There are many different methods of monitoring the weather. The internet and mobile device weather applications are one option. Weather radios are available through the National Oceanic and Atmospheric Administration (NOAA) and the National Weather Service. The Weather Channel can also provide good information on storm movement and strength. Each school will need to determine their most effective means of monitoring the weather.

National Weather Service contact information, areas of coverage, and weather radio frequencies are provided on the back of this document
4. All personnel, athletes, and spectators should be clearly informed in advance of available safe structures or shelters in the event of severe weather.
5. The most ideal safe structure is a fully enclosed building with plumbing, electrical wiring, and telephone service which all aid in grounding the structure.
6. Fully enclosed automobiles with metal roofs, including school buses, provide adequate shelter as well.
7. Avoid using bathrooms or showers as shelter areas as the plumbing pipelines provide a path for the lightning to enter the structure. Also avoid using corded telephones or headsets during a thunderstorm, and avoid standing near utilities.
8. If communication is necessary during the storm, cellular and cordless phones are considered reasonably safe.