



Kansas State High School Activities Association

2018 Track & Field Announcements

Points of Emphasis

1. As emphasized on numerous occasions, multiple, visible manufacturer's logos on the uniform item make the item non-compliant with the rules. When competitors wear a uniform item that displays the multiple logos, such as on the leg and around a visible waistband, during competition the uniform is non-compliant.
2. Coaches should ensure that student-athletes have access to water prior to, during and after practice and encourage all to hydrate whenever they feel it is necessary. The establishment of a hydration plan is extremely important.
3. Entry limits for individual contestants: A contestant shall not compete in more than four events, including relays. If a contestant is entered in four individual events, he/she may not be listed for any relay as the contestant has already met the participation limit with the four individual entries. If a contestant is entered in three or fewer individual events, he/she may also be listed in one or more relays.
4. The safety of officials, competitors and spectators is vitally important, especially in the long throw events. By using common sense, being vigilant and attentive to the conditions during the warm-up and competition, and controlling the flow and pace of competition, any throwing event can be conducted safely.

NFHS RULES

1. **4-3-1; 4-3-1b, c:** Clarifies that the schools may issue a school-purchased uniform or approve an individually purchased item as part of the official school uniform. Due to the personal nature of the uniform bottom, schools may elect to have the athletes' purchase this item and it will not be re-used by other athletes. An individual athlete may also have a preference in style of the uniform based on the event. Sprinters may prefer compression, distance runner may prefer a running short, throwers a looser short with a longer inseam as examples. Regardless of who purchases the uniform, the item shall be in compliance with all uniform requirements and restrictions. The school's head coach must review and approve all uniforms to be certain the item is rules compliant.
2. **6-2-14 PENALTY (New):** Article 14 lists several restrictions but has not included an associated penalty, disqualification from the event. The inclusion of this penalty is necessary and applies to violations of Articles 10, 13 and 14. The use of weights and artificial aides are a violation of the rules.
3. **6-5-11:** The requirements for the length of the pole vault crossbar has become more flexible as it can now be within a range in length like the high jump. This creates consistency and flexibility.

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.

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 19 – March 19

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 19 and March 19 at www.kshsaa.org. Head coaches should login using the school's user ID and coach password. KSHSAA registered starters should use their official number and password. Regardless of the level of coaching, all questions are to be answered.

School coaches failing to submit answers online by March 19 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*.

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 800 meters 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—3200m

8th grade—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 75m Low Hurdles (30")

*Boys 75m Low Hurdles (30")

Girls 100m Dash

Boys 100m Dash

Girls 1600m

Boys 1600m

Girls 4 x 100m Relay

Boys 4 x 100m Relay

Girls 400m Dash

Boys 400m Dash

Girls 4 x 200m Relay

Boys 4 x 200m Relay

Girls 800m Run

Boys 800m Run

Girls 200m Dash

Boys 200m Dash

Girls 3200m (8th grade only)

Boys 3200m (8th grade only)

Girls 4 x 400m Relay

Boys 4 x 400m 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 75m Hurdle Spacing:

7 Hurdles; 13 meters from start to first hurdle

8.5 meters between hurdles

11 meters 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 82 of the *2018 NFHS Track & Field Rules Book* must be used.

Please Note: The shot and discus throwing sector is 34.92 degrees. (Refer to pages 55 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 26, 2018).

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 3200m.

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 18, 2018 unless otherwise approved. 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 25-26, 2018.

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 *2018 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.

Participation and Entry Limitations

A contestant shall not be entered in more than four events, excluding relays. If a contestant is entered in more than the allowable number of events, meet management shall scratch the contestant from the excess event(s) by following the listed order of events.

Contestant may officially enter:

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 any number of relays and may compete in all relays

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 *2018 Track & Field Manual*.

- schools are provided an access code (see your principal)
- coaches **MUST** make correct entries
- entries are due Saturday, May 12, 2018
- coaches **MUST** have a printout to verify “**FINAL**” entries
- **NO NEW** entries are permitted after May 12 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 12), 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.