

2023 TRACK AND FIELD ANNOUNCEMENTS

KANSAS STATE HIGH SCHOOL ACTIVITIES ASSOCIATION

NFHS RULES

3-4-3: Offers guidelines for meet referees when determining a rerun.

Rationale: Defined specific guidelines from the case book to offer consistency and guidance to a meet referee when ruling on reruns.

4-2-2: Clarifies that an athlete is disqualified after participating in more than four events.

Rationale: The athlete is not disqualified from an event until the individual participates in more than four events. The table was revised and moved to clarify the number of events in which an athlete may participate during a meet.

5-7-2: Adjusts language to offer a standard for starter hold times.

Rationale: Standardize starter hold times for fair and consistent starts.

5-10-2: Increases the number of individuals who may be listed on the relay entry.

Rationale: Providing two additional names gives opportunity for more athletes to be involved in regular and postseason track meets.

6-6-4: Clarifies when the javelin measurement should be taken.

Rationale: The measurement is made to the first point of contact under Rule 6-6-7 so that should be within the sector. If the rest of the javelin should fall outside the sector, that should not be a foul.

7-2-2g (NEW): Adds mixed relay to the special events list.

Rationale: Mixed relays are becoming more popular at high school meets adding them to special events offers guidance to the states on how to conduct these events.

9-3-2b: Any displaced or jostled crossbar should be placed on standards in exact same position before next attempt.

Rationale: Adding the words 'or jostled' clarifies the intent of the 2022 rules change.

Rule 9 (NEW): Creates new indoor track and field rules section.

Rationale: There are 17 states that conduct state championships in indoor track and field, over 150,000 participants, and 21 states that sanction the activity. With recent changes to the outdoor rules, it became clearer that it was necessary to create a section specifically for indoor track and field rules. Move Records Section to New Rule 10.

2023 Editorial Changes

5-1-1

2023 Points of Emphasis

Sportsmanship, Protest/Appeals Process, Cross Country Safety, Enforcing Prompt Re-start of Play

SPORTSMANSHIP

NFHS RULE 3-4-8

All team members are expected to exhibit good sporting conduct! The head coach shall be responsible for verifying to the referee/starter that all their competitors are properly equipped (uniform and equipment) in compliance with these rules. The Executive Board of the KSHSAA is requiring the use of cards again this year. These should be turned in at each meet in which the team is competing.

COACHES' & OFFICIALS' REQUIREMENTS

Coaches and officials 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.

ONLINE RULES MEETING ATTENDANCE

FEBRUARY 1 – MARCH 14

1. Head coaches and KSHSAA registered starters are required to complete the ONLINE RULES MEETING. Instructions on how to access the online rules meeting are included in this booklet 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 1 and March 14, 2023.

ALL HEAD COACHES & REGISTERED STARTERS TAKE ONLINE EXAM

FEBRUARY 1 - MARCH 14

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 are provided to KSHSAA member schools and will be contained in materials sent to starters upon their registration with the KSHSAA.

The online exam will be available between February 1 and March 14 at www.kshsaa.org. Head coaches should login using the school's user ID and your coach password. KSHSAA registered starters should use their official number and password.

School coaches failing to submit answers online by March 14 will result in a \$100 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 Test II. Failure to pass the KSHSAA Test II will result in publication of that school's name in the *Activities Journal*.

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.**

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 under the Activities link. Regional managers must select their starters from this list.

KSHSAA RULE 30 - SEASONS OF ACTIVITIES

1. **Provides ... in Track and Field (pole vault and adaptive activities 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. A student who is enrolled at the start of a season of sport, must be a member of the squad for the majority of the scheduled varsity contests, in order to be eligible for postseason competition, (**Section 2, Art. 2**).

POLE VAULT SAFETY

Rule 6-8-15 ... 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 6-8-15 ... 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.

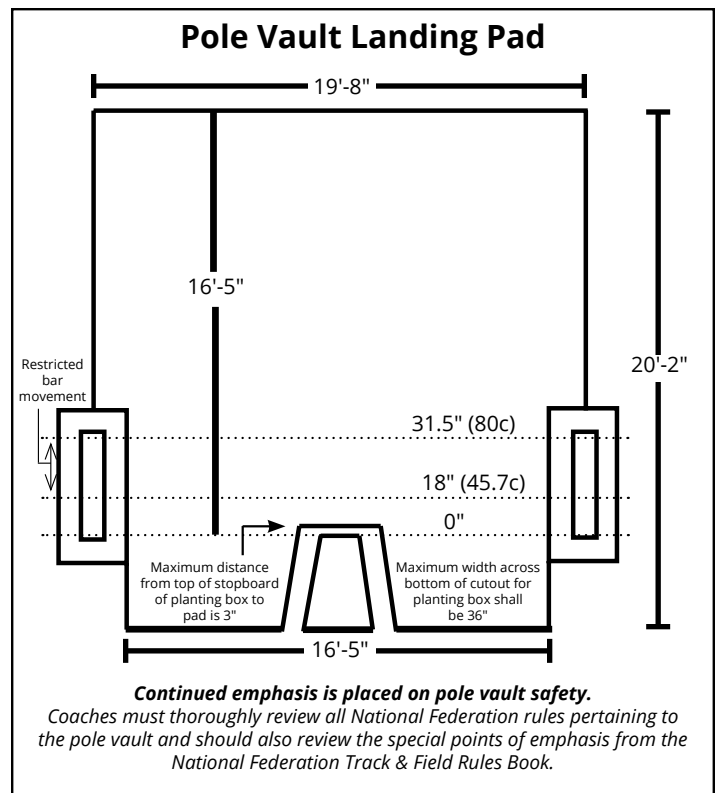
Rule 6-8-16 ... A competitor shall not use a variable weight pole, a pole which is improperly marked or a pole rated below his/her weight during warm-up or competition.

PENALTY = Disqualification from the event.

Rule 6-8-3 ... 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 6-8-17 ... 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 via an online submission process. The school 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.



MIDDLE/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 will be provided by staff and based upon NFHS Track and Field Rules.

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")	Girls 400m Dash	Girls 3200m (8th grade only)
*Boys 75m Low Hurdles (30")	Boys 400m Dash	Boys 3200m (8th grade only)
Girls 100m Dash	Girls 4 x 200m Relay	Girls 4 x 400m Relay
Boys 100m Dash	Boys 4 x 200m Relay	Boys 4 x 400m Relay
Girls 1600m Run	Girls 800m Run	Long Jump, High Jump, Pole Vault
Boys 1600m Run	Boys 800m Run	(girls and boys)
Girls 4 x 100m Relay	Girls 200m Dash	Shot Put (2.744K), 6 lbs. (girls)
Boys 4 x 100m Relay	Boys 200m Dash	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 52-53 of the 2023 NFHS Track & Field Rules Book must be used.

Please Note: The shot and discus throwing sector is 34.92 degrees. (Refer to page 52 of NFHS Track and Field Rules Book.)

2. **Rule 4-3-1** describes the legal track and field uniform. **Rule 4-3-1** states that the competitor's uniform shall be school-issued or school-approved, worn as intended by the manufacture and meet the requirements and restrictions specified in this booklet.

SENIOR HIGH REGULATIONS

KSHSAA RULE 42-2

Art. 1: Practice shall not be held prior to Monday of Standardized Calendar Week #35 (February 27, 2023).

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 throughout the state during Standardized Calendar Week #46.

NOTE: Per Executive Board decision, regional meets will be conducted on Thursday or Friday, May 18 or 19, 2023 unless otherwise approved. See the *KSHSAA Track & Field Manual* for detailed information about regional and state meets.

Art. 6: The State Track and Field Championship shall be held during Standardized Calendar Week #47, May 26-27, 2023.

QUALIFYING STANDARDS

1. Per adopted policy, qualifying standards for regional entries have been adjusted for Classes 1A-3A. These standards will be published in the *2023 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

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

No 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 & field coaches and managers.
2. **Online entries:** Regional entries will again be submitted via Kansas MileSplit. The specific procedure will be outlined in the *2023 Track & Field Manual*.
 - schools must login, claim their team and upload their rosters
 - coaches MUST make correct entries
 - entries are due Saturday, May 13, 2023
 - 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 and will be checked against the KSHSAA online eligibility database.
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. Any/all relay changes for the state meet will be done via Kansas MileSplit.

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. Each school will need to determine their most effective means of monitoring the weather. **No matter how weather is monitored, hearing thunder or seeing lightning should always take precedence in decision making over information obtained from other sources.**
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.