



Information For Regional Track Meets

TO: Administrator, AD, Track Coach

FROM: David Drake, Associate Director of Activities

REF: Upcoming Regional Track Meets on April 24 & 27

I just wanted to touch base with you concerning some important reminders for the upcoming North State / South State Track Meets. Please make sure that you share the following with your athletes:

- 1) Coaches are solely responsible for making sure that their athletes are wearing legal uniforms. There have been some drastic changes in the uniform rule in the past few years. See the NFHS uniform rule policy if you have any questions.
- 2) The AAC prohibits the wearing of baseball caps, hats, visors, skull caps, bandanas or any type of headgear that could come dislodged during competition. This language does not prohibit competitors from wearing hood attachments, as long as the attachment is a part of a legal track top or undergarment.

Quite often we are asked about glasses (prescription, and sunglasses). Glasses are legal.

In addition, we are often asked about tattoos. Neither the AAC, nor the NFHS, has a regulation banning tattoos **unless** they are vulgar in nature.

- 3) For many years the NFHS had a rule prohibiting the wearing of jewelry. Beginning with the 2015 season, the restriction on jewelry was removed. It is noted that the referee still has the authority to prohibit any jewelry that he/she believes will endanger the safety of any of the contestants.

- 4) Please tell the anchor leg for your relays to make sure that he/she does not throw the baton (or anything that comes close to that) at the conclusion of a relay. The finish line judges are, by rule, charged with making sure that this is not tolerated. Should they report that an athlete has thrown a baton, this is NOT an appealable issue, and the entire relay will be disqualified.
- 5) By AAC rule, the scoring for the regional meets is the same as it is for district meets, 6-4-3-2-1. At the Overall Track Meet, the scale is changed to 10-8-6-5-4-3-2-1.

The top four finishers in each event qualify to advance to the Overall Track Meet.

- 6) At the regional track meets, each contestant will be given three (3) attempts in the long jump, triple jump, shot put and discus throw. After that, the top six (6) competitors will be given three (3) more attempts in order from worst to best.
- 7) Make sure your competitors understand that it is a violation that will result in disqualification if, without being fouled and while running around a curve, a competitor steps on or over the inside line or curb for three or more consecutive steps with either or both feet.
- 8) The results of an event are considered to be official when they have been scored and announced over the public address system.

Any appeal regarding a misapplication of the rules must be made to the referee within 30 minutes of the results being announced.

The appeal should be made to the referee by the head coach. The referees for the regional meets are:

North State Meet at Lee Academy (3A, 4A) – Rick Johnston
South State Meet at Silliman Institute (2A, 5A) – Tal Priest
South State Meet at Canton Academy (3A, 4A) – Ben Williams
North State Meet at Bayou Academy (2A, 5A) - Bill Beck

Clerical and team scoring errors can be corrected up until the time the meet results are certified. Appeals committees for each meet will be posted in a separate document on the Post Office page.

- 9) Pole Vault Verification Form - Every school that participates in the pole vault shall be required to fill out, and keep on file in the school's office, a copy of the MAIS Pole Vault Verification Form for each of its vaulters. This form is to be signed by the school administrator and/or athletic director, the head track coach and/or pole vault coach, at least one parent or guardian, and the athlete. The form certifies that the vaulter is in compliance with the National Federation of High School rules concerning legal equipment. A copy of the form must be presented to the field judge by either the headmaster, athletic director, head track coach or pole vault coach, at each meet before the competitor will be allowed to warm-up or compete (form attached).

- 10) All changes to the list of relay alternates are to be made by noon on Monday, April 22.

- 11) False Starts - In each race, should there be a false start by any of the participants, the false start will be charged to the entire field and no runners will be disqualified. Should any further false starts occur, the offending party (or parties) shall be disqualified.

- 12) All athletes should be at their respective track & field complexes at least an hour before their event begins. As per NFHS Rule 4-1-4, each contestant is solely responsible for promptly reporting for each event entered and at the location designated.

- 13) The starting heights for the jumping events are: 4'0" for girls' high jump; 5'4" for boys' high jump; 7'0" for girls' pole vault; 8'0" for boys' pole vault.

God Bless