

TRACK AND FIELD 2009-2010

14. TRACK AND FIELD (OUTDOOR) – BOYS AND GIRLS

A. GENERAL REGULATIONS

1) Interscholastic Participation

1.1) Each student participant is limited to participation in a maximum of one contest per day.

1.2) Participation limitations:

Grades 9-12 — Maximum of four track and field events per contest. The four events may be any combination of track and field events, including relays, or may be four track events or four field events. This regulation applies to all competitions, single and multi-day, and both regular season and OHSAA tournaments. **PARTICIPATION LIMITATION PENALTY**—An athlete who exceeds the participation limitation becomes an ineligible athlete. The forfeiture bylaws apply as written in Bylaw 10.

Participation in non-varsity and varsity events on the same day is permissible provided the individual participation limit is not exceeded.

Grades 7 & 8 — Maximum of three events per contest.

1.3) The javelin is not an approved event in interscholastic competition.

1.4) A school squad may be divided so that the school is represented at two different contests on the same day. However, each contest counts in the maximum of 16 permitted for that school team.

1.5) Grades 7 & 8: 10 days of practice required prior to first interscholastic competition.

2) Out-of-State Travel

A track and field team may travel out of state to compete in contest scrimmages, previews and games in states or provinces in Canada that are contiguous to Ohio regardless of distance to travel. The states include Indiana, Kentucky, Michigan, Pennsylvania and West Virginia. The province includes Ontario. Additionally, a track and field team may travel out of state one time per sport per interscholastic season to compete in states or provinces in Canada that are not contiguous to Ohio provided there is no loss of school time.

“School time” is defined as any time during any day during which the school is in session as stipulated in its Board-adopted school calendar exclusive of contingency days. Penalty for violation: The school shall be ineligible for the OHSAA postseason tournament in the sport in which the out-of-state travel was involved and could be subject to additional penalties as referenced in Bylaw 11.

EXCEPTION: If, because of missed school days due to calamity situations, an otherwise non-school day(s) becomes a school day(s) in order to make-up for the missed school day, the school may compete in a contest(s) outside the state of Ohio provided:

- 1) The school had contracted for/committed to said trip/contest(s) at least three months prior to the contest(s) in question and;
- 2) The school receives written permission from the Commissioner’s office at least one week in advance of the scheduled event.

A track and field team may not travel out of state only to practice.

3) Ejection for Unsporting Conduct

See *Ejection Policies for Players and Coaches* under Section 11 of the General Sports Regulations.

4) Non-Interscholastic Participation

4.1) A member of an interscholastic track and field squad (any student who has participated in a regular season or tournament contest) sponsored by the Board of Education **shall not participate in a non-interscholastic contest** as an individual or a member of a team in the sport of track and field **during the school’s season** (Sports Regulation 4.3).

4.2) Individual Non-Interscholastic Competition Dates:

A track and field athlete who has not participated for the school in track and field that season must cease non-interscholastic track and field competition six weeks (42 days) prior to the Monday of the week of the State Tournament in track and field in order to be eligible for OHSAA Tournament competition.

In addition, an athlete who has participated for the school in track and field who violates this non-interscholastic competition date by participating in a non-interscholastic contest in track and field shall be ineligible for OHSAA tournament competition in track and field in addition to any other penalties that may be prescribed.

Date: April 19, 2010.

4.3) Road racing is interpreted as a different sport than track and field. If the entire race is run on a road, participation is not a violation of the non-interscholastic competition bylaw.

5) Instructional Programs

See *Regulations for Instructional Programs* under Section 5 of the General Sports Regulations.

6) Penalties

6.1) The maximum penalty for violation of Sports Regulation 4.4 (participation with a non-interscholastic track and field squad while a member of the school's interscholastic track and field squad) or any OHSAA regulations for any member of the school squad EXCEPT a senior is ineligibility for the remainder of the interscholastic track and field season or the ensuing track and field season. For a senior, the maximum penalty shall be ineligibility for the remainder of the school year.

B. SPECIFIC REGULATIONS — Grades 9-12

- 1) Coaching and instruction may begin — March 8, 2010.
- 2) First contest — March 27, 2010.
- 3) Deadline date for OHSAA Tournaments — May 3, 2010.
- 4) Tournament draw/seeding meeting — May 9, 2010.
- 5) Coaching and Season end — June 12, 2010.
- 6) Scrimmages — None permitted.
- 7) Regular season contests — 16 for team and individuals.
- 8) Rules — National Federation Track and Field.
- 9) Officials:
 - 9.1) Varsity — Minimum of one OHSAA Registered Class 1 official who shall be the contest referee required.
 - 9.2) Reserve/Junior Varsity — Minimum of one OHSAA Registered Class 1 official who shall be the referee required.
 - 9.3) Freshman — OHSAA Class 1 or 3 recommended.

C. SPECIFIC REGULATIONS — Grades 7 & 8

- 1) Coaching and instruction may begin — March 8, 2010.
- 2) First contest — March 27, 2010.
- 3) Coaching and Season end — June 12, 2010.
- 4) Scrimmages — None permitted.
- 5) Regular season contests — Maximum of 12 per season plus one league championship meet (team and individual).

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- 6) Rules — National Federation Track and Field.
- 7) Officials — One or more OHSAA Class 1 Track and Field recommended.

Track and Field	2010	2011	2012	2013	2014	2015
Coaching Begins	3/8	3/7	3/5	3/11	3/10	3/9
Season Begins	3/27	3/26	3/24	3/30	3/29	3/28
Non-Interscholastic Date	4/19	4/18	4/16	4/22	4/21	4/20
District	5/17-5/22	5/16-5/21	5/14-5/19	5/20-5/22	5/19-5/21	5/18-5/23
Regional	5/26-5/29	5/25-5/28	5/23-5/26	5/29-5/31	5/28-5/30	5/27-5/30
State	6/4-6/5	6/3-6/4	6/1-6/2	6/7-6/8	6/6-6/7	6/5-6/6
Season Ends	6/12	6/11	6/9	6/15	6/14	6/13
Easter	4/4	4/24	4/8	3/31	4/20	4/5

REGIONAL TOURNAMENTS

Division I and III — Wednesday and Friday; Division II — Thursday and Saturday

STATE TOURNAMENTS — ORDER OF COMPETITION

III, II, I