



2010 BOYS AND GIRLS TRACK & FIELD REGULATIONS
DIVISION I, II, III
DISTRICT-REGIONAL-STATE TOURNAMENTS

The following regulations apply to all levels of tournament competition unless otherwise specified. These regulations have been adopted by the Ohio High School Athletic Association Board of Directors on February 18, 2010. The Commissioner is authorized to modify these regulations when deemed necessary, subject to ratification by the Board of Directors.

1. Organization of Tournaments

The District Athletic Boards organize and supervise district tournaments in their respective districts, subject to the regulations adopted by the Board of Directors. The regional and state tournaments are under the supervision of the Board of Directors and administered through the Commissioner's office.

2. Eligibility

All participants must be eligible under the Bylaws and Regulations of the OHSAA. A student who uses anabolic steroids or other performance enhancing drugs is ineligible for interscholastic competition until such time as medical evidence can be presented that the student's system is free of anabolic steroids or other performance enhancing drugs.

3. Divisions

There will be three divisions, I, II, III in all levels of the OHSAA Track and Field tournaments. Schools must compete in the division to which assigned by the OHSAA.

4. Rules

The 2010 NFHS Track and Field Rules shall apply in all cases unless changed in the regulations that follow. There shall be no juries of appeals convened, and the decisions of the referee are final.

5. Entry Requirements

5.1. Entries shall be **submitted electronically** via WWW.BAUMSPAGE.COM which must include the name and number of individual the name and number of the individual entries in all events except relays and a numerical list of all squad members with the assigned number of each athlete.

5.2. An eligibility certificate listing all squad members shall be signed by the principal/designee and presented to the tournament manager.

5.3. The completed electronic entry and eligibility certificate must be in the possession of the tournament manager no later than **5:00 P.M. on Friday, May 14, 2010** or at a later date and time if established by the district athletic board.

5.3.1. If the completed entry is not submitted by the designated time and date, the entry will not be accepted without payment of a \$150 late fee and approval by the OHSAA.

**NOTE: An earlier deadline for entries may not be established, but completed entries will be accepted earlier and are encouraged.*

5.4. In the first level of competition, a maximum of two eligible athletes may be named on the entry form for each event other than relay events.

NOTE: A substitute may replace an entered athlete provided the substitute is submitted on the online roster, is listed on the eligibility certificate. Provided the substitute is submitted to the tournament manager via online or scratch/substitution form **NO LATER THAN NOON of the first day of competition. After that time, no substitutions will be accepted. The Clerk of the Course will accept scratches as per usual.*

In regards to the above regulation, substitutions may be permitted only in the event that a competitor becomes injured or ill during the contest. For example, a competitor is injured during the running of the high hurdles and cannot compete in a later event; e.g., 300 M.H. In this case, the coach should be permitted to substitute.

NOTE: In accordance with **NFHS Rule 4-2-1, a contestant shall not be entered in more than four individual events including relays. If a contestant is entered in more than the four allowable events, the tournament manager shall scratch the contestant from the excess number of event(s) by following the listed order of events. First day of competition means the day the event is to be competed. For example, an athlete who qualifies in a tournament for the next level of competition may not be replaced by another athlete. An athlete who is disqualified due to participation in more than four events is ineligible for further tournament competition.*

**NOTE: NFHS rules and OHSAA participation regulations restrict each athlete to a maximum of four events in each tournament whether competed on one day or over two days. Members of relay teams must be designated on the relay card prior to competing the first time. All members of a relay team must be listed on the eligibility certificate.*

Each level of tournament competition (district, regional, state) qualifies a school relay team.

5.5. Members of qualifying relay teams may be changed from one level of competition to the next level of competition provided the four event entry limitation is observed.

5.6. Substitution Forms will be provided for changes at the first level of tournament competition.

**NOTE: Scratches shall be reported to the Clerk no later than 15 minutes prior to the start of the event.*

6. Uniforms

6.1. In accordance with **NFHS Track and Field Rule 4-3** team members shall wear the school uniform. A competitor must be in a legal track and field uniform with the number permanently attached to the back of the jersey. The number worn must be the number assigned to the athlete as listed on the entry form.

**NOTE: A contestant who competes with an illegal uniform, including failure to visibly display the assigned number, shall be disqualified from that event.*

6.2. In accordance with **Rule 3-2-4, j**, contestants wearing two-piece uniforms must tuck their school issued tops into their uniform bottoms. If wearing a one-piece uniform, the required hip numbers must be placed so as to be visible to the FAT operator. In addition, the games committee at each tournament site shall specify in advance those areas of competition where removal of any portion of the team uniform, except shoes, is prohibited and shall specify those areas where the use of electronic devices is prohibited.

6.3. In accordance with **NFHS Track and Field Rule 4-3-1-a** each competitor shall wear shoes.

**NOTE: shoes on all weather tracks: Contestants must wear rubber-soled shoes or track shoes as specified by the tournament manager or games committee.*

7. School Representative

No team or individual entry will be allowed to compete in the OHSAA tournaments at any level of competition unless a coach or a person authorized by the Board of Education is present throughout the competition. Teams and individual entries unaccompanied by such a school representative will be disqualified (**Bylaw 3-2-1**). When a male coach is assigned to a girl's team, a female supervisor (**non high school student**) should accompany the girls team. Likewise, when a female coach is assigned to a boy's team, a male supervisor (**non high school student**) should accompany the boys team.

8. Order of Events and Time Schedule - District

See complete district tournament order of events on the Track and Field page via:

WWW.OHSAA.ORG

9. Qualifying Tournaments

Each district and regional track and field tournament is a qualifying tournament for the tournament that follows. These tournaments are not preliminaries for the succeeding tournament. The personnel of qualifying relay teams may be changed from one tournament to the next.

10. Qualification to Regional Tournaments

The first four individuals or relay teams in each event in the district tournaments shall qualify for regional competition. Only four qualifiers in each event shall be permitted to qualify from a district tournament to a regional tournament. See **Section 13** for procedure to determine qualifiers in case of ties.

11. Scoring and Ties

NFHS Track and Field Rule 2-1 shall apply. In field events, ties shall be broken by applying the specific procedures outlined in **NFHS Track and Field Rule 2-2-4**.

12. Determining Qualifiers in Case of Ties

If there is a tie in an event that would result in more qualifiers than permitted, refer to **NFHS Track and Field Rule 2-2**.

12.1. Track Events; all contestants involved in a tie for a qualifying position in any track event shall compete again in head-to-head competition for the qualifying position. The run-off race does not change the tied points or duplicate awards, but is used only to determine the qualifier.

**NOTE: when using F.A.T., timing to the 1/1000 may be used to break a tie for the last qualifying position.*

12.2. Shot Put, Discus, Long Jump; ties shall be broken according to **NFHS Track and Field Rules 6-3 & 7-3**. It is mandatory that all legal trials be measured and recorded.

12.3. High Jump and Pole Vault; the qualifier shall be determined according to **NFHS Track and Field Rule 7-3**.

**NOTE: Be sure that contestants are notified of any ties in qualifying positions immediately after the event so they will be available to compete for the qualifying position. When further competition is required to determine qualifiers, no records may be established and the awarding of points as well as awards shall be based upon the ties prior to the additional competition required to select a qualifier. Competitors tied for the last qualifying place shall be given a reasonable warm-up period with the bar set at an appropriate height subject to the discretion of the head event judge.*

13. Decisions

Referees decisions are final in all tournaments. Exception: The Commissioner retains the right to rule on all instances involving ineligible participants. The Games Committee will serve in an advisory capacity to the referee if the referee chooses to seek advice. The referee shall not observe any type of video device unless the device has been approved in advance and when authorized may use the device only for determining order of finish.

14. Appeal Procedure

14.1. Obtain appeal form from the Tournament Manager.

14.2. Complete appeal form, sign and present to the tournament referee.

14.3. The tournament referee will review the appeal, reach a decision, complete and sign the referee's decision portion of the appeal form and notify the coach of the final decision.

14.4. The decision of the tournament referee is final and not subject to further review except as indicated in #13.

15. Awards

Awards presented at the site of the OHSAA Track and Field Tournament must be approved by the Commissioner.

15.1. District Tournaments - The first place team shall be awarded a district championship trophy. The runner-up team shall be awarded a district runner-up trophy. There shall be no individual awards.

15.2. Awards Ceremony- The medal ceremony and the awarding of team trophies is to be a celebration of the accomplishments of the athletes, not an opportunity to display unusual or inappropriate attire. Therefore, for all medal and trophy ceremonies, athletes shall be attired in team issued warm-ups or uniform and shall be free of all other articles including but not limited to headwear, sunglasses, footwear other than running shoes, and any other decorative item. There shall be no flowers brought to the awards podium.

16. District Tournament Managers

District tournament managers shall be responsible for the proper organization and management of the track and field tournaments that they are managing. District tournaments shall be conducted according to the NFHS Track and Field Rules and the OHSAA tournament regulations for girls and boys track and field. The district tournament manager shall electronically submit to the regional tournament manager the names of qualifiers for each event. The complete results of the district tournaments shall be transmitted electronically on **Sunday, May 23, 2010**, no later than **1:00 P.M.** as directed by the regional manager.

17. Unsporting Conduct Penalty

During participation in OHSAA Tournaments any student or coach ejected for unsporting conduct shall be ineligible for the remainder of that day as well as for all contests in track and field until two regular season/tournament contests have been competed at the same level as the ejection. Individuals ejected for unsporting conduct shall be reported to the OHSAA Commissioner by the tournament manager. The Commissioner will investigate the situation and may impose additional penalties in accordance with **Bylaw 12** if the situation warrants it.

Participation in athletic contests is a privilege. Each individual is expected to conduct himself or herself in an exemplary manner while participating.

18. Property Damage

There is no insurance covering property damage. If property is damaged at a tournament site by competing school teams, student body or spectators, the school from which the students and/or spectators come shall be liable and pay the cost of repair or replacement. The tournament manager is authorized to deduct from the school's share the cost of any damages caused by competing schools. Other damages to facilities not attributed to a competing school could be a legitimate tournament expense and may be deducted from tournament receipts. If damage is extensive the District Board or Board of Directors will become involved. Student crowd control at OHSAA sponsored tournaments is the responsibility of the principals of the competing schools.

19. Sponsorship and Rights

The Ohio High School Athletic Association is the sponsoring association for the district, regional and state track and field tournaments. The OHSAA reserves all rights in regard to the management of these tournaments and the sale of any items at the tournaments or any audio-visual reproductions of the tournaments. Any sale of food, clothing, souvenirs or any other items at each tournament site is strictly prohibited without permission of the respective District Athletic Board for district tournaments and the OHSAA Commissioner for regional and state tournaments. The videotaping of any or all portions of the tournament for resale purposes is prohibited without permission.

20. Prohibited Advertising

There shall be no advertising through printed media, billboards, radio or television that includes beer, wine, liquor, tobacco, political parties or candidates or any other advertising contrary to the philosophy of the high school athletic program.

21. Raffles Prohibited

There shall be no raffles or any type of games of chance permitted at the site of track and field tournament contests during the period beginning one hour prior to the tournaments and ending one hour after the tournaments have ended.

22. Prohibited Sales

The sale of, the distribution of, or the consumption of alcoholic beverages or illegal drugs is not permitted at the site of any contests involving OHSAA member schools.

23. Lightning and Inclement Weather

Recognition

Coaches, certified athletic trainers, athletes and administrators should be educated regarding the signs indicating thunderstorm development. Since the average distance between successive lightening flashes is approximately 2-to-3 miles, anytime that lightning can be seen or thunder heard, the risk is already present. Weather can be monitored using the following methods:

- **Monitor Weather Patterns** -- Be aware of potential thunderstorms by monitoring local weather forecasts the day before and morning of the competition and by scanning the sky for signs of potential thunderstorm activity.
- **Flash to Bang** -- This method is used to assess how far away lightning is striking. It is determined by counting the number of seconds it takes to hear a clap of thunder after witnessing a flash of lightning. The number of seconds is then divided by five to get the distance, in miles, to the lightning flash. Generally, a 75-second or less flash-to-bang count suggests it is advisable to move the athletes from the field to a safe shelter.
- **National Weather Service** -- Weather can be monitored using small, portable weather radios from the NWS. The NWS uses a system of severe storm watches and warnings. A watch indicates conditions are favorable for severe weather to develop in an area; a warning indicates severe weather has been reported in an area, and everyone should take proper precautions.

Management

- **Evacuation** -- If lightning is imminent or a thunderstorm is approaching, all personnel, athletes and spectators shall evacuate to available safe structures or shelters. A list of the closest safe structures shall be announced and posted at all athletic venues.
- **Thirty-Minute Rule** -- Once lightning has been recognized, competition shall not be resumed until at least 30 minutes after the last flash of lightning is witnessed or thunder is heard to begin or resume a contest. Given the average rates of thunderstorm travel, this would allow the storm to move 10-to-12 miles away from the area and significantly reduces the risk of local lightning flashes. **Any subsequent lightning or thunder after the beginning of the 30-minute count should reset the clock and another count should begin.**

24. Electronic Devices and Unfair Acts

In accordance with **NFHS rule 4-5-8g**, it is considered an unfair act for a competitor to view a videotape or any other visual reproduction of the competitor's performance prior to the completion of competition. Thus devices such as cameras, cell phones or any other device capable of capturing and displaying a performance are prohibited in any area reserved for competitors and coaches. Coaches and competitors may not leave the competition area to view these devices. The penalty is disqualification from the event.



2010 TRACK & FIELD REGIONAL TOURNAMENT REGULATIONS **MAY 26-29, 2010**

1. Eligibility

All participants must be eligible according to Bylaws and Regulations of the OHSAA and must have qualified at the 2010 District track and field tournament to which assigned.

2. Entries

- 2.1.** The District Tournament Managers of boys and girls track and field tournaments will transmit complete results of the district tournaments to the regional tournament manager on **Sunday, May 23, 2010** no later than 1:00 P.M.
- 2.2.** Individuals and relay teams who have qualified at a district tournament automatically become eligible for participation in the regional track and field tournament to which assigned.

3. Regional Tournament schedule, order of events, sites, representation and schedule

See complete regional tournament information and schedule on the Track and Field page via:

WWW.OHSAA.ORG

4. Games Committee

Each regional track and field tournament will have a games committee composed of one coach of a boys team, one coach of a girls team, the referee, the head clerk, the head field judge and the tournament manager, ex-officio and without vote. The coaches on the games committee will be appointed from the Commissioner's office.

The games committee will be responsible for all provisions of **NFHS Track and Field Rules 3-2-3 and 3-2-4** and may serve in an advisory capacity to the referee in any matters involving appeals. This is subject to the discretion of the referee. Games committee members are not required to meet in person. All business may be conducted via electronic communication.

5. Seeding and Lane Assignments

NFHS Track and Field Rule 5-6 will be the basis for seeding competitors and forming heats.

5.1. 800m, 1600m, 3200m, 4x800 relay and all field events - starting line assignments and field event order of competition and flights shall be determined by the games committee by lot using an open draw.

5.2. All track events except the 800m, 1600m, 3200m runs and the 4x800 relay - the runners shall be assigned to the lanes based upon their seeded position and using the following order:

Seed	Lane
1	4
2	5
3	6
4	3
5	2
6	7
7	8
8	1

6. Semifinal Heats - Regional and State

Method of determining qualifiers to the finals:

6.1. Hurdles, 100, 200, 400 - First four in each heat qualify to the finals.

6.2. All relays - Time all teams - fastest eight teams qualify to the finals.

7. Shot and Discus

Throwing implements used in the shot put and discus throw events shall be provided by the individual or be school-issued. All implements shall be weighed and gauged at the site and meet the minimum standards found in **NFHS Rules 6-4-2 and 6-5-2**.

8. Officials

OHSAA registered track and field officials shall be used at all officiating positions. In the event there are not enough registered track and field officials available, non registered track and field officials may be used.

9. Regional Tournament Managers

The regional tournament managers shall send all results in the electronic format requested to the OHSAA's data manager as soon as the Referee has certified the results. Divisions I and III results must be sent no later than **9:00 P.M., Friday, May 28**. The Division II results must be sent no later than **5:00 P.M. Saturday, May 29**. Managers will receive complete instructions from the OHSAA relative to the transmission of this information.

In addition, the regional tournament managers shall deliver all paper forms and other supporting material via overnight mail to the OHSAA office, 4080 Roselea Place, Columbus, Ohio 43214.

The complete report of the eight scoring places in each event plus complete team scoring along with the financial report shall be filed with the OHSAA within 10 days after the regional tournament.

10. Qualification to State Tournament

The first four individual or relay teams in each event in the regional tournaments will qualify for state tournament competition. Only four qualifiers in each event shall be permitted to qualify from a regional tournament to the state tournament. See **Section 11** under the general regulations for procedures to determine qualifiers in case of ties.

11. Awards

Individual Awards shall be presented to the first eight place winners in each event. In case of ties, duplicate awards shall be shipped later.

Team Awards shall be presented to the championship and runner-up teams. Trophies shall be presented for the school plus an individual award for the head coach and manager or assistant coach of the championship and runner-up team. For team ties for first place, duplicate championship trophies shall be awarded but no second place trophy shall be presented.

Awards Ceremony-The medal ceremony and the awarding of team trophies is to be a celebration of the accomplishments of the athletes, not an opportunity to display unusual or inappropriate attire. Therefore, for all medal and trophy ceremonies, athletes shall be attired in team issued warm-ups or uniform and shall be free of all other articles including but not limited to headwear, sunglasses, footwear other than running shoes, and any other decorative item. There shall be no flowers brought to the awards podium.

12. Admission Price

There will be admission charged at all regional tournaments. The price of admission is \$10.00 for semifinals, \$10.00 for finals for all people of school age (age 6) or older.

13. Passes

Complimentary admittance to regional track and field tournaments is restricted to the following people:

- Officials - 1 for the official plus one guest
- Workers - 1 for the worker
- Competitors and Coaches according to the following :

Number of Competitors Passes

1-4	One more than number of competitors
5-8	Two more than number of competitors
9 or more	Three more than number of competitors

**NOTE: passes will not be provided to alternate members of relay teams.*



2010 STATE TRACK & FIELD TOURNAMENT REGULATIONS **JUNE 4-5, 2010**

1. Regulations

All applicable regulations for district and regional tournaments are part of the state tournament regulations.

2. State Tournament Management

The 103rd Annual Boys and 36th Annual Girls State Track and Field Tournament will be held on June 4 & 5, 2010. **The Ohio State University, Jesse Owens Memorial Stadium**, under the supervision and sponsorship of the Ohio High School Athletic Association shall serve as host. The tournament manager is Beau Rugg, 337 W. 17th Ave. The Ohio State University, Columbus, Ohio 43210. Telephone: 614-292-7671; Fax: 614-292-4105; email: Rugg.1@osu.edu.

3. Entries

The regional tournament managers of boys and girls track and field tournaments will transfer regional tournament qualification data electronically as per instructions provided by the OHSAA in accordance with the established deadlines. These entries and the subsequent state tournament event qualifications shall be posted to the OHSAA Web site (www.ohsaa.org) by **9:00 A.M., Monday, May 31st**.

4. Qualification to State Tournament

The first four individuals or relay teams in each event in the regional tournaments will qualify for state tournament competition. No more than four qualifiers in each event shall be permitted to qualify from a regional tournament to the state tournament. See **NFHS rule 2-1** for procedures to determine qualifiers in case of ties.

5. Order of Events and Time Schedule

See complete tournament information and schedule on the Track and Field page via:

WWW.OHSAA.ORG

6. Fully Automatic Timing

The FinishLynx™ fully automatic timing system shall be the official time in all events. Printouts of the finish will be made available only at the conclusion of each session on Friday and Saturday to a coach who questions the placement of an athlete from the coach's squad. Please consult the referee if there is a question about placement.

7. Expense Allowance for State Tournament

By action of the Board of Directors there will be no expense allowance given to competing schools.

8. Awards

State Tournaments - The championship and runner-up teams will receive trophies. Medals will also be awarded to the coach of the championship team and the runner-up team. The first eight place finishers in each event will receive medals.

Ties - For ties in the State Tournaments, the award shall be duplicated for each of the tying contestants. Example: If two competitors tie for third place in the High Jump, each competitor shall receive a third place award but no fourth place award will be given. In case of ties in field events, the ties shall be resolved according to the specific procedures outlined in Section 3 on each field event. For team ties for first place, duplicate championship trophies shall be awarded but no second place trophy shall be presented.

Awards Ceremony-The medal ceremony and the awarding of team trophies is to be a celebration of the accomplishments of the athletes, not an opportunity to display unusual or inappropriate attire. Therefore, for all medal and trophy ceremonies, athletes shall be attired in team issued warm-ups or uniform and shall be free of all other articles including but not limited to headwear, sunglasses, footwear other than running shoes, and any other decorative item. There shall be no flowers brought to the awards podium

9. Admissions and Programs

The price of admission to the state track and field tournaments is \$10.00 per day. The price of the official printed program for the state track and field tournaments shall be \$5.00. Heat sheets shall be sold for \$1.00 on Saturday.

10. Passes

Complimentary admittance passes for the state track and field tournaments are restricted as follows:

- Officials - one for the official plus one guest
- Workers - one for the worker
- Competitors and coaches

Number of Competitors	Passes
1-4	One more than number of competitors
5-8	Two more than number of competitors
9 or more	Three more than number of competitors

**NOTE: Alternate members of relay teams that compete will be reimbursed.*

11. Coaches Materials

Coaches may secure the school packet of track and field materials from **8:00 A.M. to 6:00 P.M. on Friday and from 8:00 A.M. to 3:00 P.M. on Saturday**. Coaches of both boys and girls squads may pick up their materials on the Southeast side of Jesse Owens Memorial Stadium at the designated area.

12. Locker Room Facilities

Due to limited dressing room space and the large number of competitors, it is recommended that athletes come to the stadium dressed for competition.

13. Shoes, Length of Spikes, Marking Materials

All contestants are required by rule to wear shoes on both feet. If track spikes are worn, the **maximum** length permitted will be $\frac{1}{4}$ ". This applies to all events except the Shot and Discus where rubber soled shoes without spikes may be used.

No tape will be permitted at the pole vault or long jump. Markers will be provided when requested.

14. Press - Credentials

Reservations for press accommodations must be submitted in advance. Contact **Tim Stried**, Ohio High School Athletic Association, 4080 Roselea Place, Columbus, Ohio 43214. Telephone: 614-267-2502. Fax: 614-267-1677. Email - tstried@ohsaa.org. Credentials will be held for pick up at the site.

15. Starting Blocks

All competitors are required to use the starting blocks provided by the Jesse Owens Memorial Stadium.

16. Pre-Tournament Practice

The Jesse Owens Memorial Stadium will be open for pre-tournament inspection and use of the track only from **4:00 - 6:00 P.M. on Thursday, June 3, 2010**. No students shall be admitted unless accompanied by a school coach. The field event venues shall not be open for practice, and no apparatus of any kind (shot, discus, starting blocks, poles, etc.) may be used during this time period. The facility will open at 8:00 A.M. on Friday.