

Section 187 Track Rules for District, Regional and State Meets

2011-
2012

A. NFHS RULES.

The current National Federation Track and Field Rules shall govern TAPPS Track and Field unless otherwise designated by the TAPPS Executive Board.

1. Girls long jump will use a temporary marker, 8' from the pit.
2. Starting Heights at the State Meet shall be:
Triple Jump: The scratch line or takeoff board shall be located by measuring from the nearer edge of the pit a distance of:
Boys 32'
Girls 22'

High Jump: Starting height for each class will be 2" below lowest qualifying Jump at previous qualifying meet. (District or Regional)

Pole Vault: Starting height for each class will be 6" below lowest qualifying Jump at previous qualifying meet. (District or Regional)

Exception: Districts shall set beginning heights at District meet.

- B. MOVEMENT OF BAR. 1) The high jump bar is moved 2" at a time; 2) pole vault bar is moved 6" at a time, until the State record is tied, then 2" at a time.

- C. TAPPS PROGRAM. The printed program is to include: times and order of events, existing records (complete with event, holder, time or distance and date) and a chart to record times and team scores.

- D. PREFERRED LANES FOR FINALS (based on District/Regional times).

1st - Lane 4	5th - Lane 2
2nd - Lane 5	6th - Lane 7
3rd - Lane 3	7th - Lane 1
4th - Lane 6	8th - Lane 8

- E. FIELD EVENTS. Field events will be scheduled to avoid conflicts, as much as possible, at the State Meet, and shall include:

<u>Boys</u>	<u>Girls</u>
Shot Put	Shot Put
Discus Throw	Discus Throw
High Jump	High Jump
Long Jump	Long Jump
Triple Jump	Triple Jump
Pole Vault	Pole Vault

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- F. POINT SYSTEM. The point system for scoring the TAPPS State Track Meet shall be as follows:

Individual Events

First place	10 points
Second place	8 points
Third place	6 points
Fourth place	4 points
Fifth place	2 points
Sixth place	1 point

Relays

First place	20 points
Second place	16 points
Third place	12 points
Fourth place	8 points
Fifth place	4 points
Sixth place	2 points

- G. FIELD EVENT JUDGES. At the District Meet, Field Event Judges must have officiated the specific event in previous meets; all field events except the high jump must have 3 adults working as officials.
- H. JUMPING MATS. All jumping mats must be NCAA standard with covers over adjoining mats.
- I. CROSS BARS. Fiberglass cross bars are to be used in pole vault and high jump.
- J. THROWING EVENTS. Each throw will be measured in throwing events.
- K. MARKING DISCUS AREA. The discus area is to be marked by arcs every 25', beginning at 75', extending to 150'.
- L. MARKING SHOT PUT AREA. The shot put area is to be marked by arcs every 5', beginning at 30', extending to 55'.
- M. MARKING RECORDS. The TAPPS records in the shot, discus, long jump and triple jump are to be marked by a large red marker, visible to the contestants along the right side of the event area.

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N. SCRATCHING AND SUBSTITUTIONS.

1. THERE WILL BE NO SCRATCH MEETING AT THE STATE MEET. OTHER THAN RELAYS, THERE WILL BE NO SUBSTITUTIONS AT THE STATE MEET.

Coaches who know in advance that any of their athletes cannot compete at the State Meet should contact the District President so that the next athlete may move up. Any changes must be made by the District / Regional President to the state office. There will be no changes after 5 pm on the Tuesday prior to the State Meet.

2. In relay events, qualification is by school and not by individual, so substitutions are permitted. However, except for necessary (injuries, etc.) and minimal substitutions, the relay teams that run at the State Meet should be made up of individuals that ran on the relay team that qualified at district.

O. **THE FAIR EFFORT RULE.**

1. **This rule will be strictly enforced only in all Final events (District, Regional and State).**
2. **If an individual scratches (or fails to participate) in a finals event, that individual cannot participate in any other events during that meet.**
3. **The Fair Effort Rule for Regional and State meets goes into effect when competitors qualify for the Regional meet or State meet.**
4. Any place or points earned prior to the scratch, shall stand.
5. If the scratched individual is a member of a relay, and there is no substitute for the relay, it does not prevent other relay members from competing in individual events for which they have qualified.

- P. APPEALS. Appeals must go directly to the meet referee, and must be accompanied by a \$20.00 deposit, which will be returned only if the appeal is upheld. The appeals committee is the referee, the clerk and the starter. Any interpretation required will be made by the rules committee. Coaches must return to the stands during deliberations.

- Q. MATERIAL TO MARK TRACK. Any material used to mark zones, etc. on the host track must be approved by host coaches. Competitors shall remove all markings after competition.

- R. ALL COACHES, FANS, SCHOOL PERSONNEL AND CONTESTANTS NOT DIRECTLY INVOLVED (AT ANY GIVEN TIME) IN THE EXECUTION OF OR PREPARATION FOR PARTICIPATION IN THE STATE MEET MUST BE IN THE STANDS AND REMOVED FROM THE INFIELD AREA. THIS INCLUDES THE FIELD EVENTS, RUNNING PRELIMS, AND RUNNING FINALS.

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- S. **All athletes must be accompanied by a coach. Do not send athletes with parents or someone not accountable to the school. Each school must provide one coach per team (boys and girls) to assist in field events. Penalties will be assessed to each school who does not comply with this rule.**

T. UNIFORMS

1. The track and field uniform consists of a minimum of jersey and shorts, of uniform color and design, which are not objectionable, and shoes, which may be supplied by the contestant. Socks are not part of the uniform.
2. While tops of body suits may be considered a jersey, uniforms still require that shorts, which are not objectionable, be worn over the body suit.
3. Shorts, which are not objectionable, must be worn over leotards, tights or biker shorts. In TAPPS competition, closed legged briefs must be covered with shorts that are not objectionable.
4. In accordance with NFHS Rules, bare midriffs are not allowed.
2. Contestants may not wear caps, toboggans, head bands or jewelry. They may use string, rubber bands or tape to keep their hair in place. Extra clothing and hats and/or gloves may be worn in inclement weather by the meet director's approval.
3. Tattoos must be covered by tape or the uniform at all times.
4. **MEET OFFICIALS SHOULD CHECK UNIFORMS BEFORE THE EVENT AND WARN CONTESTANTS WHO ARE NOT IN UNIFORM. FAILURE BY OFFICIALS TO GIVE THIS WARNING DOES NOT EXCUSE THE ATHLETE FOR FAILURE TO FOLLOW THE RULES CONCERNING UNIFORMS, AND THE ATHLETE SHALL BE DISQUALIFIED IF HE/SHE COMPETES WHILE IN VIOLATION OF THE UNIFORM CODE.**
5. Any protest of objectionable jewelry or head wear being worn by a runner must be called to the attention of the officials prior to the race. When objectionable jewelry or head wear is discovered on a competitor in a field event, the objectionable material must be removed before the competitor can resume competition.
6. **TEAM MEMBERS, INCLUDING FIELD EVENT CONTESTANTS, SHALL WEAR THE SCHOOL UNIFORM. A COMPETITOR MUST BE IN THE PROPER TRACK UNIFORM AND WEARING THE ASSIGNED CONTESTANT NUMBER WHEN NUMBERS ARE USED.**
7. In relay races, each team member shall wear the same color and design uniform (jersey and shorts). When other apparel is worn under the uniform by more than one team member (two or more), that apparel must be the same color for all of the team who wears extra apparel.

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8. In individual events, when more than one undergarment is worn by the competitor, they do not have to be the same color.
 9. A contestant who competes with an illegal uniform, or is charged with unacceptable conduct, shall be disqualified from that event.
 10. Assigned numbers must be worn by all participants at the State Track and Field Meet.
 - a. Numbers to be worn on the front of uniform.
 - b. Exception: Pole Vaulters shall wear on back.
 11. There will be a \$10.00 fee to replace lost numbers at the state meet.
 12. In keeping with NFHS rules the following are emphasized:
 - a. NFHS Rule 4.3.b.3
 - b. NFHS Rule 4.3.b.6
 - c. Violations may lead to disqualification
- U. UNSPORTSMANLIKE CONDUCT
1. During the TAPPS State Meet, National Federation Track and Field Rules regarding unsportsmanlike conduct will be enforced. **Acts such as: throwing clothing, equipment, medals, etc. on the field or track; use of profanity; addressing an official disrespectfully; or displaying any action which brings discredit to participants, their school, or TAPPS could bring disqualification to a competitor. Coaches will be held accountable for their behavior toward officials and could result in disqualification of their athlete(s) in one or more events.**
 2. The penalty for unsportsmanlike conduct is disqualification in the event and further participation in the meet. If such acts occur following the event in which the disqualification occurs, the medal and/or points will go to the next place winner in that event. **A Player ejection form must be filed by noon of the first school day following the State Track meet.**
- V. SCHOOLS ARE ENCOURAGED TO FOLLOW THESE GUIDELINES AT DISTRICT/REGIONAL MEETS.
- W. THE MEET DIRECTOR. The Meet Director shall have a current copy of the National Federation Track and Field Rules and the track and field section of the TAPPS Manual in his possession during the District Meet. All Decisions shall be based on these two documents.