

2012 Track and Field Rules and Notations

General Information:

First Practice Date is March 12, 2012

First Contest Date is March 21, 2012

Maximum number of days of competition is 18

Rules Meeting deadline is April 19, 2012

Schools opt out due dates and entry due dates are; Divisions I and IV, Monday, May 14 and Divisions II and III, Tuesday, May 15.

Lower Peninsula Regionals will be held on May 18 or 19 and Upper Peninsula Regionals will be held on May 17, 18 or 19.

Lower and Upper Peninsula finals will be held on June 2

Final Track and Field Tournament sites are:

Division I at East Kentwood High School – managers Blaine Brummels/
Jim Sutton

Division II at Houseman Field in Grand Rapids – manager Lew Clingman

Division III at Comstock Park High School – manager Jan Gillette

Division IV at Jenison High School – manager Leroy Hackley

Upper Peninsula at Kingsford High School – manager Al Unger

Order of competition for spring 2012:

Running events.....boys – girls

HJ, SP, PV.....girls – boys

LJ, DT.....boys – girls

Note: Multiple facilities allow for boys and girls events to be run simultaneously.

SP and DT measurements must be made after each successful attempt.

There are rule changes and procedures in regards to jewelry and will be discussed under the National Federation Rule Changes.

There is only one change in the uniform rules that will be discussed under the National Federation Rule Changes. There is once again emphasis on middle school reminders:

1. Middle schools must comply with jewelry, sunglasses and body adornment prohibitions.
2. Middle schools should make every effort to have matching uniforms but they are not required. Relay teams should be as similar in color scheme as possible.

Turn in times to regional managers rounded up to the highest tenth. FAT times should follow this procedure: subtract 4 tenths, then round up to the next highest tenth. i.e. – Hand 25.12 = 25.2 and FAT 15.51 (- 0.4) = 15.11 = 15.2 rounded.

NOTE: * In Michigan we will NOT be using the step up start at the MHSAA regional or final meet.

- In reference to the jewelry rule, in Michigan a warning will be issued to all coaches prior to the start of the meet at the regional and final meets which will be considered the warning for that meet.

National Federation Rule Changes:

3-4-2: The referee's authority begins upon arrival at the meet site and concludes 30 minutes after the last event results have been announced or made official. The referee retains clerical authority over the contest through the completion of any reports. State associations may intercede in the event of unusual incidents after the referee's jurisdiction has ended or in the event that contest is terminated prior to the conclusion of regulation play.

4-3-1b(8), 4-3-1c(7), 9-6-1b(7) new NOTE 2: A visible garment worn under the uniform top and/or bottom displaying contrasting/different color stitching to the single, solid color of the undergarment and which functions as the actual seam for the undergarment's construction is legal.

4-3-3 PEN: For the first violation, the competitor shall be required to remove the jewelry before further competition and be issued a warning that a subsequent violation shall result in a disqualification from the event. The referee shall be notified of the violation by the observing meet official and he/she shall notify the coach of the offending school of the competitor's violation and the warning.

5-7-3: The starting command for individual races, or opening relay legs of 800 meters or more outdoors and 600 meters or more indoors shall be to instruct all competitors to take a position three meters behind the starting line or dashed arc behind the line. With the command "On your marks" all competitors will step to the starting line without delay. When all competitors are steady, the starter shall fire the starting device.

7-4-10, 7-5-17: When the number of entries dictates, the games committee may assign competitors to flights of no less than five competitors for preliminary competition or may conduct the event in continuous flights. In continuing flights, the first five competitors as determined by the games committee constitute a flight. As a competitor clears the bar, passes at turn at the height, or is eliminated, the next competitor in order will be moved up so that the number of competitors in the active flight will be constant.

7-5-2: The vaulting pole may be of any material and of any length and diameter. It may have a binding of layers of adhesive tape of uniform thickness on the grip end. However, the plant end of the pole may be protected by layers of tape, PVC, sponge rubber or other suitable material to protect the pole when placed in the planting box.

7-5-25, 7-5-29 new: No person shall be allowed to touch the vaulting pole except the pole may be caught by an assigned official, designated pole catcher or the competitor, when circumstances warrant, but never to prevent the pole from dislodging the crossbar which would result in a foul.

9-1-1: The cross country run shall be of a course 2500 to 5000 meters (1.5 to 3.1 miles) in length as determined by the meet director or games committee.

Measurements shall be along the shortest possible route a runner may take.

9-3-3, 9-6-2: Computerized transponders may be used to record the finish of a runner in cross country. A bib transponder or two transponders per runner, one attached to each shoe must be used. When transponders are used, the official order of finish for the runners is that recorded by the transponder, torso for bib transponders and foot for chips.

2012 Track and Field Major Editorial Changes

4-4 new NOTE: Clarifies the authority and criteria for the state association to authorize exceptions to the competition rules to provide a reasonable accommodation to the individual participants.

5-10-7: Clarifies a legal relay handoff between the incoming and outgoing runners.

6-3-2a and b: Unnecessary verbiage removed in describing the tie breaking procedures in throwing events is removed.

6-6-1: Brings the high school javelin specifications in line with current IAAF rules which are used in the high school event. NOTE: Michigan is NOT adding the javelin as an event.

7-4-16: Clarifies that it is a foul if the competitor takes off from two feet or used weights or artificial aids.

9-6-1 PEN, 9-6-4 PEN: Corrects a clerical error and clarifies disqualification.

National Federation Points of Emphasis

1. Starter positions
2. Exchange zones
3. Jewelry and uniforms
4. Safety around landing systems
5. Throwing event safety

Michigan Point of Emphasis

1. Requiring schools to use registered officials
2. Registered officials must use the required uniform while working meets
3. Michigan guidelines of “excused” times for field event competitors.
 - a. Races 400m or less 10 minutes excused time
 - b. 800 or 1600m races, 15 minutes excused time
 - c. Races of 3200 m, 20 minutes excused time

In all cases, the “clock starts” when an athlete asks to be excused until he/she returns. When possible, field event judges should encourage athletes to take trials “out of order” to accommodate their needed excused time.

Clerking procedure for Regional and State Final meets:

- 800m Run: If 20 or fewer runner, 1 section only. If 21 to 24 runners, there will be 2 sections with the 12 fastest (plus ties) in the 2nd section. If more than 24 runner, than the 16 fastest are in the 2nd section and all remaining runner in the 1st section.
- 1600m Run: if 24 or fewer runners, 1 section. If 25 or more runners, 2 sections with the 16 fastest (plus ties) in the 2nd section.
- 3200m Run: Regionals & State – ALWAYS 1 section.
- 4 x 800m Relay: Regionals – 1 section. Finals – 1-24 teams = 2 sections, 2nd section has 12 fastest teams plus ties. 25 teams or more = 2 sections, 2nd section has 16 fastest teams plus ties.

Narrative Regarding 2012 Rule Changes

There is a huge emphasis this year on safety and/or what is commonly referred to as risk minimization. Here are some examples from the National Federation:

- Areas around the pole vault and throwing event venues should not only be free of people but also clear of obstacles such as hurdles and other unnecessary track and field equipment.
- Rule **7-4-4** and **7-5-9** require hard or unyielding surfaces (such as concrete, metal, wood, or asphalt) around the landing pad to be padded meeting rules requirements.
- Throwing venues, especially those in the infield, should be flagged off to avoid people crossing the landing sector. Flagging should be placed for enough away from the sector lines, to keep people away from the unusual wild throws. Flagging does sometimes result in people having a false sense of safety, though it sounds funny, implements do not recognize the flagging and remain within the “preferred” area.
- While there is no such thing as a 100% safe spot around the throwing venue, having competitors, when not throwing, and spectators behind the throwing ring or in a position where the discus cage generally would block the flight of the implement are the safest spots. Officials must stay focused and alert at all times.

In 2012 the rules (**7-4-10** and **7-4-15**) have been modified to have five competitors in the continuing flight. While this is often known as “five alive” the NFHS method is different than the generally applied method in NCAA and other levels of competition.

The undergarment rule has been modified for 2012. The basic visible undergarment requirements remain the same: (1) fabric of a single, solid color, unadorned and (2) single logo (school and/or manufacturer) of no more than 2-1/4 inches. However the rules now permit stitching in a different color than the fabric if it “functions as the actual seam of the undergarment’s construction”. (**Rules 4-3-1b, c and 9-6-1b, c**). An official’s inspection should be cursory and brief; if intense analysis is needed to determine if the different color is actual seaming,

officials should err on the side that it complies with the rule. While the undergarment rule was modified, the penalty for a uniform violation remains the same – competing in an illegal uniform results in disqualification from the event.

The jewelry rule has again been clarified to say that violations should be reported to the referee so a competitor is warned for violating the jewelry rule in one event can be disqualified from a later event if discovered to be wearing jewelry **(4-3-3 Penalty)**. **NOTE:** As previously pointed out, in Michigan the warning for jewelry in the MHSAA regional and final meets will be given prior to the meet and be considered the warning for that meet.

The NFHS has also clarified the use of the “step-up” start for indoor races of 600 meters or longer and outdoor races of 800 meters or longer **(5-7-3)**. **NOTE:** Also pointed out previously was the fact that in Michigan the “step-up” start will NOT be used at the MHSAA regional and final meets.

Administrative duties of a track and field meet for the referee may need to continue after the meet to document actions which occur during the competition. This revision illustrates the difference between the meet referee’s jurisdiction during the contest and other administrative responsibilities such as submitting specific reports after the meet. In addition, clarifies that state associations may continue to develop and implement policies that allow for review of unusual incidents that occur while the meet officials have jurisdiction or after the meet. **(3-4-2)**.

Stitching on a visible undergarment, top or bottom, of a contrasting or different color to that of the single, solid color of the garment will not distract or cause the color of the undergarment to become confusing. The stitching must be used for construction of the garment and not design. **(4-3-1b(8), (4-3-1c(7), (9-6-1c(7) new NOTE 2)**.

The penalty and potential of disqualification for wearing jewelry should apply only to the competitor involved. **(4-3-3 PEN)**.

According to the NFHS, the step-up start creates consistency in the distance behind the starting line for the step-up mark used in all one command running events. This distance is far enough behind the line that competitors will have a definite stop before the starting line and eliminate a leaning movement into the start. **(5-7-3)** When you use alley starts as we do in Michigan, the rules and regulations committee decided that in Michigan we will continue with what we’ve used in the past for the MHSAA regional and final meets.

In considering the “five alive” method for use in the vertical jumps, the rule clarification defines the minimum number of competitors in a flight and eliminates the maximum number of competitors in a flight. Further clarifies the use of “five alive” and the procedure to follow to end “five alive” in an orderly fashion. **(7-4-10, 7-5-17)**

The new change concerning pole vaulting poles eliminates the limit of the requirement for only two layers of tape and requires the tape to be of uniform

thickness. This does not remove the intent that a competitor cannot build a knob type grip to enhance his/her performance. **(7-5-2)**

We have a clarification for the pole vault on who may touch or catch the pole and under what circumstances touching the pole are not allowed. The touch or catch by the competitor that prevents the crossbar from being dislodged is a foul. **(7-2-25, 7-5-29 new)**

For the measurement of a cross country course the method of measurement that is now described is a more accurate distance of the running route taken by competitors and updates the rule to current trends in the sport for course measurement. **(9-1-1)**

Also for cross country there is an update in terminology when referring to a computerized transponder and it includes allowing the use of a transponder being placed on the runner's bib. It clarifies, when worn on the shoes, there is to be one transponder/chip on each shoe and transponders determine order of finish. **(9-3-3, 9-6-2)**

Last but certainly not least, the NFHS have in their pre-meet notes included this section on uniforms. What would any track and field article be without continued reference to uniforms?

It is the ultimate responsibility of the coaches to ensure that all competitors are legally attired and are not wearing jewelry. Competitors should be informed of all rules and the application of those rules prior to competing. Prior to the start of the meet, the coach confirms with the meet referee that all competitors are legally attired and are not wearing jewelry. Coaches who educate their athletes and enforce the rules in practices as well as meets will find far fewer violations amongst their athletes.

Although the ultimate compliance responsibility rests with the coach, the meet officials enter into the equation at the meet. The officials serve two roles, one being preventative and the other being enforcement. ATOM wants to emphasize that being as preventative as possible is the goal of our association for all track and field/cross country officials in Michigan.

1. In the preventative role, the officials make an effort to monitor illegal uniforms or wearing of jewelry a priority. Having the competitor make the necessary uniform adjustments or removing jewelry prior to competition when feasible will eliminate the need for the "warning" or possible disqualification.
2. In the role of enforcement, meet officials shall issue a warning and further penalties when a competitor is not in compliance with rules. The meet referee is then responsible for contacting the competitor's coach of the warning and that another violation will result in disqualification from the event. NOTE: The rules and regulations committee in Michigan that met in January at the MHSAA building voted to keep the Michigan system for their annual regional final

meets in place; a warning will be issued to all coaches prior to the start of the meet and this will be considered the WARNING!

With proper education and enforcement by the coach, responsible actions by the competitor and officials operating in the preventative role, penalties for uniform and jewelry violations should vanish from the meet.