

RULE 6-7 (p.55)

SHOT PUT

SUMMARY OF RULES - 2021

Implementments

- 1) Boys: Shot Put = 12 lb; Girls: Shot Put = 4 Kg.....6-7-2
- 2) Shot Puts may not have indentations.....6-7-1
- 3) Illegal equipment is not allowed during warm-up or competition. If used = Event DQ.....6-2-10

Uniforms

- 4) Competitors must compete in a complete uniform (school issued/approved).....4-3-1b
- 5) Competitors must wear shoes fastened securely to both feet.....4-3-1a

Warm ups:

- 6) There must be supervision. An official or coach must be present during warm-up.
1st Violation: Warning ... 2nd Violation: Event DQ ... 3rd Violation: Meet DQ.
Once competition begins, venue and associated equipment is off limits for practice.
Event concluded - there will be no further activity - event area is closed.....6-2-6

Order: **Shot Put = Boys 1st [even year], Girls 1st [odd year]**

- 7) Open order: Games committee will set time limit for prelims.....3-2-4d...6-2-19
- 8) Prelim flights of no less than 5 in the order set by games committee.....3-2-3f
- 9) Finalists put worst to best.....6-2-3...6-2-18
- 10) Order may be changed to allow for participation in other events.....6-2-3

Grip:

- 11) Chalk or an adhesive such as rosin may be used to assist with grip.....6-2-12
- 12) Gloves NOT allowed; Tape NOT allowed on hand unless to cover an open wound.....6-7-7
- 13) Taping of wrists permitted; wearing support belts permitted.....6-7-7

Trials:

- 14) Larger meets: 3 prelims – 3 finals: all trials count for placing.....6-2-15
- 15) Smaller meets: 4 trials – no finals: all trials count for placing.....3-2-4e...6-2-7

Time Limit (Table p.41):

- 16) Trials - After being called competitors have one (1) min to initiate a trial.....6-2-2...6-7-9a
- 17) Time limit when excused to other events = determined by games committee.....6-2-4

Measurements:

- 18) Marks are recorded after each legal trial.....mhsaa
- 19) SECTOR LINES are out-of-bounds.....6-7-5
- 20) Measure from nearest edge of mark to inside edge of stopboard thru center of circle.....6-7-10
- 21) Legal trials are measured and recorded to nearest lesser quarter (¼) inch or cm.....6-7-11

Finals:

- 22) There must be at least one qualifying prelim trial for athlete to move on to finals.....6-2-17
- 23) One (1) more competitor advances to finals than places awarded.....6-2-17
- 24) i.e. 8 places score means 9 advance from prelim; everyone tied for 9th also advance.....6-2-17

Failed Attempts:

- 25) Competitor FAILS TO INITIATE A TRIAL within one (1) minute after name is called.....6-7-9a
- 26) Once in the circle, Competitor FAILS TO PAUSE before starting the put.....6-7-9b
- 27) Competitor TOUCHES ANY SURFACE outside of circle during the put.....6-7-9c
- 28) The SHOT DROPS BEHIND OR BELOW the shoulder.....6-7-8...6-7-9d
- 29) A legal put must be made from shoulder with ONE HAND ONLY.....6-7-8
- 30) Shot does not fall WITHIN the sector lines.....6-7-9f
- 31) Competitor LEAVES THE CIRCLE BEFORE the implement has landed.....6-7-9g
- 32) Competitor DOES NOT EXIT BACK HALF of the circle.....6-7-9h
- 33) Competitor does a "CARTWHEEL".....6-7-9i

Ties: (6-3-2a)

- 34) Break ties by comparing 2nd-best efforts (or 3rd-best if 2nd still results in a tie, etc.).....6-3-2a
- 35) Ties remaining after this process -
Add points for places & divide between competitors.....6-3-4

RULE 6-6 (p.53)

DISCUS THROW

SUMMARY OF RULES - 2

Implementments:

- 1) Boys: Discus = 1.6 Kg; Girls: Discus = 1 Kg.....6-6-:
- 2) A Discus may not have indentations, projecting points or sharp edges.....6-6-:
- 3) Illegal equipment is not allowed during warm-up or competition. If used = Event DQ.....6-2-:

Uniforms:

- 4) Competitors must compete in a complete uniform (school issued/approved).....4-3-:
- 5) Competitors must wear shoes fastened securely to both feet.....4-3-:

Warm ups:

- 6) There must be supervision. An official or coach must be present during warm-up.
1st Violation: Warning ... 2nd Violation: Event DQ ... 3rd Violation: Meet DQ.
Once competition begins, venue and associated equipment is off limits for practice.
Event concluded - there will be no further activity - event area is closed.....6-2-:

Order: **Discus Throw = Girls 1st [even year], Boys 1st [odd year]**

- 7) Open order: Games committee will set time limit for prelims.....3-2-4d...6-2-:
- 8) Prelim flights of no less than 5 in the order set by games committee.....3-2-:
- 9) Finalists throw worst to best.....6-2-3...6-2-:
- 10) Order may be changed to allow for participation in other events.....6-2-:

Grip:

- 11) Chalk or an adhesive such as rosin may be used to assist with grip.....6-2-:
- 12) Gloves NOT allowed; Tape NOT allowed on hand unless to cover an open wound.....6-6-:
- 13) Taping of wrists permitted; wearing support belts permitted.....6-6-:

Trials:

- 14) Larger meets: 3 prelims – 3 finals: all trials count for placing.....6-2-:
- 15) Smaller meets: 4 trials – no finals: all trials count for placing.....3-2-4e...6-2-:

Time Limit (Table p.41):

- 16) Trials - After being called competitors have one (1) min to initiate a trial.....6-2-2...6-6-:
- 17) Time limit when excused to other events = determined by games committee.....6-2-:

Measurements:

- 18) Marks are recorded after each trial.....mhs
- 19) SECTOR LINES and CAGES are out-of-bounds.....6-6-:
- 20) Measure from nearest edge of mark to inside edge of circle through its center.....6-6-:
- 21) Legal trials are measured and recorded to nearest LESSER inch or EVEN cm.....6-6-:

Finals:

- 22) There must be at least one qualifying prelim trial for athlete to move on to finals.....6-2-:
- 23) One (1) more competitor advances to finals than places awarded.....6-2-:
- 24) i.e. 8 places score means 9 advance from prelim; everyone tied for 9th also advance.....6-2-1

Failed Attempts:

- 25) Competitor FAILS TO INITIATE A TRIAL within one (1) minute after name is called.....6-6-:
- 26) Once in the circle, Competitor FAILS TO PAUSE before starting throw.....6-6-:
- 27) Competitor TOUCHES any surface outside of circle during throw.....6-6-:
- 28) Discus does not fall WITHIN the sector lines.....6-6-:
- 29) Discus hits the cage or object outside the sector and ricochets back into the sector.....6-6-:
- 30) Competitor LEAVES THE CIRCLE BEFORE the implement has landed.....6-6-:
- 31) Competitor may enter circle from anywhere ... but ...
Competitor DOES NOT EXIT BACK HALF of the circle.....6-6-:

Ties: (6-3-2a)

- 35) Break ties by comparing 2nd-best efforts (or 3rd-best if 2nd still results in a tie, etc.).....6-3-:
- 36) Ties remaining after this process -
Add points for places & divide between competitors.....6-3-:

Landing Area:

- 1) Take-off board shall be 8" (recommended) to 24" deep and 42" to 48" wide.6-9-3
- 2) The landing area should be filled with 12" sand or soft material & level with the board.....6-9-4
- 3) The landing area shall be a minimum of (23) feet long and (9) feet wide.....6-9-5
- 4) Distance from the foul line to pit may be adjusted to accommodate levels of ability.6-9-5

Uniforms:

- 5) Competitors must compete in a complete uniform (school issued/approved).4-3-1b
- 6) Competitors must wear shoes fastened securely to both feet.4-3-1a

Warm ups:

- 7) There must be supervision. An official or coach must be present during warm-up.
It's ILLEGAL to run backward or in the opposite direction (ie. non-legal direction).
1st Violation: Warning ... 2nd Violation: Event DQ ... 3rd Violation: Meet DQ.
Once competition begins, venue and associated equipment is off limits for practice.
Event concluded - there will be no further activity - event area is closed.6-2-6

Order:**Long Jump = Girls 1st [even year], Boys 1st [odd year]**

- 8) Open order: Games committee will set time limit for prelims.3-2-4d...6-2-19
- 9) Prelim flights of no less than 5 in the order set by games committee.....3-2-3l
- 10) Finalists jump worst to best.6-2-3.....6-2-18
- 11) Order may be changed in any jumping event to allow for participation in other events.....6-2-3

Check marks:

- 12) The type material used for checks marks is determined by the games committee.3-2-4b
- 13) Check marks are not allowed on the runway or in the landing pit.6-9-7

Trials:

- 14) Larger meets: 3 prelims – 3 finals: all trials count for placing.6-2-15
- 15) Smaller meets: 4 trials – no finals: all trials count for placing.3-2-4f...6-2-7

Time Limit (Table p.41):

- 16) Trials - After being called competitors have one (1) min to initiate a trial..... 6-2-2.....6-9-8f
- 17) Time limit when excused to other events = determined by games committee.....6-2-4

Failed Attempts:

- 18) Any part of the shoe violates the foul line.....6-9-8a
- 19) Competitor runs through the foul line or foul line extended.....6-9-8b
- 20) Competitor does not keep head in superior position. [NO somersault]6-9-8c
- 21) Competitor does not land in the pit.6-9-8e
- 22) When leaving the pit, competitor touches the ground outside the landing area
closer to the foul line than the nearest mark made in the sand.....6-9-8e
- 22) Competitor fails to initiate a trial within one (1) minute after name is called.6-9-8f

Measurements:

- 23) Measure marks from nearest edge of landing mark perpendicularly to the foul line.6-9-9
- 24) The foul line may need to be extended to ensure a perpendicular measurement.6-9-9
- 25) Measurements of trials shall be taken at the takeoff board.6-9-10
- 26) Legal trials are measured and recorded to nearest lesser quarter (¼) inch or cm.....6-9-11

Finals:

- 27) There must be at least one qualifying prelim trial for athlete to move on to finals.6-2-17
- 28) One (1) more competitor advances to finals than places awarded - no substitutions.6-2-17
- 29) Ex. - 8 places score means 9 advance from prelim; all competitors tied for 9th advance.6-2-17

Ties: (6-3-2a)

- 30) Break ties by comparing 2nd-best efforts (or 3rd-best if 2nd still results in a tie, etc.).....6-3-2a
- 31) Ties remaining after this process -
Add points for places & divide between competitors.6-3-4

Landing Area:

- 1) Landing pads in sections must be attached and encased in a common cover.....6-4
- 2) Bordering surfaces (concrete/asphalt) shall be padded 2" min. dense foam material.....6-4
- 3) Support bases shall be marked as to their location at the start of competition.....6-4
- 4) High Jump crossbar shall be circular, non-metal and 12' to 14'10" in length.....6-4

Uniforms:

- 5) Competitors must compete in a complete uniform (school issued/approved).4-3
- 6) Competitors must wear shoes fastened securely to both feet.4-3

Warm ups:

- 7) There must be supervision. An official or coach must be present during warm-up.
1st Violation: Warning ... 2nd Violation: Event DQ ... 3rd Violation: Meet DQ.
Once competition begins, venue and associated equipment is off limits for practice.
Event concluded - there will be no further activity - event area is closed.6-2
- 8) Bungee cord crossbars may be used for warm-up jumps.6-2

Order:**High Jump = Boys 1st [even year], Girls 1st [odd year]**

- 9) Calling contestants in listed order or using the "Five-Alive" system is allowed.
If number of competitors is less than 9, then ALL will be in a single continuing flight.....6-2
- 10) Order may be changed in any jumping event to allow for participation in other events.....6-2

Check marks:

- 11) Games committee specifies location, marking material and number of check marks.6-4

Trials:

- 12) All competitors receive three (3) trials at each height.....6-2
- 13) Trials may be passed and used at the next height.6-2
- 14) Only the number of attempts left from previous height will be available.6-2
- 15) Once three (3) consecutive misses occur the contestant is finished with event.....6-2
- 16) Contestants who pass three or more consecutive heights with NO attempts are permitted one (1) warm-up jump w/o the crossbar in place and enter at that height.
The warm up must be taken at a height change.....6-4
- 17) Opening heights will be determined by games committee.6-4
- 18) When only one competitor remains, the event winner can choose the next height.....6-4
- 19) An accurate measurement of the bar shall be taken before each record attempt.6-4
- 20) Measurements shall be made to the nearest lesser ¼ inch or centimeter6-4

Time Limit (6-2-2c: Table 1, p.41):

- 21) When called competitors must initiate a trial within one (1) min if more than three competitors. Three (3) min when three or fewer are left. Five (5) min when one is left.6-2
- 22) Time limit when excused to other events = determined by games committee.6-2

Failed Attempts:

- 23) Competitor displaces crossbar during an attempt to clear.....6-4
- 24) Competitor touches ground/landing area beyond plane of crossbar w/o clearing bar.6-4
- 25) Competitor clears height, then contacts upright and displaces (or steadies) crossbar.....6-4
- 26) After x-bar set and name called competitor fails to initiate a trial within one (1) minute. ...6-4
- 27) Competitor fails (total body) to go over the crossbar.6-4
- 28) Competitor takes off from two (2) feet; uses weights/artificial aids..... 6-4-10.....6-4

General:

- 29) The crossbar shall not be lowered once the event begins. Exception: 1st place tie.....6-4
- 30) If a support ever slips down, the judge will rule 'no jump' and allow another trial.....6-2

Ties (6-3-2b):

- 31) 1st tie breaker: fewest number of misses at tied height is winner.6-3
- 32) 2nd tie breaker: fewest number of misses during competition is the winner.6-3
- 33) Passed trials shall not count as misses.6-3
- 34) 3rd tie breaker (**for 1st place only**): Allow (1) more trial at tied height.....6-3
Tied jumpers both miss = lower the bar 1" and allow (1) trial.
Tied jumpers both clear = raise the bar 1" and allow (1) trial.
Continue to raise/lower the bar and allow (1) trial until winner is determined.
- 35) Ties below 1st place: add points for places & divide by number of tied competitors.....6-3

Landing Area:

- 1) Landing pads in sections must be encased in a common cover.6-5-7
- 2) Hard surfaces shall be padded with a minimum 2" of dense foam/suitable material.6-5-9
- 3) Support bases must be weighted to prevent them from tipping over.....6-5-10
- 4) Width between support pins are $\geq 13'8"$ and $\leq 14'8"$6-5-10
- 5) Pole Vault crossbar shall be circular, non-metal and $\geq 14'8"$ and $\leq 14'10"$ in length.....6-5-11
- 6) A box collar is required around the planting box.6-5-14
- 7) The crossbar is placed 18" to 31½" beyond the stop board toward the landing pit.....6-5-17

Uniforms:

- 8) Competitors must compete in a complete uniform (school issued/approved).4-3-1b
- 9) Competitors must wear shoes fastened securely to both feet.4-3-1a

Poles:

- 10) Poles may be any length and diameter.6-5-2
- 11) The bottom of pole may be protected tape, PVC, sponge rubber, suitable material.6-5-2
- 12) Manufacturer's pole rating shall be a minimum of ¾-inch in a contrasting color located within or above top handhold position. And, a one 1-inch circular band placed by the manufacturer to indicate the top handhold position is required.6-5-3
- 13) Prior to competition, the coach must verify poles meet specifications and that the vaulter is using a pole rated \geq the vaulter's weight.6-5-3
- 14) Variable weight pole; mismarked pole; lighter rated pole = Illegal = Event DQ.6-5-4

Warm ups:

- 15) Pole vault warm-up may not start until poles have been inspected & approved for use.6-5-5
- 16) An official or coach must be present during warm-up. There must be supervision. It's ILLEGAL to run backward or in the opposite direction (ie. non-legal direction).
1st Violation: Warning ... 2nd Violation: Event DQ ... 3rd Violation: Meet DQ.
Once competition begins, venue and associated equipment is off limits for practice.
Event concluded - there will be no further activity - event area is closed.6-2-6
- 17) Bungee cord crossbars may be used for warm-up vaults.6-2-22

Order:

Pole Vault = Girls 1st [even years], Boys 1st [odd years]

- 18) Calling contestants in listed order or using the "Five Alive" system is allowed. If number of competitors is less than 9, then ALL will be in a single continuing flight.6-2-21
- 19) Order may be changed in any jumping event to allow for participation in other events.....6-2-3

Check marks:

- 20) Checks marks are not allowed on the runway. They must be placed on the side.6-5-18

Trip:

- 21) Taping wrists is allowed; Tape NOT allowed on hand unless to cover an open wound.....6-5-19
- 22) Gloves NOT allowed.....6-5-19
- 23) The use of a forearm cover to prevent injuries is permitted.....6-5-19
- 24) Chalk or an adhesive such as rosin may be applied to hands or pole.....6-5-19
- 25) Tape on poles must be of uniform thickness below top hand hold mark.6-5-2

Trials:

- 26) Opening heights will be determined by games committee.6-5-16
- 27) When only one competitor remains, the event winner can choose the next height.6-5-16
- 28) All competitors receive three (3) trials at each height.6-2-20
- 29) Trials may be passed and used at the next height.
Only the number of attempts left from previous height will be available.6-2-20
- 30) Once three (3) consecutive misses occur the contestant is finished with event.6-2-20
- 31) A broken pole during an attempt does not count as a trial.6-5-20
- 32) An accurate measurement of the bar shall be taken before each record attempt.6-5-25
- 33) Measurements shall be made to the nearest lesser ¼ inch or centimeter6-5-26

Time Limit (6-2-2c: Table 1, p.41):

- 34) When called competitors must initiate a trial within one (1) min if more than three competitors. Three (3) min when three or fewer are left. Five (5) min when one is left.6-2-2
- 35) Time limit when excused to other events = determined by games committee.....6-2-4

Failed Attempts:

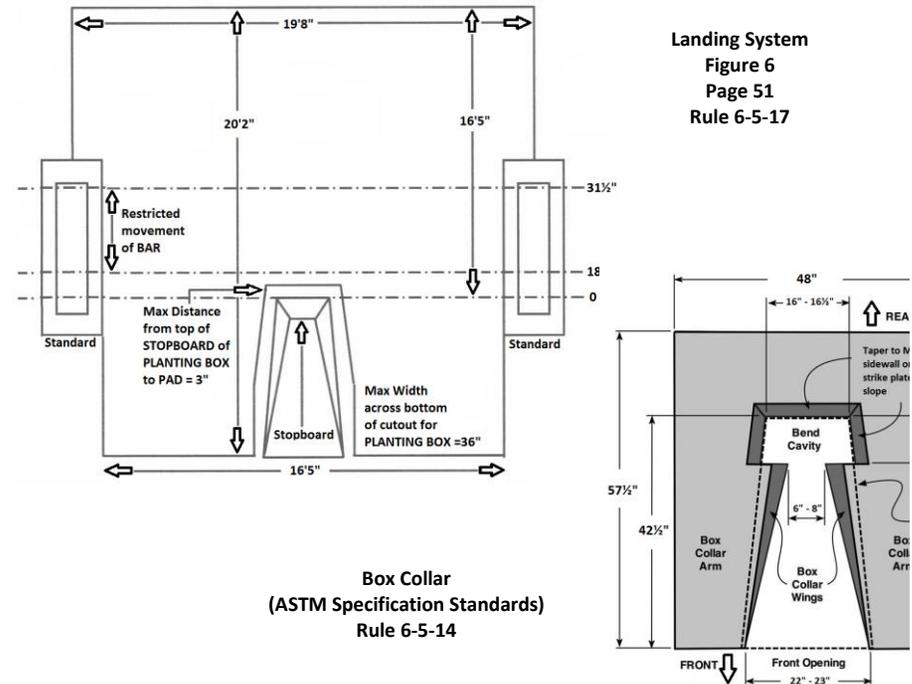
- 36) Competitor displaces crossbar with body or pole during an attempt to clear.6-5-:
- 37) Competitor leaves ground and fails to clear. (excludes aborted approaches)6-5-:
- 38) Uppermost hand is raised above starting point when they leave the ground or lower hand moves above upper hand on the pole.6-5-:
- 39) Body/pole touches ground/landing area beyond plane of stop board before clearing.6-5-:
- 40) Competitor fails to initiate a trial after being called within time limit.....6-5-:
- 41) Competitor clears the height, contacts upright and displaces (or steadies) crossbar.6-5-:
- 42) Competitor grips the pole above the top circular band placed by the manufacturer.6-5-:
- 43) Competitor touches (or catches) pole to prevent it from dislodging crossbar.6-5-:

General:

- 44) No person except competitor, official or designee allowed to touch the pole.....6-5-:
- 45) The crossbar shall not be lowered once the event begins except for a 1st place tie.6-5-:
- 46) If a support is misplaced or slips, this is 'no vault' and another trial will be allowed.6-2-:
- 47) Contestants who pass three (3) or more consecutive heights with NO attempts are permitted two (2) minutes of warm-up per # of opponents w/o the crossbar in place.
Warm up must occur at the height change and contestant(s) enter at that height.6-5-:

Ties (6-3-2b):

- 48) 1st tie breaker: fewest number of misses at tied height is winner.....6-3-:
- 49) 2nd tie breaker: fewest number of misses during competition is the winner.....6-3-:
- 50) Passed trials shall not count as misses.....6-3-:
- 51) 3rd tie breaker (for 1st place only): Allow (1) more trial at tied height.....6-3-:
Tied jumpers both miss = lower the bar 3" and allow (1) trial
Tied jumpers both clear = raise the bar 3" and allow (1) trial
Continue to raise/lower the bar and allow (1) trial until winner is determined.
- 52) Ties below 1st place: add points for places & divide by number of tied competitors.....6-3-:



**Landing System
Figure 6
Page 51
Rule 6-5-17**

**Box Collar
(ASTM Specification Standards)
Rule 6-5-14**

Uniform Guidelines**PROACTIVE:**

Athletes may fix their uniforms before competition begins.

INVISIBLE:

Socks; Arm Warmers; HAIR CONTROL; Visor;
Undergarments; Medic Alert; Gloves in HJ & LJ

OK:

Ski Band; Knit Watch Cap; Ball Cap; Jewelry; Sunglasses; Watches;
Sweatband ≤ 2" wide; One Mfg Logo per top/bottom ≤ 2¼" square

NOT OK:

Offensive Tattoo; Dew Rag; Temporary Body Adornment;
Bare Midriff; Hazardous Jewelry; GLOVES in relays/shot/discus/vault

Check In

A contestant who fails to report before the start of competition shall not be allowed to participate in the event (Rule 4-1-3). Contact the REFEREE.

Athletes Leaving to Another Event

- **COMMON SENSE** must prevail.
- **KNOW** the procedure/time limits set by the *games committee*.
- **COMMUNICATE** with athletes at check-in if they have other events.
- **RE-ORDER FLIGHTS** to facilitate athletes competing in other events.
- **TIME-STAMP** excused athletes when they leave and return.
- **ENCOURAGE** athletes competing in other events to 1) take multiple trials; 2) take trials out of order; or 3) use '*stand-ins*.'
- **FINALS - DO NOT CALL** an athlete who is legally excused to another event. Continue the competition. **NOTE:** The competitor with the best prelim mark may wait until any excused competitors have taken all their trials to take the last attempt of the competition (6-2-3).

EXAMPLES of Judges Procedures:**When Athlete Leaves for Another Event and Has Not Returned****SP, DT, & LJ**

If an athlete has not returned and all others have completed trials, announce that all remaining throws must be completed in 10 minutes (or a pre-designated time).

HJ & PV

If an athlete has not returned and all others have cleared the height, announce that the bar will raise in 5 minutes. Unused attempts will be marked as a *pass* that may be used at the new height.

Judges Terminology - ALL FIELD EVENTS**CALLING TRIALS**

James '**UP**' * William '**ON DECK**' * Thomas '**ON HOLD**'.
Competitors must be ready when they are '**UP**,' not getting ready

GOOD ATTEMPT

'**Fair**' - or - White Flag (The use of FLAGS is recommended)

MISSED ATTEMPT

'**Foul**' - or - Red Flag (The use of FLAGS is recommended)

RECORDING TRIALS (HJ & PV)

O = cleared	X = failed	- = pass
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Measuring Attempts

- MEASURE **LJ, HJ, PV, & SP** to nearest lesser ¼" or cm.
- MEASURE **DISCUS** to nearest lesser 1" or EVEN cm.
- MEASURE **LONG JUMP** at the takeoff board not the pit.
- MEASURE heights before record attempts in **HJ & PV**.

Communication

- ANNOUNCE performance heights/distances after each attempt clearly.
- ANNOUNCE and CIRCLE the best performance after final attempt RECORD carefully in 'BESTS COLUMN.'
- ANNOUNCE order of finish and best performance at conclusion competition.
- SEND INFORMATION to press box announcer.

Advancing Prelims to Finals

- **DOUBLE-CHECK** the score sheet.
- **CONFIRM** - The Finalists before announcing.
- **SEND FINALIST INFO** to press box announcer.
- **ANNOUNCE** - 1) Finalists & best prelim performance;
2) time at which finals begin.
- (optional) **RE-WRITE** Finalists AND best prelim mark on another sheet in order of finals competition.
- Competitors may view video in a coaches box or unrestricted area.

Appeals / Questions (example: improper attire or implement)

- 1) Record the performances.
- 2) Do not announce results if there is a question or appeal.
- 3) Contact the REFEREE to resolve issue.

COVID-19 Considerations **

General Guidance

PHYSICAL DISTANCING shall be maintained when participants are not engaged in active participation or drills.

NOTE: "Physical or Social Distancing" refers to a separation of individuals of at least six feet, except for momentary interactions.

FACE COVERINGS shall be always worn by all individuals at all times.

Mandated Provision - Face masks which cover the MOUTH AND NOSE are required to be worn by OFFICIALS at all times.

Required by the MDHHS order.

Note: Consideration for COACHES - ALL STAFF shall wear face coverings.

General Considerations – FIELD EVENTS

Shot Put / Discus Throw

Enforce social distancing for all athletes & coaches.

To limit contact: Athletes may provide their own implements and retrieve their own implements after all throws.

It is recommended that implements be sanitized between each use.

Long Jump / Triple Jump

Enforce social distancing for all athletes & coaches.

High Jump / Pole Vault

Enforce social distancing for all athletes & coaches.

To lower risk: Participants/event workers may cover pits by a tarp that is removed and disinfected after each athlete (therefore multiple tarps needed to keep event moving)

To limit contact: Athletes should not share vaulting poles.

COVID-19 Considerations **

General Considerations – RUNNING EVENTS

Sprints / Hurdles / Relays

Enforce social distancing for all athletes & coaches.

Events run entirely in lanes, may use every other lane to assist with distancing.

Blocks should be disinfected after each heat / race.

Recommended: Students wear a cloth facial covering when not actively competing.

Distance / Middle-Distance Events

Enforce social distancing for all athletes & coaches.

Events of 800-meters or longer (any event not run entirely in lanes) are considered moderate risk activities if conducted under normal circumstances..

Rule Change Considerations

Rule 5-10-5

The current rule states:

The baton is the implement which is used in a relay race and is handed each competitor to a succeeding teammate. *Gloves are not permitted relay events.*

NOTE: The MHSAA will permit the use of gloves for this year - 2021.

NOTE: Batons should be disinfected after each heat / race.

*** Please Note: The COVID-19 Considerations of this document are MANDATES/SUGGESTIONS/RECOMMENDATIONS of the MHSAA for Track & Field as of March 8, 2021. This guide may be revised at any time during the 2021 season. It is the professional responsibility of the official to keep current and practice the COVID-19 considerations found on the MHSAA website or published via printed/electronic communications.*