## RULE 4 \& 5 (p. 21 \& 27)

## STARTING VIOLATIONS

1) failure to comply with starter's commands...........................5-7-4a
2) body ON or OVER the starting line when gun is fired. ........5-7-4b
3) moves after assuming the set position \& before the gun...5-7-4c
4) failure to place blocks within own lane. ..................................5-7-4d
5) repeated use of disconcerting acts. .5-7-4e

## RUNNING INFRACTIONS

6) interference - bump, trip or run across opponent's path .......4-6-5a....5-9-1
7) stepped on/over inside lane line ( 3 consec steps on curve) ...5-12-1a
8) ran outside assigned lane \& interferes/impedes another runner..5-12-1bc
9) cut in before break line-or-doesn't finish in assigned lane ...5-12-1de, 2
10) ran inside track curb thereby gaining an advantage.........................5-13-1,2

## HURDLE INFRACTIONS

11) did not attempt to clear each hurdle
12) knocks down any hurdle with hand........................................5-14-2b
13) advanced/trailed a leg/foot alongside \& below hurdle gate...........5-14-2c
14) ran over hurdle not in the assigned lane ...................................-14-2d
15) ran around a hurdle 5-14-2
16) interfered with another hurdler 5-14-2e

## RELAY INFRACTIONS

17) unclear if athletes are of the same team by uniform design. $4-3-2 a$
18) violation of substitution (athlete name not on entry card) .......5-10-2
19) incoming runner pushes outgoing runner ..............................-11-1
20) throwing the baton after race is ended...................................5-11-2
21) failure to exchange in- finish in- assigned lane ......5-10-4 ...5-12-1d
22) competitor wearing gloves during relay competition ..........5-10-5
23) failure to pass baton in the exchange zone
24) baten 5-10-7
25) outgoing runner lines up outside designated zone.5-10-9 ...5-10-10 UNIFORM INFRACTIONS
26) failure to wear the school-issued/approved uniform..........4-3-1
27) uniform not worn as intended by manufacturer ...................4-3-1
28) failure to wear shoes on both feet..............................................4-3-1a1
29) failure to wear assigned number ............................................4-3-1b1
30) uniform top is knotted or as knot-like protrusion .................4-3-1b3
31) bare midriff top $\qquad$ ...4-3-1b3
32) uniform top worn above waistband (or) not tucked in........4-3-1b3
33) mfg's logo > $21 / 4$ in. sq. or > (1) per garment.......................4-3-1b5
34) removed part of uniform in area of competition (1 warning) ..4-3-3
35) temporary body adornment observed to be offensive.........mhsaa CONDUCT-UNSPORTSMANLIKE (meet DQ)
36) conduct which is unethical or dishonorable ..........................4-6-1
37) disrespectfully addressing an official
38) intentional contact with someon
39) taunting, criticizing or using profanity toward someone.................4-6-1 CONDUCT - UNACCEPTABLE
40) willful failure to follow an official's directions $\qquad$
41) action/language that discredits to individual/school
42) interference by non-participant team member .......................4-6-3
43) assisted by pacing- or using an aid during race/trial............4-6-5b.f
44) contestants joining hands during a race................................4-6-5c
45) communication using any device during race/trial.... 4-6-5
46) coaching from a restricted area. .4-6-5d
47) received assistance from competitor to finish race 4-6-5e
48) using electronic communication during race/trial. 3-2-8a
49) using electronic device to review an official's decision. 3-2-8b

## INCIDENT REPORT

(Deliver to Referee)

|  |  |
| :--- | :--- |
| INDEX | RULE |
| NUMBER | NUMBER |
|  |  |
| EVENT | HEAT | LANE |  |
| :--- | :--- | :--- |

JERSEY COLOR / SCHOOL
COMPETITOR NUMBER
$\square$

OFFENSE

- WARNING
- EVENT DQ
- MEET DQ
- NO CALL

REFEREE DECISION


1) an APPEAL is to reverse a ruling.
2) an APPEAL is to correct an error.
3) a PROTEST is to express dissatisfaction with a decision/procedure. (Rules do not address PROTESTS)

## WHAT IS SUBJECT TO APPEAL?

4) Misapplication of a rule / error in placing ......3-5-3a [30-minute limit from announcement of event results]
5) Clerical error / team scoring error $\qquad$ .3-5-3b [48-hour limit from end of meet]
6) Correction of results (ineligible participant)....3-5-3c [no time limit]
7) Fail to follow procedure announced in advance....3-5-3d [time schedule; field event procedure; advancing]

## NOT SUBJECT TO APPEAL

8) Judgment decisions pertaining to violations ..3-5-4a
9) A decision made by finish judges/timers........3-5-4b [not involving misapplication of rule / procedure]
10) Whether a start is fair or legal $\qquad$ $3-5-4 c$

## THE APPEAL PROCESS

11) inform meet monitor/referee VERBALLY
12) if not resolved, WRITTEN form goes to jury ...3-5-2
13) the WRITTEN appeal will include ...
event; school; athlete name/\#; signature of coach rule number in question; description of situation

DESCRIBE SITUATUION/RULING IN QUESTION (3-5-2)

To: Jury of Appeals

## EVENT

(3-5-2)

## SCHOOL

(3-5-2)

## ATHLETE NAME / \#

(3-5-2)

SIGNATURE (COACH)
(3-5-2)

## NF RULE NUMBER IN QUESTION <br> (3-5-2)

## JURY OF APPEALS

 DECISION```
- RULING REVERSED
- ERROR CORRECTED
- APPEAL DENIED
```

|  |
| ---: |
| REFEREE SIGNATURE |
| UMPIRE |

RULE 4 \& 5 ( $p .21$ \& 27) UMPIRE

## RUNNING INFRACTIONS

1) interference - bump, trip or run across opp's path ....4-6-5a .5-9-1
2) stepped on/over inside lane line ( 3 consecutive steps on curve)...5-12-1a
3) ran outside assigned lane \& interferes with another runner..5-12-1b,c
4) cut in before break line; does not finish in assigned lane...5-12-1de, 2
5) ran inside track curb on straightaway \& gained an advantage........5-13-1

## HURDLE INFRACTIONS

6) did not attempt to clear each hurdle......................................5-14-2a
7) knocks down any hurdle with hand....................................................................-..-..-14-2b
8) advanced/trailed a leg/foot alongside \& below hurdle gate ....5-14-2c
9) ran over hurdle not in the assigned lane ...............................5-14-2d
10) ran around a hurdle. 5-14-2e
11) impeded another hurdler $. . .5-14-2 e$

## RELAY INFRACTIONS

12) failure to wear same color and design uniform.....................4-3-2a.b
13) violation of substitution (athlete name not on entry card)........5-10-2
14) incoming runner pushes outgoing runner ...............................5-11-1
15) throwing the baton after race is ended 5-11-1
16) failure to make pass in (or finish in assigned lane) ...........................5-12-1d
17) competitor wearing gloves during competition.....5-10-5 (not in 21)
18) failure to pass baton in the exchange zone. .5-10-6
19) baton not handed between runners. .5-10-7
20) outgoing runner lines up outside designated zone ..5-10-9 ...5-10-10

## UNIFORM INFRACTIONS

21) failure to wear the school-issued/approved uniform..........4-3-1
22) uniform not worn as intended by manufacturer $\qquad$ 4-3-1
23) failure to wear shoes designed to be firmly fastened to foot.....4-3-1a.1.2
24) failure to wear shoes on both feet.. $\qquad$
25) failure to wear assigned number $\qquad$ 4-3-1a. 1
26) uniform top is knotted or has knot-like protrusion $4-3-1 \mathrm{~b} .3$
27) bare midriff top. -3-1b. 3
28) unifo 29) mfg's logo $>2 \frac{1}{4}$ in. sq. or $>$ (1) per garment $\qquad$ 4-3-1b. 3
$4-3-1 \mathrm{~b} .5$
$.4-3-3$
29) Temporary

## CONDUCT - UNSPORTSMANLIKE

32) conduct which is unethical or dishonorable ...........................4-6-1
33) disrespectfully addressing an official..
34) intentional contact with someone.. $\qquad$ .4-6-1
35) taunting, criticizing or using profanity toward someone 4-6-1

## CONDUCT - UNACCEPTABLE

36) willful failure to follow an official's directions.. 4-6-2
37) action/language discrediting individual/school. 4-6-2
38) interference by non participating team member 4-6-3
39) assisted by pacing or using an aid during race/trial.. 4-6-5b.f

DESCRIPTION OF
OFFENSE
40) contestants joining hands during a race $4-6-5 \mathrm{c}$
41) communication using any device during race/trial .. 4-6-5d
42) coaching from a restricted area..... 4-6-5e
43) using an aid during a race 4-6-5f
44) competitor receiving aid from another competitor 4-6-5g
45) receiving physical aid during a race/trial from another person. 4-6-5h
46) using electronic
communication during race/
trial...
3-2-8a

## INCIDENT REPORT

(Deliver to Referee)


JERSEY COLOR / SCHOOL
COMPETITOR NUMBER

2 sections if
$21+\Rightarrow$ [16 in the last section]

## 4x800

1 section @
Regionals
1 section @
Finals
if 20 teams
2 sections @
Finals
if $21+$ teams
[if 21-24
12 teams in the last section]
[if 25+
16 teams in the last section]
(Single row in each alley)

## NO COMPUTER?

Seeding PRELIMS into SEMIFINAL HEATS

Example: 23 athletes; 8lane track

1) Determine the number of heats: 23 athletes / 8
lanes $=2.875$
therefore 3 heats
2) Determine who
advances:

- 8 -lane track $\times 2$ semi-final heats $=16$ athletes
- Top 5 times from each heat $x 3$ heats $=15$ athletes
- 15 athletes + best 6 th place time $=16$ athletes

3) Seeding into Semi-final Heats:
$1 \mathrm{a}=$ best first place time....................... 1
$1 b=2 n d$ best first place time . .2
$1 \mathrm{c}=3 \mathrm{rd}$ best first place time ............... 3
$2 \mathrm{a}=$ best second place time .................. 4
$2 \mathrm{~b}=2 \mathrm{nd}$ best second place time .......... 5
$2 c=3 r d$ best third place time ............... 6
etc. ...
$6 \mathrm{a}=$ best sixth place time
6a
Heat 2: $5 c_{15} 4 b_{11} 3 a_{7} 1 c_{3} 1_{2} b_{2} c_{6} \quad 4 a_{10} 5 a_{14}$
Heat 1: $6 a_{16} 4 c_{12}$ 3bs 2a $a_{4} 1 a_{1} \quad 2 b_{5}$ 3c9 5b13
Lane: $\begin{array}{lllllllll} & 8 & 7 & 6 & 5 & 4 & 3 & 2 & 1\end{array}$
