

## Georgia High School Association 2019 Track and Field RULES CLINIC



"The GHSA and its member schools have made a commitment to promote good sportsmanship by student/athletes, coaches, and spectators at all GHSA sanctioned events. Profanity, degrading remarks, and intimidating actions directed at officials or competitors will not be tolerated, and are grounds for removal from the event site. Spectators are not allowed to enter the competition area during warm-ups or while the contest is being conducted. Thank you for your cooperation in the promotion of good sportsmanship at all GHSA events."  
Dr. Robin Hines, Executive Director Georgia High School Association

Be sure to frequently visit the GHSA Track & Field webpage for updates, important announcements and late breaking news!!

### Track and Field

**Top Stories**

- 11/6/2018 Sectional Track Meet Sites for 2019
- 4/25/2018 Westlake High School Student-Athlete Named Gatorade Georgia...
- 5/13/2018 Congratulations 2018 Track & Field State Champions
- 4/29/2018 GHSA Track & Field State Championships - May 10-12, 2018
- 4/23/2018 2018 Sectional Track Sites and Entry Lists
- 4/13/2018 2018 GHSA Track and Field Coaches Handbooks

**Dates To Remember**

Date	Event
1/14	Earliest Date for Track and Field Practice
2/4	Earliest Date for Track Meet
4/27	Complete Region Track
4/29	Report Region Track Winners to GHSA
5/4	Sectional Track Meets
5/6	Report Sectional Track Results to GHSA Office

**Quick Source**

- Class A Areas
- Certified Pole Vault Sites
- Pole Vault Verification Form
- Rules & Procedures
- School Hy/Tek Codes
- Past Champions (Boys)
- Past Champions (Girls)

**State Championship**

GHSA Track & Field State Championship presented by Atlanta Track Club

**Link to GHSA Constitution**

**Tickets**  
\$7.00 per day  
Digital tickets available at GoFan.

The GHSA Track & Field MIS site is accessed through the "Affiliate Login" at the top of the GHSA website.



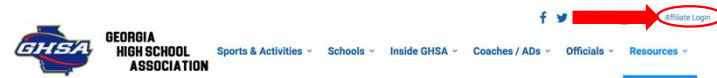
The GHSA MIS site (<https://app.ghsa.net/>) **MUST** be used for electronic submission of Area/Region Meet rosters and entries.

Use of other online meet entry systems  
(MileSplit, Coach O, Direct Athletics, etc.)

**DOES NOT FULFILL THIS REQUIREMENT!!**

A school's **FAILURE** to submit Area/Region Meet rosters and entries on the GHSA MIS site **SHALL** subject that school's entries to **DISQUALIFICATION** from participation in the State Meet Series (Area/Region/Sectional/State Meets)

The GHSA Track & Field MIS site is accessed through the "Affiliate Login" at the top of the GHSA website.



The GHSA MIS site (<https://app.ghsa.net/>) **MUST** be used for electronic submission of Area/Region rosters and entries, electronic submission of Area/Region Meet Results to the Area/ Region Winner's Form, Replacements from Region Meets to Sectional meets and Replacements from Area/Sectional Meets to State Meets.

Each member school's AD has been issued login credentials for submission of each school's Area/Region entries.

Each Area Coordinator / Region Secretary (or designee) will be issued login credentials for submission of Area/Region Meet Results to the Area/Region Winner's Form.

Each Region Secretary (or designee) will be issued login credentials for submission of Region Meet Replacements to Sectional Meets.

Each Area / Sectional Meet Director will be issued login credentials for submission of Area / Sectional Meet Replacements to State Meets.

## NEW THIS YEAR

The GHSA Board of Trustees and Executive Committee approved a significant change to Class 1A competition at the October 2018 meeting.



Beginning with the 2019 season, Class 1A will NOT compete in Sectional Meets.

**INSTEAD, THE TOP FOUR (4) PLACE WINNERS IN EACH EVENT AT EACH CLASS 1A AREA MEET WILL ADVANCE TO THE STATE MEET.**

### SIGNIFICANT CHANGES TO DATES/DEADLINES:

- Saturday, May 4: Deadline to complete Area Meets
- Monday, May 6: **9am** Deadline for electronic submission of Area Results on GHSA MIS site  
**5pm** Entries for State Meets posted on GHSA T&F site
- Tuesday, May 7: **12:00 noon** Deadline for submitting Replacements from Area Meets to State Meets

## NEW THIS YEAR

### NEW NFHS UNIFORM RULE 4-3-1 2018-19 GHSA CONSTITUTION SECTION 14 TRACK AND FIELD



#### P. 82 – GENERAL INFORMATION

- G. *The GHSA has elected to fully comply with the NEW 2019 NFHS Rule 4-3-1. All competitors shall have legal uniforms.* The singlet and bottom, or one-piece uniform, must be a school-issued or school-approved Track and Field uniform. Uniform bottoms clearly designed as "underwear" will NOT meet the NFHS or GHSA requirement. Uniform apparel with multiple manufacturer logos are NOT legal. *Team uniforms worn must clearly identify the competitors, at a glance, as being a member of a certain team. (CLARIFICATION: Team members competing in individual events must wear clearly identifying uniforms for that team, but NOT NECESSARILY of the same design. Relay team members on the same team must wear uniforms of the same design. A school entering two relay teams in the same event may have a different design of uniform for each team.)*

NOTE: The ultimate responsibility for uniforms compliance lies with the coach. Coaches should inspect any/all garments competitors wear to make sure they are in compliance with GHSA and NFHS uniforms rules.

## NEW THIS YEAR



### NEW NFHS UNIFORM RULE 4-3-1

**This new rule ELIMINATES restrictions on UNDERGARMENTS, but does NOT change the definition of a LEGAL uniform!!**

#### Rule Change

### COMPETITOR'S UNIFORM RULE 4-3-1

- Rule 4-3-1:  
Art. 1 . . . The competitor's uniform shall be **school-issued or school-approved**, worn as intended by the manufacturer, and **meets** the following **requirements and** restrictions.
  - a. Each competitor shall wear shoes on both feet.
    - 1. **The shoes** shall have an upper and definitely recognizable sole and heel.
    - 2. The (shoe) upper must be designed so that it can be fastened securely to the foot.
    - Note: the games committee may also determine the length of spikes allowed on all-weather surfaces. (3-2-4a)**
    - 4. The use of slippers or socks does not meet the requirements of the rule.



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## Rule Change

## COMPETITOR'S UNIFORM RULE 4-3-1

- b. Each competitor shall wear a **school-issued or school-approved** full-length track top or one-piece uniform.
- c. Each competitor shall wear a **school-issued or school-approved** track bottom or one-piece uniform.



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## Points of Emphasis

## UNIFORMS – WAISTBANDS, TRIM, ACCENTS AND COMPLIANCE

- The purchasing of legal uniforms and officiating the NFHS uniform rule are increasingly more difficult nationwide.
- Nature of the competitive event may lend itself to a different style uniform rather than one style for all.
- Some styles of uniform bottoms are more personal and not redistributed from season to season.
- Variations in product lines from manufacturers may change from year to year that leads to configurations that “almost” match but vary slightly in design, accents, or color.



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## Points of Emphasis

## UNIFORMS – WAISTBANDS, TRIM, ACCENTS AND COMPLIANCE

- Examples of variations which do not cause a uniform to be noncompliant:
  - Small accent trim
  - Slightly visible pattern of a solid color due to newer materials
  - Addition of small stripe which is in the same direction as existing stipes on earlier models.
- The degree of variation, if any, allowed as examples listed is dependent on the respective state high school association.
- Multiple, visible manufacturer's logos on the uniform item make the item non-compliant with the rules.



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## Points of Emphasis

## UNIFORMS – WAISTBANDS, TRIM, ACCENTS AND COMPLIANCE

- When evaluating color of uniforms, slight variations in shade of the color should not be considered an automatic violation of Rule 4-3-2.
- It is expected that all relay team members and cross country team members can be clearly identified as representing the same school.



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## Uniforms Compliance



A Uniform Guidelines document will be available on the GHSA Track and Field webpage and in the Coaches' Handbooks.

**NOTE:** Uniform tops or bottoms with "baseball, basketball, football, wrestling, volleyball, etc." writing on them are NOT Track & Field Uniforms and are ILLEGAL.

**NFHS Rule 4-3-2 PENALTY (Articles 1, 2):**

*For the wearing of an illegal uniform, when a violation is observed and noted by a meet official, the competitor shall be required to make the uniform legal before becoming eligible for further competition, and shall 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 the referee shall then notify or cause to be notified the head coach of the offending school of the competitor's violation and warning.*

The GHSA has elected to abide by the NFHS rule allowing jewelry and non-uniform items to be worn by competitors. NO items may be worn that are demeaning to the sport and/or present a hazard to the safety of the competitor or others.

## Uniforms Compliance



### UNIFORMS HELPFUL HINT



While Uniform rules are quite specific, there is always some gray area open to interpretation by meet officials. Try to anticipate the strictest interpretation of the rules that your team may encounter. As the season begins, make sure your athletes thoroughly understand the rules governing jewelry and uniforms. Even though many of the early small meets may not strictly enforce these rules, impress upon your athletes the importance of being in compliance anyway. Prevent a pattern of competing while violating these rules even if there are no apparent consequences for doing so. As important meets approach, reaffirm that all athletes are fully aware of, and in compliance with the rules. This is extremely important in relays. Again, try to anticipate the strictest interpretation and prepare accordingly.

**NOTE:** The ultimate responsibility for uniforms compliance lies with the coach. Coaches should inspect any/all garments competitors wear to make sure they are in compliance with GHSA and NFHS uniforms rules.

## NFHS Uniform Design vs Style Guidelines



Rules 8-6-1 and 4-3-2 require team members (relay team and cross country team) to be wearing uniforms of the same "design."



The term "design" refers to a pattern of colors used in the uniform. For example, if three team members are wearing singlets with a white body and a red diagonal stripe four inches in width and the remaining team member(s) are wearing a white singlet with two red vertical stripes, the "design" would be different. The vertical striped uniformed runner(s) would be in an illegal uniform and the competitor(s) would be disqualified from the event (Penalties 8-6, 4-3).

Design and style should not be confused. The term "design" refers to a pattern of colors used in the uniform. The use of the same colors, but arranged in a different pattern is not considered the same "design" as required by rule. Style might be all team members are in black one piece uniforms but one team member wears black shorts over the one-piece uniform. These uniforms would be legal. For the runner adding the shorts, the legs of the one piece then become a visible undergarment and subject to those rules.



## GHSA TRACK AND FIELD Coaches' rules and procedure Handbook



Look for the GHSA Track and Field Coaches' Handbook to be posted on the GHSA Track and Field website sometime in late January.



The Handbook will contain:

- Important Dates and Deadlines
- Sectional Meet and State Meet Schedules of Events
- Coaches' Check List for meeting responsibilities and deadlines

as well as other GHSA Track and Field information pertinent to the 2019 season.

**THE GHSA Track and Field website will contain a Uniform Guidelines Memo and Coaches' Handbook with more specific Uniform guidelines & illustrations:**



**One GHSA Track & Field rules that **DOES NOT** align exactly with the NFHS T&F Rule:**

The GHSA Individual Participation Rule does NOT align with that in the NFHS Rulebook:



**2018-19 GHSA CONSTITUTION  
 SECTION 14  
 TRACK AND FIELD**



**P. 82 – GENERAL INFORMATION**

- E. A contestant in Track and Field may enter a maximum of both relays, and any one (1) of the combinations listed below. Competitors not on one or both relay teams are still restricted to one of the following combinations:
1. three (3) field events
  2. two (2) field events and one (1) running event
  3. one (1) field event and two (2) running events
  4. relay teams for a school may be composed of any eligible student from that school.

**Relay Team Members Clarification:  
 New wording in the 2018-19 GHSA Constitution**



**P. 83 – REGION/AREA COMPETITION**



3. Relay teams entered in the Region/Area Meet may list a maximum of six (6) runners.
  - (a) Schools with two teams entered in the same relay event may NOT list a competitor on both teams.
  - (b) The relay names remain the SAME throughout the State Meet Series (Region/Area/Sectional/State Meets) and are the ONLY eligible participants for qualifying relay teams throughout the State Meet Series.
  - (c) NO replacements may be made in the Relay list of runners advancing from the Region/Area Meet to the Sectional Meet to the State Meet.
  - (d) Any four (4) competitors listed on a Region/Area Meet relay event entry may run in that event in any round of advancement (Region/Area, Sectionals, State Meet Semifinals and Finals), and in any order desired.

**Relay Team Members Clarification:**



**At the conclusion of the Area / Region Scratch Meeting (or if NO scratch meeting is held, when Area / Region Meet competition begins), the competitors' names listed in the GHSA MIS system for each Relay entered CANNOT be changed.**



**These Relay names will remain the SAME throughout the State Meet Series: Area / Region / Sectional / State Meets and are the ONLY eligible participants for qualifying Relay Teams throughout the State Meet Series.**



## Common problems in the administration of Track and Field competition:



On the following slides, NFHS rules that are often misunderstood, misinterpreted, misapplied or infrequently enforced are highlighted.

**ALL coaches should obtain and read the 2019 NFHS Track and Field Rule Book and Case Book for further explanation and clarification. These can be ordered from the GHSA website.**

## RULES 3-2-8 and 4-6-5: Use of electronic devices



- **RULE 3-2-8...** Electronic devices **may** be used in **unrestricted** areas and **coaching boxes**, providing the location does not interfere with progress of the meet as determined by the meet referee
  - Electronic devices shall not be used to transmit information to the competitor during the race or trial
- **Penalties:**
  - A competitor shall be disqualified from the event
  - Team personnel (e.g. coach, manager, etc.) shall be disqualified from further participation in the meet for unsporting conduct
- **RULE 4-6-5 NOTE 3...** A coach **MAY instruct** a competitor (through electronic means as well as verbally) provided the coach is positioned in a **designated coaches' box** or an **unrestricted area**.

## RULE 6-2-2: Time between trials in Field Events



- **RULE 6-2-2...** A competitor shall be charged with a foul if he/she does not initiate the purposeful action of completing the requirements of the athletic challenge (jump or throw) of the event (trial) within one minute (or other prescribed time limit) after the competitor's name has been called for trial.
  - c. When three or fewer competitors remain in the high jump or pole vault at the beginning of a bar height, the time for a trial listed in Table 1 shall be increased to three minutes.
  - d. When a single competitor who has won the competition remains in the high jump or pole vault, the allowed time for a trial shall be five minutes.

Number of athletes competing at the start of the round	Individual Events		
	HJ	PV	Other FE
More than 3	1	1	1
2 or 3 remaining	3	3	1
1 remaining	5	5	1
Consecutive Trials	2	3	2

**Table 1**

## NFHS Rule 6-2-3 & 6-2-4 Checking in & out of Field Events:



- **RULE 6-2-3...** To accommodate those competitors who may be excused to participate in other events, the head event judge may change the order of competition in the preliminary or final rounds of any jumping or throwing event by any method where the competitor being excused jumps/throws earlier than the spot at which he/she qualified. Successive trials is but one such method. Excused competitors shall inform the head event judge upon their return. The competitor with the best mark in the preliminaries has earned the right to make the last attempt of the competition and may choose to wait until after any excused competitors have taken all their trials.
  - a. Competitors excused to participate in another event shall not be called for a trial during the excused time.
  - b. In the vertical jumps, before the crossbar is raised, the judge will pass an excused competitor who has not returned within the designated time limit.
- **RULE 6-2-4...** Time limits for competitors excused to compete in another event shall be determined by the games committee

A Pole Vault verification form for use in competition is on the GHSA Track and Field website and MUST be submitted prior to EVERY GHSA Track & Field competition (Dual/Invitational/State Meet Series) in Georgia.



#### GEORGIA HIGH SCHOOL ASSOCIATION (GHSA) POLE VAULT VERIFICATION FORM

ALL MEMBER SCHOOLS are required to complete the GHSA Pole Vault Verification Form listing the name and grade of each competitor participating in the Pole Vault event. The Pole Vault event results on the day of the meet, the weight of each competitor, and the proper ratings of all poles used by each competitor. This procedure is required for ALL GHSA sanctioned Track and Field competition. The completed form must be presented to the HEAD FIELD JUDGE of the Pole Vault event prior to the start of warm-ups, on the day of competition.

School Name \_\_\_\_\_ Classification \_\_\_\_\_  
Date \_\_\_\_\_

**RULE 6-5-3...** The competitor's weight shall be at or below the manufacturer's pole rating. The manufacturers must include on each pole: the pole rating that shall be a minimum of 3/4 inch in a contrasting color located within or above the top hand-hold position; a 1-inch circular band indicating the maximum top hand-hold position with the position being determined by the manufacturer. Prior to competition, the coach must verify that all of the school's pole vaulters and poles meet these requirements

	Full Name of Pole Vault	Grade	Vaulter's Weight	List ALL Pole Ratings
1.				
2.				
3.				
4.				
5.				
6.				

\*Includes full competition uniform and footwear.

Name of Head Coach (please print) \_\_\_\_\_  
Signature of Head Coach \_\_\_\_\_  
Name of Event Coach (please print) \_\_\_\_\_  
Signature of Event Coach \_\_\_\_\_

#### NOTE TO ATHLETIC ADMINISTRATORS, TRACK AND FIELD COACHES AND OFFICIALS

Below are NFHS Track and Field Rules when used in Pole Vault safety:  
**NFHS TRACK AND FIELD RULE 5-5.2:** The competitor's weight shall be at or below the manufacturer's pole rating. The manufacturer must include on each pole: the pole rating that shall be a minimum of 3/4 inch in a contrasting color located within or above the top hand-hold position; a 1-inch circular band indicating the maximum top hand-hold position with the position being determined by the manufacturer. Prior to the competition, the coach must verify that all of the school's pole vaulters and poles meet these requirements. **NOTE:** Footings, serial numbers, etc., that may appear on poles shall not replace the requirement of the manufacturer's pole rating of the competitor's weight resulting in a conflicting color on each pole. **PENALTY:** Disqualification from the event.

**NFHS TRACK AND FIELD RULE 5-5.4:** A competitor shall not use a variable weight pole, a pole which is improperly marked, or a pole rated below his/her weight, or any equipment that is not legal during warm-up or competition. **NOTE:** Altering the pole in any fashion renders it illegal. **PENALTY:** Disqualification from the event.

**NFHS TRACK AND FIELD RULE 5-5.3:** Prior to warm-up, the field referee, head field judge, or assigned referee of competitors shall inspect each pole to be used in the competition to verify that the poles are legal equipment, per NFHS Rule 5-5.3. This includes checking the placement of a top hand-hold band, universal pole ratings, a minimum of 3/4 inch in contrasting color located within or above the top hand-hold band, and a banding of poles of alternate tags of warning thickness on the pole end. The banding shall not be on or above the top hand-hold band.

**NFHS TRACK AND FIELD RULE 5-5.2(b):** A competitor shall not be allowed to use the pole of another individual without the consent of the owner. The event judge shall approve the use and verify that the pole is rated weight appropriate. **PENALTY:** Disqualification from the event.

**NFHS TRACK AND FIELD RULE 5-5.2(b):** It is a foul if the competitor grips the pole above the top hand-hold band. **PENALTY:** An unsuccessful trial is charged but not measured.

**RULE 6-5-4...** A competitor shall not use a variable weight pole, a pole which is improperly marked or a pole rated below his/her weight, or any other equipment that is not legal during warm-up or competition. **NOTE:** Altering the pole in any fashion renders it illegal.

**PENALTY:** Disqualification from the event.

## GHSA Certified Pole Vault Sites:

### Track and Field



#### Top Stories

- 11/25/2018  
**Sectional Track Meet Sites for 2019**
- 8/25/2018  
**Westlake High School Student-Athlete Named Gatorade Georgia...**
- 5/13/2018  
**Congratulations 2018 Track & Field State Champions**
- 4/25/2018  
**GHSA Track & Field State Championships - May 10-12, 2018**
- 4/22/2018  
**2018 Sectional Track Sites and Entry Lists**
- 4/19/2018  
**2018 GHSA Track and Field Coaches Handbooks**

#### Dates To Remember

- 1/14 Earliest Date for Track and Field Practice
- 2/4 Earliest Date for Track Meet
- 4/27 Complete Region Track
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#### Quick Source

- Class A
- Certified Pole Vault Sites**
- Pole Vault Verification Form
- Rules & Procedures
- School Hy/Tek Codes
- Past Champions (Boys)
- Past Champions (Girls)

#### State Championship

[More Championship Info >>](#)

#### GHSA Track & Field State Championship presented by Atlanta Track Club

**When**  
May 9-11, 2019  
**Where**  
TBD

**Tickets**  
\$7.00 per day  
Digital tickets available at GoFan.



## 2019 NFHS Track & Field Rules Powerpoint

National Federation of State High School Associations



Take Part. Get Set For Life.™

- Rules Changes
- Major Editorial Changes
- Points of Emphasis

#### Rules Changes

## NFHS TRACK & FIELD AND CROSS COUNTRY



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## Rule Change

## FIELD EVENTS

## 6-2-14 PENALTY(NEW), 6-2-10, 6-2-13

- Several prohibitions regarding the competitors' actions were included, but had no associated penalty should the rule not be followed which created confusion for enforcement.
- The appropriated penalty of disqualification from the event has been added. Penalty: (Articles 10, 13 and 14) Disqualification from the event.



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## Rule Change

POLE VAULT  
RULE 6-5-11

- Art. 11 . . . The nonmetal crossbar shall **not be less than 14 feet, 8 inches (4.47m) and not more than 14 feet, 10 inches (4.52m)** in length, of uniform thickness, and shall have a weight of not more than 5 pounds.



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Editorial Changes

NFHS TRACK & FIELD AND  
CROSS COUNTRY

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## Editorial Change

DISQUALIFICATION AND CONDUCT  
RULES 4-6-1 NOTE 2, 3-1 NOTE

Establishes consistent NFHS language within the rules prohibiting the use of tobacco products and similar items and alcohol by participants, school personnel or officials.

## Art. 1 . . . Note 2

No **participant, team personnel, coach or administrator** shall use alcohol or any form of tobacco product (e-cigarettes or similar items) beginning with the arrival at the competition site until departure following the completion of the contest.

## 3-1 Note

No **contest** official shall use alcohol or any form of tobacco product (e-cigarettes or similar items) beginning with arrival at the competition site until departure following the completion of the contest.



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## Editorial Change

## LONG JUMP AND TRIPLE JUMP RULE 6-9-8

- Removes duplicate language 6-9-8 which is covered in Rule 6-2-3 regarding excused competitors.

6-2-3...To accommodate those competitors who may be excused to participate in other events, the head event judge may change the order of competition in the preliminary or final rounds of any jumping or throwing event by any method where the competitor being excused jumps. Throws earlier than the spot at which he/she qualified. Successive trials is but one such method. Excused competitors shall inform the head event judge upon return....


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Points of Emphasis

## NFHS TRACK & FIELD AND CROSS COUNTRY



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## Points of Emphasis

## POINTS OF EMPHASIS

- Officials Safety and Recommendations in the Long Throws


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## Points of Emphasis

## OFFICIALS SAFETY AND RECOMMENDATIONS IN THE LONG THROWS

- Risk minimization in the throwing events begins with proper and effective event management:
  - Event venue is set-up
  - Monitoring of the warm-up and competition periods
  - Conduction of the event
- When possible, the events should be staged away from other events, and away from any obstructions that may interfere with the safety of athletes, officials and spectators.


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Points of Emphasis

 **OFFICIALS SAFETY AND RECOMMENDATIONS  
IN THE LONG THROWS**

- Only those marking the attempts and retrieving the implements should be inside the safety zone.
- The head event judge should review with his/her crew how each person's task shall be accomplished and again emphasize the importance of always being alert for his/her own actions and the actions of others during the event's competition and associated warm-ups.



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# Thank You!

