“START TO FINISH”
PIAA TRACK AND FIELD CHAPTER MEETING GUIDES

FEBRUARY 2018

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In competitive athletic contests, the game official represents the ultimate in integrity for any competition. By their very nature, officials are neutral and are responsible to keep the contests played on equal terms. Through actions on and off the field, officials must earn the respect and confidence of players, coaches and spectators. This confidence and respect is not earned by words, but by unquestioned honesty, demonstrated ability, obvious devotion to and full understanding of the game.

The rules of competitive athletics are, for the most part, complex. They are difficult to read, understand, and interpret. Mere book knowledge of the rules does not make an official. To an official, knowledge of the rules is basic. To achieve excellence, an official must combine knowledge with good officiating techniques. To assist in this goal, we have provided the following meeting guides. Hopefully, these guides will assist in having each play considered with consistent judgment, intelligence, understanding, courage and without intimidation.

Athletic officiating is a vigorous avocation and it demands that an official be in excellent physical condition, able to give the very best, on every play, in every contest. To that end, the American Medical Association has stated that before one attempts any vigorous physical activity they should first visit their family physician for a checkup. It is part of good personal health maintenance to have an annual physical examination and participate in an exercise program. This type of exercise program should be minimally three days per week and include cardiovascular conditioning, strength training, flexibility and muscle endurance. These components, along with proper nutrition, will assist in developing one's optimum body composition.

The Pennsylvania Interscholastic Athletic Association (PIAA) Sports Medicine Committee recommends that all registered sports official have an annual physical examination and practice good health habits. Being physically fit and conveying an appropriate, positive image through proper health and nutrition habits will greatly assist all officials in keeping up with the game. After all, the game, the schools, players, coaches, spectators, and fellow officials deserve no less.
MEETING GUIDE

The attached meeting guide was developed out of a concern by statewide rules interpreters of all sports for more consistency and uniformity at local chapter meetings. The guide is not mandatory, but is to be used as a guide and/or supplement to what has traditionally been used. It is general by design to allow each chapter the flexibility to conduct other business or discussion.

Enclosed, please find a number of lesson plans to be used to facilitate the continuing education of chapter members. Use all or part of these lesson plans to further instruct members in their education of track and field officiating. There are eight meetings of lesson plans that may be separated, combined, or used as written. Please use them, as well as other local chapter topics to host quality instructional meetings.

We are requesting each chapter interpreter to research each topic thoroughly (2018 NFHS Track and Field Rules Book, 2018 NFHS Track and Field Case Book, PIAA Suggested Techniques for Track & Field Officiating and 2015-2016 NFHS Track and Field Officials Manual) to ensure their understanding prior to their presentation to the chapter. Should you have any questions, please do not hesitate to contact PIAA Track and Field Statewide Rules Interpreter, James R. Ellingsworth, at (717) 609-3102 (Cell), (717) 776-7920 (Home) or via email at jrell@kuhncom.net. Additionally, if the PIAA Office may be of assistance, please contact Patrick B. Gebhart, Assistant Executive Director, at (800) 382-1392 or (717) 697-0374 or via email at pgebhart@piaa.org.

The topics chosen for each agenda were developed as a result of discussions throughout the state. Other topics of which you are aware may be of equal, or of more importance, and should be used to enhance this list. Any recommendation or suggestions to further enhance track and field officiating would be appreciated. Please forward them to Patrick B. Gebhart at the PIAA Office.

The 24th Annual PIAA Officials’ Convention will be held on August 3 and 4, 2018, at the Hilton Harrisburg, One North Second Street, Harrisburg, Pennsylvania 17101. Please consider availing yourselves of this opportunity to enhance your officiating knowledge and skills.

On behalf of PIAA and your statewide rules interpreter, we would like to wish you a successful and gratifying 2018 season.
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2018 PIAA TRACK & FIELD CHAMPIONSHIPS

Each PIAA District that sponsors a qualifying meet shall be entitled to a minimum number of entries, per track and field event, per enrollment classification, to the PIAA Track and Field Championships. In addition, individuals or relay teams that place eighth (8th) or better in the finals of a district qualifying meet shall also qualify to the track and field championships provided their district qualifying meet time, height or distance is equal to or better than the qualifying time, height or distance stated below:

<table>
<thead>
<tr>
<th>EVENT</th>
<th>AA GIRLS</th>
<th>AAA GIRLS</th>
<th>AA BOYS</th>
<th>AAA BOYS</th>
</tr>
</thead>
<tbody>
<tr>
<td>4x800 Meter Relay</td>
<td>9:50.40</td>
<td>9:35.48</td>
<td>8:15.55</td>
<td>8:02.04</td>
</tr>
<tr>
<td>100/110 Meter Hurdles</td>
<td>:16.01</td>
<td>:15.50</td>
<td>:15.50</td>
<td>:15.10</td>
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<tr>
<td>100 Meter Dash</td>
<td>:12.70</td>
<td>:12.50</td>
<td>:11.30</td>
<td>:11.10</td>
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<tr>
<td>1600 Meter Run</td>
<td>5:18.30</td>
<td>5:10.00</td>
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</tr>
<tr>
<td>4x100 Meter Relay</td>
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<td>:49.75</td>
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<tr>
<td>400 Meter Dash</td>
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<td>:58.80</td>
<td>:50.70</td>
<td>:50.09</td>
</tr>
<tr>
<td>300 Meter Hurdles</td>
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<td>:46.25</td>
<td>:40.80</td>
<td>:39.80</td>
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<tr>
<td>800 Meter Run</td>
<td>2:20.60</td>
<td>2:18.47</td>
<td>1:59.70</td>
<td>1:57.32</td>
</tr>
<tr>
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<td>11:35.00</td>
<td>11:11.00</td>
<td>9:48.01</td>
<td>9:31.71</td>
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<tr>
<td>4x400 Meter Relay</td>
<td>4:08.75</td>
<td>4:01.50</td>
<td>3:29.60</td>
<td>3:24.03</td>
</tr>
<tr>
<td>High Jump</td>
<td>5-2</td>
<td>5-3</td>
<td>6-4</td>
<td>6-5</td>
</tr>
<tr>
<td>Pole Vault</td>
<td>10-6</td>
<td>11-0</td>
<td>13-6</td>
<td>14-3</td>
</tr>
<tr>
<td>Long Jump</td>
<td>16-11</td>
<td>17-09</td>
<td>21-6</td>
<td>22-0</td>
</tr>
<tr>
<td>Triple Jump</td>
<td>35-6</td>
<td>36-6</td>
<td>44-0</td>
<td>45-0</td>
</tr>
<tr>
<td>Shot Put</td>
<td>36-6</td>
<td>37-6</td>
<td>50-3</td>
<td>52-0</td>
</tr>
<tr>
<td>Discus Throw</td>
<td>113-0</td>
<td>118-0</td>
<td>148-0</td>
<td>153-0</td>
</tr>
<tr>
<td>Javelin Throw</td>
<td>121-0</td>
<td>122-0</td>
<td>176-0</td>
<td>178-0</td>
</tr>
</tbody>
</table>
*In addition to the above standards, for the Pole Vault participant to advance to the PIAA Track and Field Championships, they shall clear a height equal to or greater than the following minimum standards, in a PIAA District qualifying meet:

<table>
<thead>
<tr>
<th>Pole Vault*</th>
<th>9-0</th>
<th>9-6</th>
<th>11-6</th>
<th>12-3</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
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</tr>
</tbody>
</table>

The minimum number of track and field entries from each PIAA District’s qualifying meet, per enrollment classification, to the PIAA Track and Field Championships shall be based on the number of member schools that sponsor track and field teams which participates in at least 50% of the maximum permitted number of regular season contests in that sport. The following chart lists the minimum number of entries, per enrollment classification, from each PIAA District’s qualifying meet to the PIAA Track and Field Championships: *Indicates District combined with another District to form a Region.

**MINIMUM NUMBER OF ENTRIES (QUALIFIERS) TO THE 2018 PIAA TRACK AND FIELD CHAMPIONSHIPS**

<table>
<thead>
<tr>
<th>District</th>
<th>AA Girls Minimum Number of Track &amp; Field Entries</th>
<th>AAA Girls Minimum Number of Track &amp; Field Entries</th>
<th>AA Boys Minimum Number of Track &amp; Field Entries</th>
<th>AAA Boys Minimum Number of Track &amp; Field Entries</th>
</tr>
</thead>
<tbody>
<tr>
<td>I</td>
<td>1</td>
<td>5</td>
<td>1</td>
<td>5</td>
</tr>
<tr>
<td>II</td>
<td>1</td>
<td>1</td>
<td>1</td>
<td>1</td>
</tr>
<tr>
<td>III</td>
<td>2</td>
<td>5</td>
<td>2</td>
<td>5</td>
</tr>
<tr>
<td>IV</td>
<td>2</td>
<td>1</td>
<td>2</td>
<td>1</td>
</tr>
<tr>
<td>V</td>
<td>1</td>
<td>0*</td>
<td>1</td>
<td>0*</td>
</tr>
<tr>
<td>VI</td>
<td>3</td>
<td>1</td>
<td>3</td>
<td>1</td>
</tr>
<tr>
<td>VII</td>
<td>5</td>
<td>4</td>
<td>5</td>
<td>4</td>
</tr>
<tr>
<td>VIII</td>
<td>0</td>
<td>1</td>
<td>0*</td>
<td>1</td>
</tr>
<tr>
<td>IX</td>
<td>2</td>
<td>1</td>
<td>2</td>
<td>1</td>
</tr>
<tr>
<td>X</td>
<td>2</td>
<td>1</td>
<td>2</td>
<td>1</td>
</tr>
<tr>
<td>XI</td>
<td>2</td>
<td>2</td>
<td>2</td>
<td>2</td>
</tr>
<tr>
<td>XII</td>
<td>3</td>
<td>2</td>
<td>3</td>
<td>2</td>
</tr>
<tr>
<td>Totals</td>
<td>24</td>
<td>24</td>
<td>24</td>
<td>24</td>
</tr>
</tbody>
</table>
MEETING #1

A. Call to Order

B. Introductions

C. Chapter Business
   1. Review the 2018 Meeting Schedule
   2. Other

D. Prepared Discussion Items
   1. Review and answer any questions concerning the 2018 NFHS Rules and Editorial Changes (2018 Rules Book: pages 2-4 and 79 and pages 11 to 16 of this Document)
   2. Review PIAA Rule Modifications and Exceptions* (see pages 12 to 13 of this Document for additional information)

PIAA MODIFICATIONS OF SELECT NFHS TRACK AND FIELD AND CROSS COUNTRY RULES

I. Modified Rule 1-2-1 (pg. 8) to:
   A. Eliminate the 4x200 meter relay; and
   B. Authorize conferences or leagues to modify the order of running events, provided the involved schools are duly notified, prior to the start of the regular season.

II. Modified Rule 2-1-1 (pg. 11) to provide for a Dual Meet Team Scoring Tie-Breaker Procedure (either with or without wheelchair participants) to be applied as follows:
   A. The team with the fewest number of coaches, contestants, and other team/school personnel disqualified from an event and from further competition or involvement in the meet for unsporting conduct, shall be declared the winner;
   B. If the tie still remains, the team with the fewest number of competitors disqualified from an event for unacceptable conduct, shall be declared the winner;
   C. If the tie still remains, the team with the greater number of first place finishes, shall be declared the winner;
   D. If the tie still remains, the team with the greater number of second place finishes, shall be declared the winner;
E. If the tie still remains, the team with the greater number of third place finishes, shall be declared the winner;  
F. If the tie is broken after applying A, B, C, D, or E, the team declared the winner shall have **one point and an asterisk (*) added to their score**; or  
G. If the tie remains after applying A, B, C, D, and E, the meet shall be scored as a tie.  

III. Modified the following Rules defining “Foundation Garments” and regarding “Reasonable Accommodations”:  
A. 3-2-4n (pg. 14) to authorize the games committee (referee in dual meets) to define visible undergarments as “Foundation Garments”, if competitors are permitted to wear inclement weather gear under their school issued uniforms;  
B. 4-3-1 (pgs. 24 to 26) to define bras, underwear, supporters, and similar undergarments; as well as pitcher’s sleeves and socks (without attachments), as “Foundation Garments”; and  
C. 4-4 NOTE (pg. 27) to require evidence of written authorization from the PIAA Executive Director, or the Executive Director’s designee, before permitting a competitor to participate in an event  
i. while wearing, for medical reasons,  
   a. a head covering, and/or  
   b. an insulin pump; or  
ii. while wearing, for religious reasons,  
   a. a head covering, and/or  
   b. prescribed attire underneath the school issued uniform.  

IV. Modified Rule 3-2-6 (pg. 15) to provide for competition interrupted because of events beyond the control of the responsible administrative authority to be either continued from the point of interruption or terminated, by mutual agreement of the participating schools, with the existing team scores. All trials and marks, made up to either the point of interruption or the point of termination, shall stand.  

V. Modified Rule 4-2-4c (pg. 24) to authorize District Committees to permit more than three contestants from the same school to be entered, but not participate, in individual events in their respective qualifying meets.  

VI. Modified Rule 4-4-2 (pgs. 27) to clarify that an “appropriate health-care professional” is a licensed physician of medicine or osteopathic medicine (MD or DO).  

VII. Modified Rule 5-5-7 (pg. 37) to authorize the faster competitors to be placed in the first section, in meets involving 4 or less schools.  

VIII. Rule Adoption, Rule Non-Adoption, and PIAA Junior High/Middle School Track and Field Competition:  
A. In accordance with Rule 6-5-3 NOTE 2 (pg. 50), adopted the PIAA Pole Vault Verification Form.  
B. Although provided for under Rule 8-2-3 (pg. 65), elected **NOT** to adopt a modified cross country team scoring system.
C. Excerpts from ARTICLE XIX, JUNIOR HIGH/MIDDLE SCHOOLS, Section 6, Contests Rules Standards for Junior High/Middle Schools Interscholastic Athletic Competition, Track and Field, of the PIAA By-Laws (pg. 42):

i. Participants may compete in a maximum of four events, including relays;

ii. Distance, number of and height of hurdles in all hurdle events are maximums and may be modified by conferences or leagues or by mutual agreement of participating schools;

iii. The discus and javelin specifications for girls’ competition shall be used by both boys and girls; and

iv. Conferences, leagues, and/or participating schools, by mutual agreement prior to the start of a meet, may delete track and/or field events but may not add and/or modify track events (except for hurdle events) and/or field events.


E. **URGENT CALL for NEW TRACK OFFICIALS!**

1. Applications and sample tests available (Chapter Secretary and PIAA Office or PIAA website at www.piaa.org)

2. **Test dates:** Testing is now conducted Online!!!!

3. Contact your District Officials’ Representative for more details or go to www.piaa.org to register and test.

F. Other discussion items.

G. Adjournment.
2018 Track and Field Rules Changes

4-3-1, 4-3-1b, 4-3-1c: Clarifies that for a track and field as well as cross country uniform to be considered legal, the singlet and bottom or one-piece uniform shall be school-issued or school-approved. This change for school approval addresses the need for athletes to purchase a part of their uniform, but such individual apparel shall be approved by the school coach to be certain it meets all rule requirements.

**Rationale:** Clarifies that the school may issue or approve an individually purchased item as part of the official school uniform.

6-2-14 PENALTY (NEW), 6-2-10, 6-2-13: Several prohibitions regarding competitors’ actions were included but had no associated penalty should the rule not be followed which created confusion for enforcement. The appropriate penalty of disqualification from the event has been added.

**Rationale:** This rule was absent the necessary penalty.

6-5-11: The requirements for the length of the pole vault crossbar has become more flexible as it can now be within a range in length like the high jump.

**Rationale:** Creates consistency in establishing a range for the length of the crossbar in pole vault. Provides flexibility in the length of the crossbar, like the high jump crossbar.

8-6-1 (NEW), 4-3: Duplicate language regarding the uniform has been removed from Rule 8, Cross Country, and all rules regarding the uniform for individuals, relay team members and cross country teams are now all contained in one rule, Rule 4.

**Rationale:** Eliminates duplicate language. These two rules are identical except for the rule on the soles of the shoes allowing for one-inch spikes in cross country.

**Major Editorials**

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.

5-3-1: Provides greater flexibility by expanding the professional positions which are qualified to survey and measure a track.

6-7-2: Corrects clerical error in maximum diameter for the boys indoor shot put.
6-8-9: Removes duplicate language which is covered in Rule 6-2-10 regarding broken javelin.

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

**2017-18 Track and Field Editorial Changes**

3-10-2, 4-3-1b(4), 5-2, 6-1-8, 6-2-6 PENALTY, 6-2-15, 6-2-16, 6-2-17, 6-6-5, 8-7

**2017-18 Track and Field Points of Emphasis**

1. Uniforms-Waistbands, Trim, Accents and Compliance
2. Providing Fluids to Competitors at Cross Country Competitions
3. Entry Limits for Individual Contestant
4. Officials Safety and Recommendations in the Long Throws

- Article XIX, Section 6 of the PIAA By-Laws provides for Junior High/Middle Schools order of track events, field events and participation limitations.

Junior High/Middle Schools (7th, 8th and 9th grade girls and boys)

Track events - same as varsity competition

Field Events - same as varsity with modifications
- High Jump
- Pole Vault
- Long Jump
- Triple Jump
- Shot Put
  (Girls’ shot shall weigh 6 lbs. [2.744 kg].)
  (Boys’ shot shall weigh 8 lbs., 13 ozs. [4 kg].)
- Discus Throw
  (The discus shall weigh 2 lbs., 3.27 ozs. [1 kg] and have the following minimum and maximum dimensions:
  Diameter 7 1/8 - 7 1/4 ins. [180-182 mm] with a thickness of 1 1/2 - 1 5/8 ins. [37-39 mm] at the center and 1/2 - 1/4 in. [12-6 mm] from the outer edge which shall be rounded with a radius of 1/4 in. [6 mm].
  The discus shall have a core 2 ins. [50 mm] in diameter.)

Javelin Throw
  (The javelin shall meet all IAAF specifications for girls’ competition.)
Participation Limitations:

7th, 8th and 9th grade students may compete in a maximum of four events, including relays. Conferences, leagues, and/or participating schools, by mutual agreement prior to the start of a contest, may delete track and/or field events but may not add and/or modify track events (except hurdle events) and/or field events or modify the order of track events.
MEETING #2

A. Call to Order.

B. Chapter Business.


D. Cover the 2018 Points of Emphasis located on pages 76 to 78 of the 2018 NHFS Rules Book.

- Uniforms- Waistbands, Trims, Accents and Compliance
- Providing Fluids to Competitors at CC Completions
- Entry Limits for Individual Contestants
- Officials Safety and Recommendations in the Long Throws

Track and Field Points of Emphasis - 2018

Uniforms-Waistbands, Trim, Accents and Compliance
More than one million student-athletes representing 16,000 high schools participate in track and field programs that follow NFHS Track and Field and Cross Country rules. The NFHS Track and Field Rules Committee is charged with the responsibility to codify rules that allow the flexibility for high schools to properly equip their athletes in the type of uniform design that best suits their program vision, are in compliance with the rules requirements and provide meet officials the opportunity to clearly and accurately identify the represented school when required.

The NFHS Track and Field Rules Committee’s task has become more difficult given the increasing number of programs nationwide that are allowing individual team members the option of independently purchasing either part or all of their team uniform. The nature of the competitive event may lend itself to a different style uniform rather than one style for all. In addition, some styles of uniform bottoms are more personal and not redistributed from season to season. This, combined with variations in product lines from manufacturers from year to year, leads to the potential for unlimited combinations of uniform configurations that “almost” match but might vary slightly in design, accents or color. However, these uniforms are, on many occasions, labeled and distributed under a brand and model number that has been available in previous years. These factors have played a role in making it increasingly more difficult for the school to purchase and issue or approve uniforms that are fully compliant by the strict interpretation of the rules.

While the optimal relay or cross country team uniform is to be the same, the realities mentioned above have created the need to further clarify the parameters related to “color” and “design” described in Rule 4-3-2 for state associations and their member schools as well as officials. It is important to note that the committee strongly agrees that it is appropriate to apply a more stringent standard to the uniform top, given that it is one of the key identifiers for meet officials when violations occur and must be adjudicated.
Uniforms can fade over time and pantone color can vary slightly when ordering replacements. When evaluating color of uniforms, slight variations in shade of the color should not be considered an automatic violation of Rule 4-3-2. The color should be identifiable as the same color such as navy blue to navy blue, even though fading may prohibit the shade to be the same.

Variations to accent and/or trim on the uniform bottom often are at the core of Rule 4-3-2 issues. Adding or modifying these attributes can lead to vastly different designs. However, in many cases these changes are subtle and do not negatively impact a meet official’s ability to identify the correct school if required for reporting a potential violation. Examples of uniform attribute design changes that may not necessarily be considered rule violations could include differing number of stripes (all placed in the same direction), the addition of small accent trim or reflective pattern due to the newer types of material.

It is expected that all relay team members or cross country team members can be clearly identified as representing the same school. The degree of variation, if any, allowed in the examples above is dependent upon the respective state high school association and collective consensus of those meet officials responsible for uniform compliance.

As emphasized on numerous occasions, multiple, visible manufacturer’s logos on the uniform item make the item non-compliant with the rules. When competitors wear a uniform item that displays the multiple logos, such as on the leg and around a visible waistband, during competition the uniform is non-compliant.

Providing Fluids to Competitors at Cross Country Competitions
Considering the negative outcomes associated with dehydration, it is important that athletic administrators, appropriate health-care professionals and coaches work together to educate parents and student-athletes about developing a season-long hydration plan. Properly hydrating will have a positive impact on performance and minimize the risk of heat illness during the season.

Coaches should ensure that student-athletes have access to water prior to, during and after practice and encourage all to hydrate whenever they feel it is necessary. Various factors have a direct impact on hydration, therefore, implementing systems to monitor athletes during the season will ensure that they are maintaining proper levels.

NFHS Track and Field Rule 3-2-4u grants the Games Committee the authority to provide liquids during a competition. Event organizers are encouraged to work with meet officials to develop a plan to ensure all participants have access to water during events. Participating schools should expect the availability of water unless meet organizers have specified otherwise in advance. In that case, the burden of providing access to water or other types of fluid replacements rests with authorized school personnel. Rule 3-2-4u does not exclude coaches from providing water to their athletes during events given they follow established guidelines set forth in the meet administrative information. It is the desired goal that the host school and games committee have provided ample access to fluids to minimize the need for individual coaches to hydrate the athletes. However, each coach knows his or her athletes the best.
When creating an event hydration plan, meet organizers should consider the potential impact of heat on not only the athletes, but meet officials and others in support roles working the event. The goal is to promote appropriate hydration for all involved.

**Entry Limits for Individual Contestants**
Under Rule 4-2, Participation and Entry Limitations, a contestant shall not compete in more than four events, including relays. If a contestant is entered in four individual events, he/she may not be listed for any relay as the contestant has already met the participation limit with the four individual entries. If a contestant is entered in three or fewer individual events, he/she may also be listed in one or more relays. (See chart on next page) A contestant exceeds the participation limit whenever he/she reports to the clerk of the course, or the field event judge, in the excess event. The contestant may be listed on relay teams(s) but is not a competitor until he/she reports to the clerk of the course. When the meet director, prior to the start of competition, recognizes the contestant is entered in more than four events, he/she shall scratch the athlete from the excess event starting from the bottom of the order of events and working upward. If the excess event is a field event, the athlete should be scratched from the last occurring field event in which he/she is entered.

<table>
<thead>
<tr>
<th>Contestant may officially enter:</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Four individual events</td>
<td>No relays allowed.</td>
</tr>
<tr>
<td>Three individual events</td>
<td>May be listed on any number of relays but compete in only one relay.</td>
</tr>
<tr>
<td>Two individual events</td>
<td>May be listed on any number of relays but compete in only two relays.</td>
</tr>
<tr>
<td>One individual event</td>
<td>May be listed on any number of relays but participate in only three relays.</td>
</tr>
<tr>
<td>Zero individual events</td>
<td>May be listed on four relays and may compete in four relays.</td>
</tr>
</tbody>
</table>

**Officials Safety and Recommendations in the Long Throws**
Anytime objects are thrown and flying through the air danger exists. This is especially true with the throwing field events.

Risk minimization in the throwing events begins with proper and effective event management – the way the event venue is set-up, the monitoring of the warm-up and competition periods, and the manner in which the event is conducted. Each of these factors must be properly and carefully addressed and is essential to conducting a safe, efficient and athlete-centered competition.

The venue for each throwing event should always be laid out with safety and risk minimization as the primary concerns. 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. The use of pennants or other physical barriers to prevent persons from straying into the impact area is a must. Signage noting the dangers is suggested for participants, coaches and officials as well as spectators.
Monitoring warm-up throws, and keeping competitors from entering the impact area/safety zone is a very important aspect of maintaining a safe warm-up and competition period. Only those marking the attempts and retrieving the implements should be inside the safety zone. Implements should always be carried back to the competition area, and never thrown back. Some schools only allow adults in the impact area as they tend to pay more attention to the thrower.

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. All competitors should also be instructed on the conduct of the event, their responsibilities to follow all safety rules.

Don’t allow the next competitor to initiate an attempt until all eyes are paying attention to the competitor, and the attempt can be executed safely. Many times, an orange cone is placed in the circle or approach to signify the venue is closed until all are ready for the next competitor’s performance. All eyes must be on the competitor during competition as well as during warm-ups. This applies to officials and coaches as well as spectators that may wander into a restricted area.

By using common sense, being vigilant and attentive to the conditions during the warm-up and competition, and controlling the flow and pace of competition, any throwing event can be conducted safely.

E. Other discussion items. – Participation of Wheelchair Athletes

DO NOT take the time to review the Wheelchair Policy in great detail. Just make sure your Chapter members know there is a policy and to become familiar or know how and where to obtain the information on the from the PIAA website - This information can be found on the PIAA Website (PIAA.org) under Resources – Handbook – Part II Policies and Procedures starting on page 99.

POLICY REGARDING THE REGULAR SEASON PARTICIPATION OF WHEELCHAIR ATHLETES IN THE SPORT OF OUTDOOR TRACK AND FIELD

Track and field events administered by PIAA are intended for participation by able bodied athletes. To promote the participation of students with disabilities, accommodations may be made in specific sports for such persons under PIAA’s policy relating to "Requests for Accommodations Due To Disabilities." In establishing categories of competition within a particular sport specifically for students with disabilities, however, PIAA recognizes that there exists a broad range of disabilities suffered by many students and that the disabilities have varying effects on the capabilities of the students to compete athletically. This range of disabilities makes it challenging to develop a comprehensive policy governing such competition. PIAA recognizes, for example, that wheelchair Track and Field USA (WTFUSA) has established numerous classifications for wheelchair athletes based upon the levels of disabilities present.
PIAA is simply not equipped to offer the broad range of interscholastic competitive opportunities which might be desired or preferred.

In an effort to expand competitive opportunities, however, the PIAA Board of Directors has adopted this policy to permit student athletes utilizing wheelchairs to participate in some events against other wheelchair athletes in interscholastic outdoor track and field during the Regular Season and under the following conditions and procedures. Although Wheelchair Athletes may have a range of functionality, PIAA applies standards generally consistent with the T53D and F53D classifications for senior high school wheelchair athletes and the T53C and F53C classifications for junior high/middle school wheelchair athletes, as defined by WTFUSA, for regular Season competition.

A. General Approach:
Where conditions do not present an unusual and cognizable increased risk of danger to the wheelchair athletes or other participants and subject to any member school’s verified presentation of facility-related prohibitions directly related to the use of wheelchairs, Wheelchair athletes who meet all other PIAA eligibility requirements may participate in events identified in this policy alongside able bodied competitors.

Wheelchair athletes may participate in any combination of four (4) of the following events: 100 meter dash; 200 meter dash; 400 meter dash; 800 meter run; shot put; discus throw; and javelin throw.

For scoring purposes, wheelchair athletes compete only against a set standard and other wheelchair athletes. To a degree, the points earned by wheelchair athletes are included in the point totals for the wheelchair athlete’s team.

B. Definitions

1. Wheelchair Athlete: A wheelchair athlete is a student who has a permanent muscular or neuromuscular disability, which significantly limits the student's ability to move, or a permanent skeletal deformity or abnormality, which significantly affects ambulation and requires the student to use a wheelchair for everyday activities. Permanent orthopedic impairment shall be verified by a licensed physician of medicine or osteopathic medicine and maintained on permanent file at the wheelchair athlete’s school.

2. Wheelchair: A device that meets the following specifications:

   • A wheelchair used for track events shall have at least two large wheels and one small one. The maximum diameter of the large wheels, including the inflated tire, shall not exceed 70 cm and the maximum diameter of the small wheel(s), including the inflated tire(s), shall not exceed 50 cm.
• A wheelchair used for track events shall be operated manually, with no mechanical, electronic, or other gears or levers used to propel the wheelchair.

• Only one hand rim shall be attached to each large wheel of the wheelchair.

• A device used by the wheelchair athlete to sit in for field events, including a cushion, shall not exceed 25 inches in height. The device need not meet the specifications for a Wheelchair used for track events.

C. Scoring

1. As set forth below, wheelchair athletes compete against other wheelchair athletes and against a standard time or distance for the opportunity to score points for their team.

2. Senior high school wheelchair athletes are eligible to score points for their team only if they meet or exceed the following minimum standards ("Qualifying Standards") in the identified events:

<table>
<thead>
<tr>
<th></th>
<th>Boy</th>
<th>Girls</th>
</tr>
</thead>
<tbody>
<tr>
<td>100 meter dash</td>
<td>:24</td>
<td>:30</td>
</tr>
<tr>
<td>200 meter dash</td>
<td>:42</td>
<td>:55</td>
</tr>
<tr>
<td>400 meter dash</td>
<td>1:30</td>
<td>1:55</td>
</tr>
<tr>
<td>800 meter run</td>
<td>2:50</td>
<td>3:20</td>
</tr>
<tr>
<td>shot put</td>
<td>8-2</td>
<td>6-6</td>
</tr>
<tr>
<td>discus throw</td>
<td>14-9</td>
<td>9-10</td>
</tr>
<tr>
<td>javelin throw</td>
<td>16-4</td>
<td>11-5</td>
</tr>
</tbody>
</table>

3. Junior high/middle school wheelchair athletes are eligible to score points for their junior high/middle school team only if they meet or exceed the following minimum standards ("Qualifying Standards") in the identified events:

<table>
<thead>
<tr>
<th></th>
<th>Boys</th>
<th>Girls</th>
</tr>
</thead>
<tbody>
<tr>
<td>100 meter dash</td>
<td>:27</td>
<td>:33</td>
</tr>
<tr>
<td>200 meter dash</td>
<td>:45</td>
<td>1:00</td>
</tr>
<tr>
<td>400 meter dash</td>
<td>1:40</td>
<td>2:00</td>
</tr>
<tr>
<td>800 meter run</td>
<td>3:30</td>
<td>3:30</td>
</tr>
<tr>
<td>shot put</td>
<td>6-6</td>
<td>4-11</td>
</tr>
<tr>
<td>discus throw</td>
<td>13-1</td>
<td>8-2</td>
</tr>
<tr>
<td>javelin throw</td>
<td>14-9</td>
<td>10-7</td>
</tr>
</tbody>
</table>

4. If the wheelchair athlete meets or exceeds the qualifying standards set forth above, the wheelchair athlete shall score at least 1 point in the event.

5. If more than one wheelchair athlete competes in an event, scoring for each wheelchair athlete who meets or exceeds the qualifying standard shall be as follows:
• 1 participant: 1 point

• 2 participants: 1st place, 2 points; 2nd place, 1 point

• 3 or more participants: 1st place, 5 points; 2nd place, 3 points, 3rd place, 1 point

A competitor who does not meet or exceed the qualifying standard shall not receive any points, regardless of the number of participants in the event. A competitor who does meet or exceed the qualifying standard receives the full number of points based on the number of competitors, regardless of whether any or all of the other competitors meet or exceed the qualifying standard.

6. **Team Scoring**: If the point(s) scored by a wheelchair athlete have no impact on the results of the competition between two or more teams, the wheelchair athlete’s points shall be added to that Team’s point total.

If the points scored by a wheelchair athlete enables his or her team to tie or exceed the point total of one or more teams in the contest, then the contest will be preliminarily determined to be a tie between those Teams and those tied Teams will apply the following tie-breaker:

1. The team whose athletes have been disqualified for unsporting conduct or unacceptable conduct the least number of times shall be declared the winner.
2. The team having won the greater number of first place finishes shall be declared the winner.*

3. The team having won the greater number of second place finishes shall be declared the winner.*

4. The team having won the greater number of third place finishers shall be declared the winner.

5. If Teams are tied after the first four criteria are met, then a tie shall be declared.

*Wheelchair events shall be counted only if both Teams have an equal number of wheelchair athletes competing. If the participants are equal between teams, then their events will be counted as well.
D. Miscellaneous.

1. Wheelchair athletes shall compete in school-issued uniforms.

2. All wheelchair athletes must wear ANSI certified helmets.

3. Progression of a wheelchair by any method except the competitor pushing on the wheels or hand rims will result in disqualification of the competitor.

4. Qualifying standards are based on national standards established by WTFUSA, the national governing body of Wheelchair Sports USA. That body has not developed qualifying standards for cinder-track surfaces. Therefore, no qualifying standards exist and points may not be earned for participation on cinder-track surfaces.

5. For field events, the following size implements shall be used by wheelchair athletes:

<table>
<thead>
<tr>
<th>Event</th>
<th>Boys</th>
<th>Girls</th>
</tr>
</thead>
<tbody>
<tr>
<td>Shot put</td>
<td>3 kg</td>
<td>3 kg</td>
</tr>
<tr>
<td>Discus throw</td>
<td>1 kg</td>
<td>1 kg</td>
</tr>
<tr>
<td>Javelin throw</td>
<td>600 g</td>
<td>600 g</td>
</tr>
</tbody>
</table>

**NOTE:** The 1 kg discus and the 600 g javelin are the standard implements for able bodied girls in their respective events. Therefore, each should be available at a contest under normal conditions. As a 3 kg shot is required in both boys and girls competition, the wheelchair athletes competing in that event must ensure that a proper size shot is present.

This information can be found on the PIAA Website (PIAA.org) under Resources – Handbook – Part II Policies and Procedures starting on page 99.

E. Adjournment.
MEETINGS #3 through #8

A. Call to Order

B. Chapter Business

C. Officiating the Event

Using this meeting guide format, fill in with the appropriate numbered lesson that follows.

D. “You make the call”*

Using this meeting guide format, fill in with the appropriate numbered lesson that follows.

E. Other discussion items.

F. Adjournment.

*The Chapter Interpreter may design his/her own “Officiating the Event” and “You make the Call” situations.

Make every attempt to use the officials in your chapter who are skilled in running specific events during the “Officiating the Event” portion of the lesson. I would also highly recommend that if your chapter meetings are held at high schools that you hold this part of the meeting at the track & field venue.
Lesson #3

Officiating the Event – Shot Put

Suggested Techniques for Track and Field Officiating Booklet (revised 2015) -
Pages - 37 to 41

2018 NFHS Rules Book
Pages 57 to 59 and 43 to 48

2018 NFHS Casebook
Pages 84 to 85

You Make the Call
1. In cross country, up to ___ team members retain their order of finish.
   A. Four
   B. Five
   C. Six
   D. Seven

2. A warning is issued first for which of the following rule violations when observed during an event.
   A. Coaching a competitor from a restricted area.
   B. A competitor wearing an illegal uniform.
   C. A competitor using profanity that is not directed at an official.
   D. Interference with another competitor.

3. In the preliminary trials in the horizontal jumping events and throwing events, competitors shall be assigned to flights of:
   A. No less than three competitors.
   B. No less than four competitors.
   C. No less than five competitors.
   D. All are permissible under the games committee

4. Starting blocks on a curve can be positioned:
   A. On, but not over the outside lane line.
   B. On, but not over the inside lane line.
   C. On, but not over the starting line.
   D. None of the above.

5. While hurdling, it is not an infraction by the competitor to:
   A. Knock down any hurdle within the assigned lane with the trail leg.
   B. Knock down any hurdle with a hand.
   C. Run around a hurdle.
   D. Advance or trail a leg or foot along the side or below the height of the hurdle gate.
Lesson #4

Officiating the Event – Review/Discuss the following new or up-to-date 2018 Casebook Situations (shaded in the Casebook)

2018 NFHS Case Book

1.1.2 Situation - page 5  2.1.4 Situation- page 6  3.2.4 Situation A-page 10
3.2.4 Situation I -page 12  3.9.8 Situation-page 21  3.11.3 Situation A-page 22
3.11.3 Situation B-page 22  5.14.2 Situation E-page 59  6.2.19 Situation A-page 65
9.3.1 Situation B-page 92

You Make the Call

1. Which situation(s) is not subject to protest?
   A. Any judgment decision pertaining to violations or alleged violations of the rules.
   B. A decision made by the finish judges or timers that does not involve misapplication of a rule or the terms and conditions of competition.
   C. Whether a start is fair and legal.
   D. None of these situations are subject to protest.

2. Competitors, while excused to participate in another event, shall not be called for a trial.
   A. True
   B. False

3. Which of the following actions is a foul by a competitor in the shot put?
   A. The heel of the competitor’s shoe is above, but does not touch, the top of the stopboard on the throw.
   B. After the shot put lands, the competitor exits from the back half of the circle.
   C. As the competitor crosses the circle as part of the put, he/she does a cartwheel.
   D. After entering the ring from the front, the competitor pauses before starting the put.

4. It is a violation for the incoming and outgoing runners to simultaneously touch the baton outside the 20-meter exchange zone.
   A. True
   B. False
5. In the pole vault, a competitor shall have the standards or uprights set to position the crossbar from a point ______ measured from beyond the vertical plane of the top of the stopboard, zero (0) point, up to a maximum distance of 31.5 inches in the direction of the landing surface.
   A. 18 inches
   B. 45 inches
   C. 23 inches
   D. 32 inches
Lesson #5

Officiating the Event – Use of Staggers, Lane Markings and Alleys
http://www.piaa.org/assets/web/documents/Presentation%20revised-%20Track%20Markings.pdf

Suggested Techniques for Track and Field Officiating Booklet (revised 2015) -

Pages – NONE

2018 NFHS Rules Book
Pages – 30 to 35

RESOURCE MATERIAL TO HELP PRESENT THIS LESSON WILL BE FORWARDED TO YOU EARLY THIS SPRING

You Make the Call

1. When only one competitor remains in the high jump competition and has been determined to be the event winner, he/she may determine successive heights of the crossbar at ___-inch increments.
   A. ½
   B. 1
   C. 2
   D. Competitor may determine successive heights of the crossbar.

2. In the long jump, it is a foul if the competitor runs outside of the white lines marking the runway at any point.
   A. True
   B. False

3. In cross country, a competitor is disqualified if he/she receives water during the competition.
   A. True
   B. False

4. In the long and triple jumps, in meets with limited entries, the games committee may allow all competitors just ____ total trials, replacing the preliminaries and finals format.
   A. Three
   B. Four
   C. Five
   D. All of the above

5. It is the referee's responsibility to approve the official scorer's final results and record the time that the meet was officially concluded.
   A. True
   B. False
Lesson #6

Officiating the Event – Review/Discuss the following new or up-to-date 2018 Casebook Situations (shaded in the Casebook)

2018 NFHS Case Book

4.3.1 Situation C-page 27    4.3.1 Situation F-pg 27    4.3.1 Situation G-pg 28
4.3.1 Situation J-page 28    4.3.1Situation O-pg 29    4.3.1 Situation P-pg 30
4.3.1 Situation Q-page 30    4.3.1Situation R-pg 30    4.3.2 Situation E-pg 32
6.2.2 Situation G-page 62

You Make the Call

1. If a competitor or relay team qualifies for an event through earlier competition in that meet and then withdraws, no substitute(s) from his/her school or any school may replace them.
   A. True
   B. False

2. The ultimate responsibility to have each competitor compliant with uniform rules is with the clerk of the course.
   A. True
   B. False

3. In the pole vault, the following is permissible:
   A. The wearing of gloves by a vaulter.
   B. A vaulter taping the hands or fingers for support.
   C. A vaulter wearing a forearm cover to prevent injuries.
   D. All are permissible.

4. Legal taping of the vaulting pole must be:
   A. Of uniform thickness.
   B. Limited to the top portion of the pole.
   C. Limited to one layer.
   D. All of the above.

5. Upon the completion of a throw, the competitor must remain in the circle or on the approach until the event official calls "mark."
   A. True
   B. False
Lesson #7

Officiating the Event – High Jump

Suggested Techniques for Track and Field Officiating Booklet (revised 2015)

Pages – 47 - 48

2018 NFHS Rules Book

Pages – 48 – 49 and 43 - 48

2018 NFHS Case Book

Pages – 71 to 74

You Make the Call

1. Time limits for competitors to be excused to compete in another event shall be determined by the:
   A. Meet director.
   B. Games committee.
   C. Clerk of the course.
   D. Event judge.

2. At the conclusion of the preliminary rounds of a field event requiring preliminaries and finals, two competitors tie for the final spot in the finals. The result of this tie is:
   A. Both competitors advance to the final round.
   B. Only the competitor with the farthest second-best mark advances.
   C. Neither competitor advances.
   D. The competitors involved in the tie will be given one additional attempt to break the tie and advance to the finals.

3. When a competitor’s best performance during vertical jumping events occurs during a jump-off for first place:
   A. She/he will only be credited with that mark if it results in winning the competition.
   B. All competitors involved will only be credited with the best mark achieved before the jump-off.
   C. Any competitor involved will be credited with the best mark achieved in the jump-off if it exceeds his/her best mark prior to the jump-off.
   D. The mark cannot be used for record purposes.

4. Unsporting conduct may include:
   A. Disrespectfully addressing an official.
   B. Using profanity directed toward someone.
   C. Taunting.  D. All of the above.
5. Which of the following can be legally worn by a competitor?
   A. Medical alert.
   B. Wedding band.
   C. Watch.
   D. All of the above are legal to wear.

6. After results have been announced, or made official, appeals regarding misapplication of the rules shall be filed no later than:
   A. Within 15 minutes.
   B. Within 30 minutes.
   C. Within 45 minutes.
   D. Before the conclusion of the meet.
Lesson #8

Officiating the Event – Review/Discuss the following new or up-to-date 2018 Casebook Situations (shaded in the Casebook)

2018 NFHS Case Book

4.6.2 Situation C-page 36  4.6.2 Situation D-pg 37  4.6.3 Situation C-pg 37
4.6.4 Situation - page 38  4.6.5 Situation L-pg 40  4.7.1 Situation – pg 41
5.6.4 Situation – page 47  5.13.2 Situation B-pg 58  6.2.14 Situation – pg 65
6.5.2 Situation – page 74  8.3.3 Situation B –page 92

You Make the Call

1. Which of the following may not automatically result in a disqualification?
   A. Knocking down all hurdles.
   B. Running around a hurdle.
   C. Interfering with another competitor.
   D. Advancing or trailing a leg or foot along the side of and below the height of the hurdle gate.

2. The score of a forfeited dual meet shall be:
   A. 9-0.
   B. 8-0.
   C. 13-0.
   D. 14-0.

3. An acceleration zone may be used:
   A. For all relay exchanges.
   B. For all exchanges where the incoming runner is running 200 meters or less.
   C. In the 4x400-meter relay.
   D. In the distance medley relay.

4. In the 4x400-meter relay, outgoing runners:
   A. Must be positioned entirely within the 10-meter acceleration zone.
   B. Must be positioned at the beginning of the 20-meter exchange zone.
   C. May use the 10-meter acceleration zone.
   D. Must be positioned entirely within the 20-meter passing zone.
5. In a meet requiring preliminaries and finals, Relay Team A has advanced to the finals. Which competitors may compete in the finals?
   A. Any combination of the six competitors listed on the relay entry card.
   B. Only the same four competitors who ran in the preliminaries to qualify for the finals.
   C. Any athletes listed on the official team roster.
   D. None of the above.

6. In the case of a tie in the team score in cross country, the tie is broken by:
   A. Total score of all seven runners from each school involved in the tie.
   B. Total score of the top six runners from each school involved in the tie.
   C. Comparing the finish position of the sixth finisher from each school involved in the tie.
   D. Finish position of the first finisher from each school involved in the tie.

7. When an apparent place-winner is disqualified in an event, lower place-winners in that event shall be advanced to fill vacant places, unless the disqualification occurs after the event results have become official.
   A. True
   B. False
LAST MEETING

A. Call to Order.

B. Chapter business.
   1. Election of Officers.
   2. Prepare 2019 schedule of meeting dates.
      a. Chapter secretary will enter into the PIAA website using instructions provided by PIAA office.
      b. Note: **A minimum of eight (8) chapter meetings must be scheduled by each chapter and all chapter members must attend a minimum of six (6) meetings to remain active. Chapter members may only receive credit for two (2) meetings prior to the first play date.**
   3. 2018 State Officials’ Convention (August 3 and 4).
   4. Other.

C. Consideration of rule revision/modification.
   1. To request a change to a NFHS Rule go to [www.nfhs.org/RuleChangeProposal](http://www.nfhs.org/RuleChangeProposal)
   2. Complete the form and click “Submit.”
   3. You will be required to provide a rationale for your suggested change and any other Rules the change might affect.
   4. Once submitted it will be forward to the PIAA for their endorsement.
   5. Chapter endorsement of the requested change is recommended.
   6. The deadline for potential changes to be submitted is May 1st.
   7. Recommended changes to the PIAA Modification need to be submitted to Jim Ellingsworth by June 1st.
   8. The PIAA Board of Directors adopts the **Track & Field Rule Book** annually (with approved modifications) at the July Board meeting.

D. Other discussion items.

E. Adjournment.

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NOTE: Three additional meeting agendas have been included to assist chapter officials to meet the required six (6) meetings.
SPORTSMANSHIP MESSAGE

ALL OFFICIALS MUST READ THIS MESSAGE TO CAPTAINS AND HEAD COACHES PRIOR TO GAMES AT ALL LEVELS.

PIAA requires all registered sports’ officials to enforce the sportsmanship rules for coaches and contestants. Actions meant to demean opposing contestants, teams, spectators, and officials are not in the highest ideals of interscholastic education and will not be tolerated.

Let today’s contest reflect mutual respect. Coaches please certify to the contest official(s) that your contestants are legally equipped and uniformed according to NFHS rules and PIAA adoptions.

Good luck in today’s contest.

For distribution purposes, this message is printed on the back of all PIAA registered sports officials’ 2017-18 identification cards. Chapter interpreters are requested to remind all officials to read this message at each contest they officiate.

**This message shall be read to the head coach and captains prior to each contest officiated by a registered PIAA official. This message shall be enforced by contest officials and its enforcement shall include a strict and swift enforcement when unsportsmanlike actions involve demeaning remarks or actions that may be related to the racial or ethnic background of any party.**
TERMS AND CONDITIONS

Prospective "terms and conditions" for the pre-meet meeting may include but not limited to a discussion of the following:

- Restricted areas
- Noncontested events
- Entry limitations
- Combined (coed) races
- Vertical starting heights
- Throws/horizontal jump format (3 and 3, open pit, 3 or 4 total, etc.)
- Marking restrictions
- Weather-related issues
- Excused competitor procedure
- **Order of Sections (Fast/Slow or Slow/Fast) for Dual or Tri-Meets**
- Other
SPORTSMANSHIP AND EQUIPMENT

DECLARATION

The NFHS and PIAA require that all coaches and contestants exemplify good sportsmanship. Actions that are demeaning to opposing players, teams, spectators and officials are not in the highest ideals of interscholastic education and are unacceptable at this meet. Mutual respect is required among and between team members throughout the contest.

In addition, the NFHS and PIAA require that all coaches verify their contestants are properly equipped (uniform, equipment, no jewelry) for competition according to the rules. For this meet the NFHS rules as modified by PIAA prevail.

CERTIFICATION

I certify that athletes I have entered in this meet are all properly equipped and that all members of my team will conduct themselves in a sportsmanship manner.

________________________________________________________________________
Coach's Signature Date

________________________________________________________________________
School Girls/Boys

NOTE: This declaration must be properly signed and submitted with your entry form.
**PENNSYLVANIA INTERSCHOLASTIC ATHLETIC ASSOCIATION, INC. (PIAA)**

**POLE VAULT VERIFICATION FORM**

(Revised March 15, 2017)

ALL MEMBER SCHOOLS are required to process the PIAA Pole Vault Verification Form listing the name and grade of each contestant participating in the pole vault event. The head coach must verify, on the day of each meet, the weight of each contestant, and the proper ratings of all poles used by each contestant. This procedure is required for both indoor (winter) and outdoor (spring) track and field competition. The completed form must be presented to the MEET REFEREE/STARTER or HEAD FIELD JUDGE prior to the start of warm-ups, on the day of competition.

**School Name**

<table>
<thead>
<tr>
<th>Name of Pole Vaulter</th>
<th>Grade</th>
<th>Vaulter's Weight*</th>
<th>Pole Rating</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
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<td>6.</td>
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</tbody>
</table>

*Includes full competition uniform and footwear

Name of Head Coach (please print) __________________________________________

Date ______________ Signature of head coach ________________________________

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

The following are NFHS Track and Field Rules relevant to pole vault safety:

**NFHS Track and Field 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 ¾-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:** Etchings, serial numbers, etc. that may appear on poles shall not replace the requirement of the manufacturer’s pole rating of the minimum ¾-inch marking in contrasting color on each pole.

**NFHS Track and Field 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.

**NFHS Track and Field Rule 6-5-5:** Prior to warm-up, the field referee, head field judge, or assigned inspector of implements shall inspect each pole to be used in the competition to verify that the poles are legal equipment, per NFHS Rule 7-5-3. This includes checking the placement of a top hand-hold band, numerical pole ratings a minimum of ¾ inches in a contrasting color located within or above the top hand-hold band, and the proper binding of adhesive tape of uniform thickness when used. The binding shall not be on or above the top hand-hold band.

**NFHS Track and Field Rule 6-5-21:** 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 Rules 6-5-27h:** 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.
CHAPTERS/LOCAL ASSOCIATIONS EVALUATIONS

All chapters/local associations are encouraged to evaluate their membership. Many groups have already established such a program and have been very successful in critiquing and providing feedback to all chapter/local association members.

A copy of the track & field sport specific evaluation instrument for chapters/local associations can be used when they are evaluating their members. This instrument is provided as a template and may be modified or changed to meet the goals and desires of the chapter/local association. This evaluation instrument is provided as a service to chapters/local associations and is a sample of the instrument that will be used to evaluate post-regular season officials in inter-district events. The evaluation instrument is not a popularity document or a number exchange. Points awarded by section should be justified by comment or general comments as part of their performance.

If chapters/local associations would desire assistance in developing an evaluation program, assistance may be provided by contacting your local district officials’ representative(s) and/or Patrick B. Gebhart, PIAA Assistant Executive Director, at 800-382-1392. Critiquing and evaluating officials may assist all chapters/local associations with identifying their most competent officials. If this is completed, each official’s name should be furnished to each local district officials’ representative and league or conference representative to assist them in identifying their most qualified and proficient sports officials.

The Track & Field Evaluation instrument (Form) can be obtained from the PIAA Website at the following link:

Lesson #3

1. D (SEVEN) – Rule 8-2-2 page 65
2. B (A competitor wearing an illegal uniform) – Rule 4-3-1, 2 Penalty page 26
3. C (No less than five competitors) Rule 3-2-3l page 14 and 6-2-16 page 46
4. A (On, but not over the outside lane line) Rule 5-2-4 page 30 and 5-7-4d page 39
5. A (Knock down any hurdle within the assigned lane with the trail leg) Rule 5-14-2 page 42

Lesson #4

1. D (None of these situations are subject to protest) Rule 3-5-4 page 17
2. True Rule 6-2-3a page 44
3. C (As the competitor crosses the circle as part of the put, he/she does a cartwheel) Rule 6-7-9 page 59
4. True Rule 5-10-7 NOTE
5. A (18 inches) Rule 6-5-17 page 53

Lesson #5

1. D (Competitor may determine successive heights of the crossbar) Rule 6-4-9 pg 49
2. False Rule 6-9-8 NOTE page 62
3. False Rule 3-2-4u page 14 and Rule 8-7-4 NOTE page 70
4. B (Four) Rule 3-2-4f page 14 and Rule 6-2-7 page 45
5. True Rule 4-7-3 page 29
Lesson #6

1. **True** Rule 4-5-5 page 27
2. **False** Rule 4-3 NOTE page 24 and Rule 8-6 NOTE page 70
3. **C (A vaulter wearing a forearm cover to prevent injuries)** Rule 6-5-19 page 53
4. **A (Of uniform thickness)** Rule 6-7-2 page 50
5. **False** Rule 6-6-9f page 57, Rule 6-7-9g page 58 and Rule 6-8-11f page 61

Lesson #7

1. **B (Games Committee)** Rule 3-2-3o page 14 and Rule 6-2-4 page 44
2. **A (Both competitors advance to the finals)** Rule 6-2-17 page 46
3. **C (Any competitor involved will be credited with the best mark achieved in the jump-off if it exceeds his/her best mark prior to the jump-off)** Rule 6-3-3 page 48
4. **D (All of the above)** Rule 4-6-1 page 28
5. **D (All of the above are legal to wear)** Rule 4-3 NOTE page 24
6. **B (Within 30 minutes)** Rule 2-3-3 page 12

Lesson #8

1. **A (Knocking down all hurdles)** Rule 5-14-2 page 42
2. **A (9 – 0)** Rule 2-1-5 page 11
3. **B (For all exchanges where the incoming runner is running 200 meters or less)** Rule 5-10-9 page 41
4. **D (Must be positioned entirely within the 20 meter passing zone)** Rule 5-10-10 pg 40
5. **A (Any combination of the six competitors listed on the relay entry card)** Rule 5-10-2 NOTE page 40
6. **C (Comparing the finish position of the sixth finisher from each school involved in the tie)** Rule 8-2-4 page 65
7. **TRUE** Rule 2-1-3 page 11