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

FEBRUARY 2019

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PIAA STATEWIDE RULES INTERPRETER

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ASSISTANT EXECUTIVE DIRECTOR
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.
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 (2019 NFHS Track and Field Rules Book, 2019 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 25th Annual PIAA Officials’ Convention will be held on August 9 and 10, 2019, 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 2019 season.
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<td>Chapter Business/Local Concerns</td>
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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 2019 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>
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<tbody>
<tr>
<td>I</td>
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<td>5</td>
<td>1</td>
<td>5</td>
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<tr>
<td>II</td>
<td>2</td>
<td>1</td>
<td>2</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>
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<td>2</td>
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<td>XI</td>
<td>1</td>
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<td>2</td>
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<tr>
<td>XII</td>
<td>3</td>
<td>2</td>
<td>3</td>
<td>2</td>
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<tr>
<td>Totals</td>
<td>24</td>
<td>24</td>
<td>24</td>
<td>24</td>
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</tbody>
</table>
2019 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>
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<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>
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<tr>
<td>100/110 Meter Hurdles</td>
<td>:16.01</td>
<td>:15.40</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>
<td>4:31.13</td>
<td>4:24.22</td>
</tr>
<tr>
<td>4x100 Meter Relay</td>
<td>:50.80</td>
<td>:49.75</td>
<td>:44.30</td>
<td>:43.25</td>
</tr>
<tr>
<td>400 Meter Dash</td>
<td>:59.85</td>
<td>:58.80</td>
<td>:50.70</td>
<td>:50.09</td>
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<tr>
<td>300 Meter Hurdles</td>
<td>:47.64</td>
<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>1:57.00</td>
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<tr>
<td>3200 Meter Run</td>
<td>11:35.00</td>
<td><strong>11:10.00</strong></td>
<td>9:48.01</td>
<td>9:31.71</td>
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<td>4x400 Meter Relay</td>
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<td>4:01.50</td>
<td>3:29.60</td>
<td>3:24.03</td>
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<tr>
<td>High Jump</td>
<td>5-2</td>
<td>5-3</td>
<td>6-3</td>
<td>6-5</td>
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<tr>
<td>Pole Vault</td>
<td>10-6</td>
<td>11-6</td>
<td>13-6</td>
<td>14-3</td>
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<tr>
<td>Long Jump</td>
<td>16-11</td>
<td>17-9</td>
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<td>36-6</td>
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<tr>
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<td>36-6</td>
<td>37-6</td>
<td>49-6</td>
<td>52-0</td>
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<tr>
<td>Discus Throw</td>
<td>113-0</td>
<td>118-0</td>
<td>148-0</td>
<td>153-0</td>
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<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:

| Pole Vault* | 9-0 | 9-6 | 11-6 | 12-3 |
MEETING #1

A. Call to Order

B. Introductions of Chapter Officers and New Members

C. Chapter Business
   1. Review the 2019 Meeting Schedule
   2. Other

D. Prepared Discussion Items
   2. Review PIAA Rule Modifications and Exceptions* (see pages 12-13 of this Document for additional information)
PIAA MODIFICATIONS OF SELECT NFHS TRACK AND FIELD AND CROSS COUNTRY RULES

I. Rule 1-2-1 (pg. 7) PIAA modification, which “provides for the:
   A. elimination of the 4x200 meter relay; and
   B. authorization of conferences or leagues to modify the order of running events with
      prior-to-the-start of the Regular Season notification to all involved schools.”

II. Rule 2-1-1 (pg. 9) PIAA modification, which “provides for a ‘Regular Season Dual
     Meet Team Scoring Tie-Breaker Procedure’ (either with or without wheelchair
     competitors) 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. Rule 3-2-1a (pg. 11) PIAA modification, which “authorizes conferences or leagues to
     serve as the administrative body (‘The Games Committee’); and, as such, assumes
     responsibility for the proper conduct of a track and field or cross country meet.”

IV. Rule 3-2-6 (pg. 13) PIAA modification, which “provides 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. Rule 4-2-4c (pg. 22) PIAA modification, which “authorizes PIAA District Committees to
    permit more than three contestants from the same school to be entered, but not compete,
    in individual events in their respective qualifying meets.”

VI. Rule 4-3-1b7 (pg. 24) PIAA modification, which “defines headbands, compression
    sleeves, and socks (without attachments) as ‘Foundation Garments’.”

VII. Rule 4-4 NOTE (pg. 24) PIAA “Reasonable Accommodations” modification, which
    “requires evidence of written authorization from the PIAA Executive Director, or the
    Executive Director’s designee, before permitting a competitor to participate:
    A. while wearing, for medical reasons, items such as, but not limited to, a head
       covering and/or an insulin pump; or
    B. while wearing attire, which does not comply with uniform requirements, as set forth
       in the NFHS Track and Field and Cross Country Rules Book.”
NOTE: “Religious headwear is permitted,” provided it is not abrasive, hard, or dangerous to the wearer and any other competitor and must be attached in such a way that it is unlikely to come off during competition. Religious headwear does not need to comply with uniform requirements, as set forth in the NFHS Track and Field and Cross Country Rules Book.”

“Hijabs, turbans, and yarmulkes are acceptable religious headwear.”

VIII. Rule 4-4-2 (pg. 24) PIAA modification, which provides for “an appropriate health-care professional” to be either a licensed physician of medicine or osteopathic medicine (MD or DO).”

IX. Rule 5-5-7 (pg. 34) PIAA modification, which “authorizes the faster competitors to be placed in the first section, in meets involving 4 or less schools.”

X. 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. 47), adopted the PIAA Pole Vault Verification Form.
   B. Although provided for under Rule 8-2-3 (pg. 64), PIAA elects 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. 43):
      i. Competitors may compete in a maximum of four events, including relays;
      ii. Distance of race, number of hurdles, height of hurdles, and hurdle spacing in all such events are maximums and may be modified by conferences or leagues or by mutual agreement of the participating schools;
      iii. The discus and javelin specifications for girls’ competition shall be used by both boys and girls; and 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.

F. Other discussion items.

G. Adjournment.
2019 Track and Field and Cross Country Rules Changes

4-3-1 Eliminates redundant language and expands definition of foundation garments.

**Rationale:** This change expands the current interpretation of foundation garment to include any item worn under the uniform top and/or bottom as well as eliminate duplicate language in same rule.

4-3-2 Clarifies uniform language for relay and cross country team members.

**Rationale:** Slight differences in design of uniform do not negatively impact the identification of a relay or cross country team. The expectation of this rule is that all relay and cross country team members can be clearly identified as representing the same school.

6-6-11
6-8-12 Records measurement in discus and javelin to the nearest lesser inch or centimeter.

**Rationale:** Clarifies measurements when using metric system.

6-9-4
6-9-5 Clarifies pit measurements for long jump and triple jump.

**Rationale:** Ensures pit measurements are within industry standards for safety.

8-1-1 thru 3 Clarifies legal course layout.

**Rationale:** Clarification of course markings.

8-3-2 thru 5 Clarifies order of finish based on torso.

**Rationale:** Clarifies that no matter the system used, the order of finish is based on when the torso crosses the finish line.

2019 Editorial Changes


**Rationale:** Consistency with wording in the rules books.

2019 Editorial Changes

4-6-5 Notes, 5-1-3, 8-6-1 thru 3, 5-2-3, 5-3-6, 6-5-1, 6-9-1
• 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 2019 Points of Emphasis located on pages 75-76 of the 2019 NHFS Rules Book. Case Book – 8.7.1 Situation D on page 90

  - Uniforms
  - Wearable Technologies
  - Officials Safety and Recommendations in the Vertical and Horizontal Jumps

2019 Track and Field Points of Emphasis

Uniforms

It has become increasingly more difficult to officiate the uniform rule given the increase in the number of programs nationwide that are allowing individual team members the option of independently purchasing either all or part of their team uniform. The slight differences in design of a uniform do not negatively impact the identification of a relay or cross country team by an official. The expectation of this rule is that all relay and cross country team members can be clearly identified as representing the same school through predominant color, school logo, and color combinations of all outer garments.

Through the results of the 2018 Track and Field and Cross Country Questionnaire, the clear majority of coaches, officials and state association personnel surveyed across the nation were in favor of a simplification of the rule. The rules committee took action to help minimize issues related to garments worn underneath the uniform and provide meet officials more flexibility to determine if relay or cross country team members can be clearly identified as representing the same school. Any garments worn under the uniform are not subject to logo/trademark/reference, color or length restrictions. Variations in trim and/or accents within members of the same relay or cross country team should be evaluated on a case-by-case
basis as to whether or not these variations negatively impact a meet official's ability to identify teammates. Officials should be able to observe that all members are from the same team.

Under Rule 3-2, the games committee will continue to have the authority to restrict or permit the wearing of any item outside of the required school uniform.

Wearable Technologies

The availability of wearable technologies that allow individuals to monitor a variety of body functions, including but not limited to, heart rate, blood pressure, pace and distance traveled are readily available and cost effective. Nearly all these wearable technologies can both transmit and receive collected data from other mechanisms. This data can be used to evaluate how the body is performing, and the user can adjust as needed based on that data.

This type of technology is being incorporated into watches, garments, shoes and jewelry and, in most cases, is nearly impossible to distinguish from the same item type that does not include the technology (e.g., Apple watch vs. traditional watch).

NFHS Track and Field and Cross Country Rules do not prohibit the use of wearable technologies, but Rules 3-2-8a and 4-6-5d state that no competitor may receive electronically transmitted data from a coach or other third party. If such communication is observed by an official, the competitor should be disqualified.

While preventative officiating helps to avoid issues in any event, it is obvious that those trying to police wearable technologies by restricting what can be worn by competitors is asking event officials to perform an impossible task. Restricting the wearing of a watch because it contains GPS capability is futile when the same technology is available in the shoe, the sports bra they have on or the ring they are wearing.

The market for wearable technology is forecasted by most sales and marketing experts to continue to grow – some estimate that nearly 500 million wearables will be sold by 2021. This massive expansion creates the potential for more coaches and athletes to be "connected" through some type of wearable technology. It is important that all involved (administrators,
coaches, parents, student-athletes) understand the privacy and legal issues surrounding the sharing of personal biometric information. Discussions and steps should be taken to ensure that compliance with any Federal and State policies or laws are addressed appropriately.

Officials Safety and Recommendations in Vertical and Horizontal Jumps

The safety of the athletes and officials is most important before, during and after the competition in vertical and horizontal jumps. The safety of athletes is paramount by eliminating hazardous conditions from the venue. This includes foreign debris in the landing area, inspection of the runway for tripping hazards and removing equipment out of harm's way. Always be prepared for the unexpected even though the event seems to be progressing as planned.

In horizontal jumps, make sure pits are full of sand and turned, shovels and rakes are placed tines down after use to avoid accidental injuries. Inspect each takeoff board and pit edges. Also instruct those raking the pit to keep the sand off the track as much as possible.

In vertical jumps, make sure the pits meet the rule standard; they are the correct size and properly padded. Check that each crossbar meets standards and is clearly marked. In pole vault, double check standards and extenders, and that the planting box is free of water and in good condition.

Do not allow multiple jumpers on the runway at the same time during competition. During warm-ups, pay special attention when athletes are trying to set their marks and other competitors are on the runway or apron. Athletes running away from the pit or mat to set their marks with or without implements can be hazardous to other competitors and officials in the area if no one is paying attention. Remember to control the runway during practice and during the competition. If another event (i.e., throwing) is in progress near your venue, warn the athletes to pay attention when participating and leaving the event. Officials should always stop the event when safety might be compromised.

Always be attentive when you are at the venue particularly when track events are in progress. Instruct the athletes as to which direction to exit the pit or mat so as not to interfere with oncoming runners or adjacent events.
E. PIAA Interpretation of Rule 4-2-2 Table (page 22)

SECTION 2 Participation and Entry Limits

Art. 2. A contestant shall not be entered in more than four events, excluding relays. If a contestant is entered in more than the allowable number of events, meet management shall scratch the contestant from the excess event(s) by following the listed order of events.

<table>
<thead>
<tr>
<th>Contestant may officially enter:</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Four individual events</td>
<td>No relays allowed. May be listed on any number of relays, but may become a <strong>competitor in zero relays</strong></td>
</tr>
<tr>
<td>Three individual events</td>
<td>May be listed on any number of relays, but <strong>may become a competitor compete in no more than only one relay.</strong></td>
</tr>
<tr>
<td>Two individual events</td>
<td>May be listed on any number of relays, but <strong>may become a competitor compete in no more than only two relays.</strong></td>
</tr>
<tr>
<td>One individual event</td>
<td>May be listed on any number of relays, but <strong>may become a competitor compete in no more than only three relays.</strong></td>
</tr>
<tr>
<td>Zero individual events</td>
<td>May be listed on any number of relays, but <strong>may become a competitor compete in no more than four relays.</strong></td>
</tr>
</tbody>
</table>

**Rationale:** The proposed editorial change makes the Table, which follows NFHS Track and Field Rule 4-2-2, consistent with that Rule and 4.2.2 SITUATION E, on page 25 of the NFHS Track and Field/Cross Country Case Book; as Rule 4-2-2 clearly excludes relays from a contestant's entry limit of four events.

F. Other discussion items. –

G. 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.

NOTE: Three additional meeting agendas have been included to assist chapter officials to meet the required six (6) meetings.
Lesson #3

Officiating the Event – Javelin

Suggested Techniques for Track and Field Officiating Booklet (revised 2015) -
Pages - 29 to 30 (Letters – A, C, D, E, H and I) and Pages - 42 to 46

2019 NFHS Rules Book
Pages 40 to 44 and 57 to 60

2019 NFHS Casebook
Pages 84 to 85

You Make the Call

A. In the discus throw, it is a foul if a competitor:
   1. Fails to initiate the purposeful action within one minute after being called.
   2. Does not exit by the back half of the circle.
   3. Throws a discus which hits the cage and/or an object outside the sector before landing within the sector
   4. All are fouls.

B. In the long and triple jumps, one anemometer (wind instrument) is required and shall be placed:
   1. 20 meters from the foul line
   2. If multiple takeoff boards, 20 meters from foul line farthest from the pit.
   3. Facing the start, within 2 meters of the runway.
   4. All are requirements for placement of the anemometer.

C. Electronic devices may be used:
   1. In unrestricted areas and coaching boxes providing the location does not interfere with the progress of the meet.
   2. To review an official’s decision.
   3. During a race or trial to transmit information to the competitor.
      At any time and location during the meet.
D. After results have been announced, or made official in that event, appeals regarding a misapplication of the rules shall be filed no later than:

1. Within 15 minutes of official results of event.
2. Within 30 minutes of official results of event.
3. Within 45 minutes of official results of event.
4. Before the conclusion of the meet.

E. Which of the following actions by a competitor would not result in disqualification?

1. Wearing jewelry during competition.
2. Using a pole rated below the competitor’s body weight.
3. Disrespectfully addressing an official.
4. Using an implement that has not been certified by the implement inspector.

F. A pass is used to forego a trial and is not considered a trial.

A. True
B. False
Lesson #4

Officiating the Event – Duties of the Starter/Referee at a Dual (regular season Meet) and Pre-Meet Meeting.

2019 NFHS Rules Book
- Rule 3-3-4 pages 14 & 15
- Rule 3-3-6 pages 15 & 16
- Rule 3-3-7 pages 16 & 17

2015 Suggested Technique for Track and Field
- Starter/Referee pages 4 to 7
- Clerk of Course pages 8 to 10

See Prospective "terms and conditions" for the pre-meet meeting page ??? of this document.

You Make the Call

A. Unfair acts resulting in disqualification in track and field may include:
   A. Pacing by a teammate not in the race.
   B. Interference with another competitor.
   C. Coaching a competitor from a restricted area.
   D. All of the above

B. In the shot, it is a foul if the competitor:
   A. Exits the back half of the circle before the implement has landed.
   B. After starting the purposeful action, touches any surface outside the circle during a put.
   C. Allows the shot to drop below the shoulder during the put attempt.
   D. All are fouls.

C. Clerical or team scoring errors may be corrected up to:
   A. 24 hours after the conclusion of the meet.
   B. 36 hours after the conclusion of the meet, unless, in advance, the games committee or the meet director specifies other time period.
   C. 48 hours after the conclusion of the meet.
   D. 48 hours after the conclusion of the meet, unless, in advance, the games committee or the meet director specifies other time period.
D. In the high jump, the competitor clears the crossbar, but causes it to vibrate. Which of the following would result in the jump being called fair?
   A. The jumper gets out of the pit before the bar falls.
   B. The jumper steadies the bar.
   C. The head official rules that the bar will not fall and steadies it.
   D. All result in a fair jump.

E. While in the coaching box, a coach may use which of the following when consulting with a competitor between attempts
   A. iPad.
   B. Cell phone.
   C. Smartphone App for performance analysis.
   D. All are permitted.
Lesson #5

Officiating the Event – Continuing Flight of Five – Five Alive or Five Active

2019 NFHS Rules Book – Rule 6-2-21 page 44

2019 NFHS Case Book – 6.2.21 Situation page 66


https://www.youtube.com/watch?v=6CbN4fM10T0

You Make the Call

A. In the high jump, measurements shall be recorded to the nearest lesser:
   A. ¼ inch or centimeter.
   B. ½ inch or centimeter.
   C. ¾ inch or centimeter.
   D. 1 inch or centimeter.

B. What is the penalty for removing any part of the team uniform, excluding shoes, while in the area of competition?
   A. Immediate disqualification from the event.
   B. Warning for a first offense and disqualification if repeated.
   C. Immediate disqualification from further competition in the meet.
   D. No penalty, athletes may remove their uniforms.

C. One American flag may be placed on a track and field or cross country uniform:
   A. Top.
   B. Bottom.
   C. Both the top and the bottom.
   D. All of the above.

D. Which is the correct requirement for a hurdle? The hurdle shall:
   A. Have a top bar that is 2 inches wide.
   B. Be constructed to fit within the track lanes.
   C. Be painted white, yellow or orange.
   D. Not have a pullover force that causes it to turn over.
Lesson #6

Officiating the Event – Starting, Scoring and Refereeing a Cross Country Meet

2019 NFHS Rules Book

Rule 8-2 Pages 64 and 65  Rule 8-4 page 66  Rule 8-6 pages 69 and 70

Starter/Referee Duties for Cross-Country Meets

1. Report to the Meet site 30 to 45 minutes prior to the Start of the first race.
2. Find the location of the Starting line and Finishing line and make sure they are adequately marked or lined.
3. Review or become familiar as best you can with the layout of the course.
4. Meet with the home team coach to review how the course is marked and determine if there are any irregularities about the course you or the visiting team(s) should be aware, (#3 could also be done at this time) and verify the starting time(s) and which race will be run first (boys or girls) or if the races will be run at the same time.
5. Check in with the visiting coaches to make sure their athletes have had the chance to walk the course and if they will be warmed up and ready to start at the assigned starting time.
6. Meet with the Coaches and Captains 20 minutes before the start of the first race to answer questions, review any special rules of the Course and read the Sportsmanship message and determine starting block assignments if use.
7. Fifteen minutes before the start of each race, check in the athletes at the starting line, check uniforms and give your starting instructions and place the athletes at the starting line in the order agreed upon.
8. Start the race and watch for any infraction in the first 100 to 300 yards of the race and the last 100 to 300 yards of the race, if possible.
9. Be at the Finish line at the end of the race to pick any close finishes.
10. Review the order of finish as recorded on the scoring sheets and verify that the team score(s) are correct and that the displacers were properly recorded.
11. Sign, date and record the time you verified the final score and places on the Score Sheets.

You Make the Call

A. 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.

B. A competitor finishes a cross country race when:
   a. The torso of the runner breaks the plane of the finish line when using hand or picture-based timing system.
   b. The foot/shoe of the runner crosses the finish line when using hand or picture-based timing system.
   c. The head of the runner breaks the plane of the finish line when using hand or picture-based timing system.
   d. The arm and/or hand of the runner breaks the plane of the finish line when using hand or picture-based timing system.

C. In cross country, a finish corral is recommended when a transponder system is used for order of finish.
   a. True
   b. False

D. In cross country, a competitor who alters an assigned contestant number and/or computerized transponder(s) that may interfere with recording place finish shall result in disqualification from the race. The referee may address irregularities causing the number or chip to be altered.
   a. True
   b. False

E. In cross country, a competitor who fails to complete the prescribed course that is defined by a legal marking system is disqualified.
   A. True
   B. False

F. In a cross country race, the course should be marked using the following:
   a. Painted boundary line, may be both inside and outside.
   b. Natural or artificial boundary markers.
   c. Directional flags or sign posts at least 6 feet above the ground and visible for 100 feet.
   d. All of the above.
Lesson #7

Officiating the Event – Triple Jump

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

Pages – 57 - 68

2019 NFHS Rules Book

Pages – 40 – 43 and 60 - 62

2019 NFHS Case Book

Pages – 85 to 86

You Make the Call

A. In the pole vault, which of the following is not a foul?
   A. The competitor displaces the crossbar from the pins on which it originally rested.
   B. The crossbar is displaced by a force disassociated with the competitor after he/she is legally and clearly over the crossbar.
   C. The competitor touches or catches the pole preventing it from dislodging the crossbar.
   D. The competitor steadies the crossbar with a hand or arm.

B. Duties of an umpire include:
   A. Adequately observing the entire turn when lanes extend around a turn.
   B. Having jurisdiction over all judges in the field events.
   C. Keeping a record of the competitors.
   D. Having general jurisdiction over the assistant timers.

C. At the conclusion of the preliminary rounds of a field event requiring preliminaries and finals, two competition tie for the final spot to advance into 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 trial to break the tie and advance to the finals.
D. 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.

E. Which of the following can be legally worn by a competitor in track and field and cross country?
   A. Medical alert, with alert visible recommended.
   B. Wedding band.
   C. Watch.
   D. All of the items are legal to wear.

F. 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.
Lesson #8

Officiating the Event – Review/Discuss the following new or up-to-date 2019 Casebook Situations (shaded in the Casebook)

2019 NFHS Case Book

4.3.1 Situation M-page 29       4.3.1 Situation N-pg 29       4.3.1 Situation P-pg 30
4.3.2 Situation B- page 31      4.3.2 Situation C-pg 31      4.3.2 Situation E- pg 32
5.8.1 Situation – page 50       6.3.2 Situation D-pg 68      6.4.12 Situation – pg 71
6.5.15 Situation A– pg 76       8.3.3 Situation –pg 88       8.7.1 Situation D – pg 90

You Make the Call

Discuss any Procedures, Concerns or Staffing of your upcoming League/Conference and District Championship Meets.
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. 2019 State Officials’ Convention (August 9 and 10).
   4. Other.

C. Consideration of rule revision/modification.
   1. To request a change to a NFHS Rule go to 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.
**SPORTSMANSHIP MESSAGE**

**The message below 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.**

“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.”

Coaches must certify to the contest officials their team is legally equipped and in compliance with NFHS Rules. The reading of this message will have the coaches verbally confirm aloud their teams' adherence to compliance with equipment and safety rules. This confirmation is not only the adherence to contest rules, but also assists in alleviating the legal liability concerns for the officials if the teams subsequently violate the proper equipment provisions of the contest rules.
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 22, 2018)

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

Name of Pole Vaulter | Grade | Vaulter's Weight* | Pole Rating
---|---|---|---
1. | | | 
2. | | | 
3. | | | 
4. | | | 
5. | | | 
6. | | | 

*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 3-10-1. 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.
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>Event</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>Event</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 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**;

   2. **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**;
3. If the tie still remains, the Team with the greater number of first place finishes, shall be declared the winner*;
4. If the tie still remains, the Team with the greater number of second place finishes, shall be declared the winner*;
5. If the tie still remains, the Team with the greater number of third place finishes, shall be declared the winner*;
6. If the tie is broken after applying 1, 2, 3, 4, or 5, the Team declared the winner* shall have one point and an asterisk (*) added to their score; or
   If the tie remains after applying 1, 2, 3, 4, and 5, the meet shall be scored as a tie.

*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 or school-approved.
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.
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

A. D All are fouls. 6-6-9a, e, g page 55

B. D All are requirements for placement of the anemometer. 3-17-2, 9-2-2 pages 20 & 70

C. A In unrestricted areas and coaching boxes providing the location does not interfere with the progress of the meet. 3-2-8 page 13

D. B Within 30 minutes of official results of event. 2-3-3 page 10

E. A · Wearing jewelry during competition. 3-19-2, 4-6-1, 6-2-10, 6-2-14, 6-5-3, 6-5-4 Pages – 21, 25, 42, 43, 47

F. A True 6-1-6 page 41

Lesson #4

A. D All of the above. 4-6-5a, b, e page 26

B. D All are fouls. 6-7-9c, d, h page 57

C. D 48 hours after the conclusion of the meet, unless, in advance, the games committee or the meet director specifies other time period. 2-3-1, 3-5-3b pages 10 and 15

D. C The head official rules that the bar will not fall and steadies it. 6-4-14 page 47

E. D All are permitted. 3-2-8 page 13
Lesson #5

A. A ¼ inch or centimeter. 6-4-13 page 46

B. B Warning for a first offense and disqualification from the event if repeated. 4-3-3 Penalty page 24

C. D. All of the above. 4-3-1b(6) page 23

D. B Be constructed to fit within the track lanes. 5-4-4, page 33

Lesson #6

A. C. Comparing the finish position of the sixth finisher from each school involved in the tie. 8-2-4 page 64

B. A The torso of the runner breaks the plane of the finish line when using hand or picture-based timing system. 8-3-2 page 65

C. A True 8-3-6, 8-4-7 page 65 and 67

D. A True 8-3-3, 8-3-3 PENALTY page 65

E. A True 8-6-1f page 70

F. D All of the above. 8-1-1 page 63 and 64

Lesson #7

A. B The crossbar is displaced by a force disassociated with the competitor after he/she is legally and clearly over the crossbar. 6-2-24, 6-5-27a, g, i pages 44 and 52

B. A Adequately observing the entire turn when lanes extend around a turn. 3-11-3 pg 19

C. A Both competitors advance to the final round. 6-2-17 page 43

D. B Games committee. 3-2-3o, 6-2-4 page 12 and 42

E. D All of the items are legal to wear. 4-3 NOTE, page 23

F. D Must be positioned entirely within the 20-meter passing zone. 5-10-10 page 38
Lesson #8

NONE

NOTES:
2017 Track and Field Rules Examination Part I

Instructions: Please use care in clearly marking correct spaces on the answer sheet according to the directions. Some questions are multiple choice. Please select only one answer for the multiple-choice questions. For the ‘true’ or ‘false’ questions, mark “A” for true and “B” for false.

Select the best possible answer to complete each statement on the examination.

1. In the discus throw, it is a foul if a competitor:
   A. Fails to initiate the purposeful action within one minute after being called.
   B. Does not exit by the back half of the circle.
   C. Throws a discus which hits the cage and/or an object outside the sector before landing within the sector.
   D. All are fouls.

2. Which of the following criteria must be met for a shot to be legal?
   A. Must be a solid sphere.
   B. Must be made of metal or other suitable material not softer than brass.
   C. Shall not have indentations other than a manufacturer's weight marking.
   D. All are requirements.

3. In the pole vault, which of the following is not a foul?
   A. The competitor displaces the crossbar from the pins on which it originally rested.
   B. The crossbar is displaced by a force disassociated with the competitor after he/she is legally and clearly over the crossbar.
   C. The competitor touches or catches the pole preventing it from dislodging the crossbar.
   D. The competitor steadies the crossbar with a hand or arm.

4. In pole vault, a competitor who has passed three consecutive heights and has not attempted a jump in the competition but is entering at this height shall be allowed two minutes of warm-up without the crossbar in place.
   A. True
   B. False

5. The field referee or the head field judge shall:
   A. Have jurisdiction over all judges in field events.
   B. Oversee the measuring, weighing and inspection of all implements.
   C. See that all field events start on time and continue without delay.
   D. All of the above apply to the field referee or head field judge.

6. In the high jump, it is a foul if the competitor:
   A. After clearing the bar, contacts the upright and displaces the crossbar or steadies the bar.
   B. Takes off from two feet.
   C. Touches the ground or landing area beyond the plane of the crossbar, or the crossbar extended, without clearing the bar.
   D. All are fouls.

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7. In the long and triple jumps, one anemometer (wind instrument) is required and shall be placed:
   A. 20 meters from the foul line.
   B. If multiple takeoff boards, 20 meters from foul line farthest from the pit.
   C. Facing the start, within 2 meters of the runway.
   D. All are requirements for placement of the anemometer.

8. In throwing events, the prescribed time limit for a trial begins when:
   A. The previous competitor has completed his/her attempt.
   B. The competitor assumes his/her position in the circle or on the approach.
   C. The event judge announces the competitor's name for a trial.
   D. None of the above.

9. A pole vaulter has legally and clearly successfully completed an attempt. The crossbar is displaced by a force disassociated
    with the competitor. The proper ruling is:
    A. The competitor is not charged with an attempt and awarded a replacement jump at the same height.
    B. The competitor is charged with a failed attempt.
    C. The competitor is credited with a legal clearance for a successful attempt.
    D. The competitor is not charged with a foul and is automatically allowed an additional attempt at the next height.

10. Upon the completion of a throw, the competitor must remain in the circle or on the approach until the event official
    determines "fair or foul" by using a flag or verbal indication.
    A. True
    B. False

11. Duties of an umpire include:
    A. Adequately observing the entire turn when lanes extend around a turn.
    B. Having jurisdiction over all judges in the field events.
    C. Keeping a record of the competitors.
    D. Having general jurisdiction over the assistant timers.

12. 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.

13. At the conclusion of the preliminary rounds of a field event requiring preliminaries and finals, two competitors tie for the final
    spot to advance into 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 trial to break the tie and advance to the finals.
14. It is highly recommended that all throwing event landing sectors be cordoned off, roped, fenced or flagged:
   A. Well outside the sector lines.
   B. Directly along the sector lines.
   C. Just inside the sector lines.
   D. Three feet parallel to the sector lines.

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

16. Electronic devices may be used:
   A. In unrestricted areas and coaching boxes providing the location does not interfere with the progress of the meet.
   B. To review an official's decision.
   C. During a race or trial to transmit information to the competitor.
   D. At any time and location during the meet.

17. Unsporting conduct may include:
   A. Disrespectfully addressing an official.
   B. Using profanity directed toward someone.
   C. Taunting.
   D. All of the above constitute unsporting conduct.

18. Forming heats, drawing lanes and determining the number of competitors to qualify in each heat shall be done by the games committee with the assistance of the referee and the:
   A. Field judge.
   B. Meet director.
   C. Clerk of the course.
   D. Starter.

19. Which of the following can be legally worn by a competitor in track and field and cross country?
   A. Medical alert, with alert visible recommended.
   B. Wedding band.
   C. Watch.
   D. All of the items are legal to wear.

20. In field events, if a legal implement breaks during a trial in accordance with the rules, no penalty shall be counted against the competitor and a replacement trial shall be awarded.
   A. True
   B. False

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21. After results have been announced, or made official in that event, appeals regarding a misapplication of the rules shall be filed no later than:
   A. Within 15 minutes of official results of event.
   B. Within 30 minutes of official results of event.
   C. Within 45 minutes of official results of event.
   D. Before the conclusion of the meet.

22. When fully automatic timing (FAT) is used, there shall be a minimum of ____ appointed officials to operate the timing system and evaluate finish line video/pictures.
   A. Three.
   B. Four.
   C. Two.
   D. None of the above.

23. 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 hurdler.
   D. Advancing or trailing a leg or foot along the side of and below the height of the hurdle gate.

24. Which of the following special events may be included in the order of events?
   A. Indoor weight throw.
   B. Hurdle shuttle relay.
   C. Steeplechase.
   D. All may be included.

25. Each competitor in the long and triple jumps shall be allowed three preliminary trials. Those qualifying will be allowed how many additional attempts in the finals?
   A. One.
   B. Two.
   C. Three.
   D. Four.

26. The score of a forfeited dual meet shall be:
   A. 9-0.
   B. 8-0.
   C. 13-0.
   D. 14-0.
27. The head event judge shall be responsible for:
   A. The judging and measuring of each legal trial of a competitor in all field events.
   B. Recording the name and number of each competitor.
   C. Placing competitors on the starting line.
   D. Giving proper announcements to assist competitors in reporting to the clerk of the course.

28. Which of the following actions by a competitor would not result in disqualification?
   A. Wearing jewelry during competition.
   B. Using a pole rated below the competitor's body weight.
   C. Disrespectfully addressing an official.
   D. Using an implement that has not been certified by the implement inspector.

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

30. 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.

31. In a meet requiring preliminaries and finals, relay Team A has advanced to the finals. Which contestants may compete in the finals?
   A. Any combination of the six contestants listed on the relay entry card.
   B. Only the same four contestants who ran in the preliminaries to qualify for the finals.
   C. Any contestants listed on the official team roster and entered in the meet.
   D. None of the above.

32. Unfair acts resulting in disqualification in track and field may include:
   A. Pacing by a teammate not in the race.
   B. Interference with another competitor.
   C. Coaching a competitor from a restricted area.
   D. All of the above.

33. 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.

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34. A pass is used to forego a trial and is not considered a trial.
   A. True
   B. False

35. In all jumping events, the head event judge may signal a trial “fair” or “foul” by:
   A. Giving a verbal indication.
   B. Raising a red or white flag.
   C. Either use of flags or verbal indication.
   D. Required use of flags and verbal indication.

36. The javelin can be constructed of metal or other suitable material, including wood.
   A. True.
   B. False.

37. The recommended width of the takeoff board for horizontal jumps is:
   A. 8 inches.
   B. 10 inches.
   C. 26 inches.
   D. All of the above.

38. All starting blocks used in running events shall be inspected by:
   A. The implement inspector.
   B. The meet referee.
   C. The head starter (or designee).
   D. The clerk of the course.

39. A competitor finishes a cross country race when:
   A. The torso of the runner breaks the plane of the finish line when using hand or picture-based timing system.
   B. The foot/shoe of the runner crosses the finish line when using hand or picture-based timing system.
   C. The head of the runner breaks the plane of the finish line when using hand or picture-based timing system.
   D. The arm and/or hand of the runner breaks the plane of the finish line when using hand or picture-based timing system.

40. In the shot, it is a foul if the competitor:
   A. Exits the back half of the circle before the implement has landed.
   B. After starting the purposeful action, touches any surface outside the circle during a put.
   C. Allows the shot to drop below the shoulder during the put attempt.
   D. All are fouls.
41. Regarding appeals for alleged misapplication of the rules:
   A. Appeal shall be filed no later than within 15 minutes after the results in the event have been announced.
   B. Decisions of the referee may not be appealed to the Jury of Appeals.
   C. Judgement calls are appealable.
   D. All are incorrect.

42. In both the high jump and the pole vault, a competitor who has passed three consecutive heights and has not attempted a jump in the competition, but is entering at this height shall be allowed two minutes of warm-up without the crossbar in place.
   A. True
   B. False

43. In the pole vault, if improperly fastened supports slip downward when the vaulter contacts the crossbar, the head event judge shall:
   A. Rule as a foul.
   B. Rule as a foul only if the crossbar falls.
   C. Rule as a no jump and the competitor is awarded a replacement trial.
   D. Rule the trial as successful.

44. Which of the following may be placed on a track and field or cross country uniform top?
   A. Competitor’s name.
   B. A single manufacturer’s logo meeting dimension requirements.
   C. School identification.
   D. All are permissible on a uniform top.

45. Clerical or team scoring errors may be corrected up to:
   A. 24 hours after the conclusion of the meet.
   B. 36 hours after the conclusion of the meet, unless, in advance, the games committee or the meet director specifies other time period.
   C. 48 hours after the conclusion of the meet.
   D. 48 hours after the conclusion of the meet, unless, in advance, the games committee or the meet director specifies other time period.

46. In the high jump, the competitor clears the crossbar, but causes it to vibrate. Which of the following would result in the jump being called fair?
   A. The jumper gets out of the pit before the bar falls.
   B. The jumper steadies the bar.
   C. The head official rules that the bar will not fall and steadies it.
   D. All result in a fair jump.

47. After passing the baton, the relieved competitor should stand still or jog straight ahead and step off the track when clear.
   A. True
   B. False
48. To accommodate those competitors who may be excused to participate in other events, the head judge may change the order of competition in preliminary or final rounds of any throwing or jumping event. Successive trials is one such method.
   A. True
   B. False

49. In cross country, a finish corral is recommended when a transponder system is used for order of finish.
   A. True
   B. False

50. During competition when placing the crossbar in the high jump back on the standards following an unsuccessful trial, it is not necessary to place it in the same position on the standards as original placement at the start of the meet.
   A. True
   B. False

51. In all field events, actions by a competitor cannot be declared a foul after the official has ruled the trial fair unless there is an immediate correction of a mistaken action by the official.
   A. True
   B. False

52. It is permissible for a competitor in the pole vault to request the plant box padding be removed before the vaulter initiates the trial.
   A. True
   B. False

53. A competitor observed wearing an illegal uniform shall be:
   A. Required to make the uniform legal before becoming eligible for further competition.
   B. Issued a warning and subsequent violation results in disqualification from event.
   C. Withheld from event if uniform cannot be made legal prior to the start of competition.
   D. All are correct.

54. In cross country, a competitor who alters an assigned contestant number and/or computerized transponder(s) that may interfere with recording place finish shall result in disqualification from the race. The referee may address irregularities causing the number or chip to be altered.
   A. True
   B. False

55. In the discus throw, a thrown implement is in-bounds if it lands:
   A. Entirely between the inside edges of the sector lines.
   B. Within the throwing sector and partially on, but not over, a sector line.
   C. On the sector line and partially outside the boundary line.
   D. Both first and second responses.

56. In the pole vault, at the vaulter's direction, a designated pole catcher from the vaulter's school may tend the pole to prevent it from falling onto the ground, but never to prevent the pole from dislodging the crossbar.
   A. True
   B. False

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57. The games committee may consist of:
   A. A meet director or referee in dual meets.
   B. State association appointed individuals for state series meets.
   C. Selected individuals for large invitational meets.
   D. All of the above are correct.

58. The games committee may determine the time at which field events shall terminate.
   A. True
   B. False

59. The games committee has the authority to determine time limitations or number of warm-up opportunities in the field events.
   A. True
   B. False

60. While in the coaching box, a coach may use which of the following when consulting with a competitor between attempts?
   A. iPad.
   B. Cell phone.
   C. Smartphone App for performance analysis.
   D. All are permitted.

61. The meet director shall serve as the official representative of host meet management.
   A. True
   B. False

62. The referee’s duties include:
   A. Retaining clerical authority over the contest through the completion of any reports.
   B. Ruling on irregularities not covered within the rules.
   C. Determining if the event venue meets the criteria set forth in the rules.
   D. All are responsibilities of the referee.

63. The starter shall give a signal at the beginning of the last lap in which of the following races:
   A. 800.
   B. 1600.
   C. 3200.
   D. All of the above standard outdoor races.

64. The starter has which of the following duties:
   A. Responsibility for the competitors on the starting line.
   B. Deciding whether a start is fair and legal.
   C. Deciding which competitor shall be charged with a false start.
   D. All are responsibilities of the starter.

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65. The clerk of course may change lane assignments due to:
   A. Unusual conditions making the original lanes or the number of qualifiers unfair to any competitor.
   B. A lane becoming, because of unusual conditions, a handicap to the competitor.
   C. Conditions making the original lanes unfair to any competitor.
   D. All of the above.

66. When a fully automatic timing (FAT) system allows, all ties for place finishes and/or determining qualifiers for a subsequent round shall be broken by the time recorded to one one-thousandth of a second.
   A. True
   B. False

67. The implement inspector shall:
   A. Weigh the implement.
   B. Measure the implement.
   C. Inspect the implement.
   D. All are responsibilities of the implement inspector.

68. The shoe must be designed so that it can be fastened securely to the foot.
   A. True
   B. False

69. One American flag may be placed on a track and field or cross country uniform:
   A. Top.
   B. Bottom.
   C. Both the top and the bottom.
   D. All of the above.

70. In relays, each team member shall wear the same color and design of school uniform although the length of the bottom may vary.
   A. True
   B. False

71. What is the penalty for removing any part of the team uniform, excluding shoes, while in the area of competition?
   A. Immediate disqualification from the event.
   B. Warning for a first offense and disqualification from the event if repeated.
   C. Immediate disqualification from further competition in the meet.
   D. No penalty, athletes may remove their uniforms.

72. Any athlete who exhibits signs, symptoms or behaviors consistent with a concussion shall be:
   A. Given the option to compete after consulting with his/her coach.
   B. Immediately removed from the meet and shall not return until cleared by an appropriate health-care professional.
   C. Allowed to complete the current event in which he/she is competing.
   D. Awarded a new trial once the athlete returns to competition.

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73. Preliminary races should be arranged so that no competitor is scheduled to run in more heats than another competitor unless tying competitors from a preliminary heat are competing for an available lane in a final heat.
   A. True
   B. False

74. If a competitor is injured or becomes ill, and an appropriate health-care professional is not available, and that competitor receives aid from another competitor, only the injured/ill competitor is disqualified.
   A. True
   B. False

75. An athlete may use a watch worn around the wrist during a competition.
   A. True
   B. False

76. A running event or heat begins when competitors report to the starting line.
   A. True
   B. False

77. Which is the correct standard height of hurdles for the races listed below?
   A. Girls 100 meter- 33 inches.
   B. Boys 110 meter- 39 inches.
   C. Boys 300 meter- 36 inches.
   D. All are the correct height of hurdles for each race.

78. Which is the correct requirement for a hurdle? The hurdle shall:
   A. Have a top bar that is 2 inches wide.
   B. Be constructed to fit within the track lanes.
   C. Be painted white, yellow or orange.
   D. Not have a pullover force that causes it to turn over.

79. The incoming and outgoing runners may simultaneously touch the baton outside of the 20-meter exchange zone.
   A. True
   B. False

80. Excused competitors shall make the last attempts in finals.
   A. True
   B. False

81. To break a tie in a throwing or horizontal jumping event, the second best performance is used.
   A. True
   B. False

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82. In the javelin throw, wearing a support belt is considered an illegal action.
   A. True
   B. False

83. When three competitors enter the pole vault at a height higher than opening height, and have passed at least three consecutive heights, those athletes are allowed a combined total warm-up time of:
   A. Three minutes.
   B. Two minutes.
   C. Six minutes.
   D. Four minutes.

84. A bungee cord manufactured for use in the high jump and pole vault may be used during warm-ups prior to the start of competition only, as approved by the games committee.
   A. True
   B. False

85. In preliminary trials, the number of competitors in flights shall be no less than:
   A. Three.
   B. Five.
   C. Four.
   D. Any number decided by the games committee.

86. The landing pad may consist of multiple sections simply tied together.
   A. True
   B. False

87. In the high jump, measurements shall be recorded to the nearest lesser:
   A. ¼ inch or centimeter.
   B. ⅛ inch or centimeter.
   C. ¼ inch or centimeter.
   D. 1 inch or centimeter.

88. The pole vault pole:
   A. May be of any material and of any length and diameter.
   B. May have a binding layer of adhesive tape of uniform thickness on the grip end.
   C. May have the plant end protected by layers of tape, PVC, metal, sponge rubber or other suitable materials.
   D. All are legal for the pole.

89. It is required that the plant box padding meets applicable ASTM specifications.
   A. True
   B. False

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90. In the pole vault, a competitor shall have the standards or uprights set to position the crossbar from a point 18 inches measured beyond the vertical plane of the top of the stopboard, zero point, up to a maximum distance of:
   A. 31.5 inches (80 centimeters).
   B. 36.5 inches (92.7 centimeters).
   C. 40.5 inches (102.9 centimeters).
   D. 45.5 inches (115.6 centimeters).

91. If a pole vaulter's pole breaks during an attempt:
   A. He/she may choose any competitor's pole to use.
   B. The vault is considered a failed trial.
   C. The vault is not considered a trial.
   D. All are permissible.

92. In the long and triple jumps, the declination in the approach shall be limited to 2:100 (2 percent) laterally and 1:1000 (0.1 percent) downward in the jumping direction.
   A. True
   B. False

93. Meet management may place markers to the side of the landing pits for the purpose of marking meet, state and/or national records, as well as minimum qualifying standards.
   A. True
   B. False

94. In cross country, a competitor who fails to complete the prescribed course that is defined by a legal marking system is disqualified.
   A. True
   B. False

95. In the absence of a curb, if cones are used, they should be placed:
   A. Just touching the inside of the line, 1.5 meters apart on the curb.
   B. Completely covering the line.
   C. Just touching the outside of the line, 1.5 meters apart on the curb.
   D. Approximately 20 centimeters inside of the line on the curb.

96. In the first round of competition, if two contestants from the same team fall within the same heat, the slower contestant should be moved to another heat.
   A. True
   B. False

97. At the start of outdoor events of 800 meters or greater, runners may place their hands on the ground for a three-point starting stance.
   A. True
   B. False
98. In field events, warm-ups shall not be allowed unless:
   A. Supervised by an event official or contestant’s coach.
   B. The venue has been declared open by the meet director.
   C. All participating contestants have checked into the event.
   D. Both the first and second choices.

99. Unless state association policy determines otherwise, special events should be conducted using USATF Youth event rules.
   A. True
   B. False

100. In a cross country race, the course should be marked using the following:
   A. Painted boundary line, may be both inside and outside.
   B. Natural or artificial boundary markers.
   C. Directional flags or sign posts at least 6 feet above the ground and visible for 100 feet.
   D. All of the above.
## NFHS Exam - Answer Key

### 2017 Track and Field Rules Exam

<table>
<thead>
<tr>
<th>Question</th>
<th>Answer Choice</th>
<th>Answer Text</th>
<th>Rule Reference</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>D</td>
<td>All are fouls.</td>
<td>6-6-9a, e, g</td>
</tr>
<tr>
<td>2.</td>
<td>D</td>
<td>All are requirements.</td>
<td>6-7-1</td>
</tr>
<tr>
<td>3.</td>
<td>B</td>
<td>The crossbar is displaced by a force disassociated with the competitor after he/she is legally and clearly over the crossbar.</td>
<td>6-2-25, 6-5-27a, g, i</td>
</tr>
<tr>
<td>4.</td>
<td>A</td>
<td>True</td>
<td>6-5-15</td>
</tr>
<tr>
<td>5.</td>
<td>D</td>
<td>All of the above apply to the field referee or head field judge.</td>
<td>3-10-1</td>
</tr>
<tr>
<td>6.</td>
<td>D</td>
<td>All are fouls.</td>
<td>6-4-14b, c, f</td>
</tr>
<tr>
<td>7.</td>
<td>D</td>
<td>All are requirements for placement of the anemometer.</td>
<td>3-17-2, 9-2-2</td>
</tr>
<tr>
<td>8.</td>
<td>C</td>
<td>The event judge announces the competitor's name for a trial.</td>
<td>6-2-2</td>
</tr>
<tr>
<td>9.</td>
<td>C</td>
<td>The competitor is credited with a legal clearance for a successful attempt.</td>
<td>6-2-25</td>
</tr>
<tr>
<td>10.</td>
<td>B</td>
<td>False</td>
<td>6-6-9f, 6-7-9g, 6-8-11f</td>
</tr>
<tr>
<td>11.</td>
<td>A</td>
<td>Adequately observing the entire turn when lanes extend around a turn.</td>
<td>3-11-3</td>
</tr>
<tr>
<td>12.</td>
<td>B</td>
<td>Games committee.</td>
<td>3-2-3o, 6-2-4</td>
</tr>
<tr>
<td>13.</td>
<td>A</td>
<td>Both competitors advance to the final round.</td>
<td>6-2-19</td>
</tr>
<tr>
<td>14.</td>
<td>A</td>
<td>Well outside the sector lines.</td>
<td>6-2-11 NOTE</td>
</tr>
<tr>
<td>15.</td>
<td>C</td>
<td>Any competitor involved shall be credited with the best performance achieved in the jump-off if it exceeds his/her best performance prior to the jump-off.</td>
<td>6-3-3</td>
</tr>
<tr>
<td>16.</td>
<td>A</td>
<td>In unrestricted areas and coaching boxes providing the location does not interfere with the progress of the meet.</td>
<td>3-2-8</td>
</tr>
<tr>
<td>17.</td>
<td>D</td>
<td>All of the above constitute unsporting conduct.</td>
<td>4-6-1</td>
</tr>
<tr>
<td>18.</td>
<td>C</td>
<td>Clerk of the course.</td>
<td>5-6-1</td>
</tr>
<tr>
<td>19.</td>
<td>D</td>
<td>All of the items are legal to wear.</td>
<td>4-3 NOTE, 8-6 NOTE</td>
</tr>
<tr>
<td>20.</td>
<td>A</td>
<td>True</td>
<td>6-2-10a</td>
</tr>
<tr>
<td>21.</td>
<td>B</td>
<td>Within 30 minutes of official results of event.</td>
<td>2-3-3</td>
</tr>
<tr>
<td>22.</td>
<td>C</td>
<td>Two.</td>
<td>3-8-1</td>
</tr>
<tr>
<td>23.</td>
<td>A</td>
<td>Knocking down all hurdles.</td>
<td>5-14-2c, e, f</td>
</tr>
<tr>
<td>24.</td>
<td>D</td>
<td>All may be included.</td>
<td>7-2-1</td>
</tr>
<tr>
<td>25.</td>
<td>C</td>
<td>Three.</td>
<td>6-2-17</td>
</tr>
<tr>
<td>26.</td>
<td>A</td>
<td>9-0.</td>
<td>2-1-5</td>
</tr>
<tr>
<td>27.</td>
<td>A</td>
<td>The judging and measuring of each legal trial of a competitor in all field events.</td>
<td>3-10-6</td>
</tr>
<tr>
<td>28.</td>
<td>A</td>
<td>Wearing jewelry during competition.</td>
<td>3-19-2, 4-6-1, 6-2-10, 6-2-15, 6-5-3, 6-5-4</td>
</tr>
<tr>
<td>29.</td>
<td>B</td>
<td>For all exchanges where the incoming competitor is running 200 meters or less.</td>
<td>5-10-9</td>
</tr>
<tr>
<td>30.</td>
<td>D</td>
<td>Must be positioned entirely within the 20-meter passing zone.</td>
<td>5-10-10</td>
</tr>
<tr>
<td>31.</td>
<td>A</td>
<td>Any combination of the six contestants listed on the relay entry card.</td>
<td>5-10-2, NOTE</td>
</tr>
<tr>
<td>32.</td>
<td>D</td>
<td>All of the above.</td>
<td>4-6-5a, b, e</td>
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<td></td>
</tr>
<tr>
<td>33.</td>
<td>C</td>
<td>Comparing the finish position of the sixth finisher from each school involved in the tie.</td>
<td></td>
</tr>
<tr>
<td>34.</td>
<td>A</td>
<td>True</td>
<td></td>
</tr>
<tr>
<td>35.</td>
<td>C</td>
<td>Either use of flags or verbal indication.</td>
<td></td>
</tr>
<tr>
<td>36.</td>
<td>A</td>
<td>True.</td>
<td></td>
</tr>
<tr>
<td>37.</td>
<td>A</td>
<td>8 inches.</td>
<td></td>
</tr>
<tr>
<td>38.</td>
<td>C</td>
<td>The head starter (or designee).</td>
<td></td>
</tr>
<tr>
<td>39.</td>
<td>A</td>
<td>The torso of the runner breaks the plane of the finish line when using hand or picture-based timing system.</td>
<td></td>
</tr>
<tr>
<td>40.</td>
<td>D</td>
<td>All are fouls.</td>
<td></td>
</tr>
<tr>
<td>41.</td>
<td>D</td>
<td>All are incorrect.</td>
<td></td>
</tr>
<tr>
<td>42.</td>
<td>B</td>
<td>False</td>
<td></td>
</tr>
<tr>
<td>43.</td>
<td>C</td>
<td>Rule as a no jump and the competitor is awarded a replacement trial.</td>
<td></td>
</tr>
<tr>
<td>44.</td>
<td>D</td>
<td>All are permissible on a uniform top.</td>
<td></td>
</tr>
<tr>
<td>45.</td>
<td>D</td>
<td>48 hours after the conclusion of the meet, unless, in advance, the games committee or the meet director specifies other time period.</td>
<td></td>
</tr>
<tr>
<td>46.</td>
<td>C</td>
<td>The head official rules that the bar will not fall and steadies it.</td>
<td></td>
</tr>
<tr>
<td>47.</td>
<td>A</td>
<td>True</td>
<td></td>
</tr>
<tr>
<td>48.</td>
<td>A</td>
<td>True</td>
<td></td>
</tr>
<tr>
<td>49.</td>
<td>A</td>
<td>True</td>
<td></td>
</tr>
<tr>
<td>50.</td>
<td>B</td>
<td>False</td>
<td></td>
</tr>
<tr>
<td>51.</td>
<td>A</td>
<td>True</td>
<td></td>
</tr>
<tr>
<td>52.</td>
<td>B</td>
<td>False</td>
<td></td>
</tr>
<tr>
<td>53.</td>
<td>D</td>
<td>All are correct.</td>
<td></td>
</tr>
<tr>
<td>54.</td>
<td>A</td>
<td>True</td>
<td></td>
</tr>
<tr>
<td>55.</td>
<td>A</td>
<td>Entirely between the inside edges of the sector lines.</td>
<td></td>
</tr>
<tr>
<td>56.</td>
<td>B</td>
<td>False</td>
<td></td>
</tr>
<tr>
<td>57.</td>
<td>D</td>
<td>All of the above are correct.</td>
<td></td>
</tr>
<tr>
<td>58.</td>
<td>A</td>
<td>True</td>
<td></td>
</tr>
<tr>
<td>59.</td>
<td>A</td>
<td>True</td>
<td></td>
</tr>
<tr>
<td>60.</td>
<td>D</td>
<td>All are permitted.</td>
<td></td>
</tr>
<tr>
<td>61.</td>
<td>A</td>
<td>True</td>
<td></td>
</tr>
<tr>
<td>62.</td>
<td>D</td>
<td>All are responsibilities of the referee.</td>
<td></td>
</tr>
<tr>
<td>63.</td>
<td>D</td>
<td>All of the above standard outdoor races.</td>
<td></td>
</tr>
<tr>
<td>64.</td>
<td>D</td>
<td>All are responsibilities of the starter.</td>
<td></td>
</tr>
<tr>
<td>65.</td>
<td>D</td>
<td>All of the above.</td>
<td></td>
</tr>
<tr>
<td>66.</td>
<td>A</td>
<td>True</td>
<td></td>
</tr>
<tr>
<td>67.</td>
<td>D</td>
<td>All are responsibilities of the implement inspector.</td>
<td></td>
</tr>
<tr>
<td>68.</td>
<td>A</td>
<td>True</td>
<td></td>
</tr>
<tr>
<td>69.</td>
<td>D</td>
<td>All of the above.</td>
<td></td>
</tr>
<tr>
<td>Question</td>
<td>Choice</td>
<td>Answer</td>
<td>Reference</td>
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</tr>
<tr>
<td>70.</td>
<td>A</td>
<td>True</td>
<td>4-3-2(a)</td>
</tr>
<tr>
<td>71.</td>
<td>B</td>
<td>Warning for a first offense and disqualification from the event if repeated.</td>
<td>4-3-3 Penalty</td>
</tr>
<tr>
<td>72.</td>
<td>B</td>
<td>Immediately removed from the meet and shall not return until cleared by an appropriate health-care professional.</td>
<td>4-4-2</td>
</tr>
<tr>
<td>73.</td>
<td>A</td>
<td>True</td>
<td>4-5-4 NOTE</td>
</tr>
<tr>
<td>74.</td>
<td>A</td>
<td>True</td>
<td>4-6-5g, 8-7e(1)</td>
</tr>
<tr>
<td>75.</td>
<td>A</td>
<td>True</td>
<td>4-6-5 NOTE 2</td>
</tr>
<tr>
<td>76.</td>
<td>A</td>
<td>True</td>
<td>4-7-1</td>
</tr>
<tr>
<td>77.</td>
<td>D</td>
<td>All are the correct height of hurdles for each race.</td>
<td>5-3-8</td>
</tr>
<tr>
<td>78.</td>
<td>B</td>
<td>Be constructed to fit within the track lanes.</td>
<td>5-4-4, 5</td>
</tr>
<tr>
<td>79.</td>
<td>B</td>
<td>False</td>
<td>5-10-7 NOTE</td>
</tr>
<tr>
<td>80.</td>
<td>B</td>
<td>False</td>
<td>6-2-3</td>
</tr>
<tr>
<td>81.</td>
<td>A</td>
<td>True</td>
<td>6-3-2a(1)</td>
</tr>
<tr>
<td>82.</td>
<td>B</td>
<td>False</td>
<td>6-8-6</td>
</tr>
<tr>
<td>83.</td>
<td>C</td>
<td>Six minutes.</td>
<td>6-5-15</td>
</tr>
<tr>
<td>84.</td>
<td>A</td>
<td>True</td>
<td>6-2-16</td>
</tr>
<tr>
<td>85.</td>
<td>B</td>
<td>Five.</td>
<td>6-2-18</td>
</tr>
<tr>
<td>86.</td>
<td>B</td>
<td>False</td>
<td>6-4-3, 6-5-7</td>
</tr>
<tr>
<td>87.</td>
<td>A</td>
<td>¼ inch or centimeter.</td>
<td>6-4-13</td>
</tr>
<tr>
<td>88.</td>
<td>D</td>
<td>All are legal for the pole.</td>
<td>6-5-2</td>
</tr>
<tr>
<td>89.</td>
<td>A</td>
<td>True</td>
<td>6-5-14, 6-5-22</td>
</tr>
<tr>
<td>90.</td>
<td>A</td>
<td>31.5 inches (80 centimeters).</td>
<td>6-5-17</td>
</tr>
<tr>
<td>91.</td>
<td>C</td>
<td>The vault is not considered a trial.</td>
<td>6-5-20, 21</td>
</tr>
<tr>
<td>92.</td>
<td>A</td>
<td>True</td>
<td>6-9-1</td>
</tr>
<tr>
<td>93.</td>
<td>A</td>
<td>True</td>
<td>6-9-9b</td>
</tr>
<tr>
<td>94.</td>
<td>A</td>
<td>True</td>
<td>8-7f</td>
</tr>
<tr>
<td>95.</td>
<td>A</td>
<td>Just touching the inside of the line, 1.5 meters apart on the curb.</td>
<td>5-1-3</td>
</tr>
<tr>
<td>96.</td>
<td>B</td>
<td>False</td>
<td>5-6-4</td>
</tr>
<tr>
<td>97.</td>
<td>B</td>
<td>False</td>
<td>5-7-3</td>
</tr>
<tr>
<td>98.</td>
<td>D</td>
<td>Both the first and second choices.</td>
<td>6-2-6</td>
</tr>
<tr>
<td>99.</td>
<td>A</td>
<td>True</td>
<td>7-2-1</td>
</tr>
<tr>
<td>100.</td>
<td>D</td>
<td>All of the above.</td>
<td>8-1-3a,b</td>
</tr>
<tr>
<td>Question</td>
<td>Rule Reference</td>
<td></td>
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<td>----------</td>
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<tr>
<td>1.</td>
<td>6-6-9a, e, g</td>
<td></td>
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<tr>
<td>2.</td>
<td>6-7-1</td>
<td></td>
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<td>3.</td>
<td>6-2-25, 6-5-27a, g, i</td>
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<td>4.</td>
<td>6-5-15</td>
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<td>5.</td>
<td>3-10-1</td>
<td></td>
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<td>6.</td>
<td>6-4-14b, c, f</td>
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<td>7.</td>
<td>3-17-2, 9-2-2</td>
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<td>8.</td>
<td>6-2-2</td>
<td></td>
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<td>9.</td>
<td>6-2-25</td>
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<td>6-6-8f, 6-7-9g, 6-8-11f</td>
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<td>11.</td>
<td>3-11-3</td>
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<td>12.</td>
<td>3-2-3o, 6-2-4</td>
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<td>13.</td>
<td>6-2-19</td>
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<td>14.</td>
<td>6-2-11 NOTE</td>
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<td>6-3-3</td>
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<td>4-6-1</td>
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<td>19.</td>
<td>4-3 NOTE, 8-6 NOTE</td>
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<td>20.</td>
<td>6-2-10a</td>
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<td>21.</td>
<td>2-3-3</td>
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<td>23.</td>
<td>5-14-2c, e, f</td>
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<td>24.</td>
<td>7-2-1</td>
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<td>6-2-17</td>
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<td>2-1-5</td>
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<td>27.</td>
<td>3-10-6</td>
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<td>28.</td>
<td>3-19-2, 4-6-1, 6-2-10, 6-2-15, 6-5-3, 6-5-4</td>
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<td>5-10-9</td>
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<td>5-10-10</td>
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<td>31.</td>
<td>5-10-2, NOTE</td>
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<td>32.</td>
<td>4-6-5a, b, e</td>
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<td>33.</td>
<td>8-2-4</td>
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<td>6-1-6</td>
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<td>6-1-1, 3-10-7</td>
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<td>36.</td>
<td>6-8-1</td>
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<td>6-9-3</td>
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<td>3-6-4</td>
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<td>39.</td>
<td>8-3-2</td>
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<td>6-7-9c, d, h</td>
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<td>41.</td>
<td>2-3-3, 3-5-2, 3, 4</td>
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<td>42.</td>
<td>6-4-8, 6-5-15</td>
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<td>6-2-24</td>
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<td>44.</td>
<td>4-3-1b(2), (4), 8-6-1b(1), (3)</td>
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<td>45.</td>
<td>2-3-1, 3-5-3b</td>
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<td>6-4-14</td>
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<td>5-10-8</td>
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<td>6-2-3</td>
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<td>8-3-5, 8-4-7</td>
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<td>6-4-12</td>
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<td>51.</td>
<td>6-1-1 NOTE</td>
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<td>6-5-14</td>
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<td>53.</td>
<td>4-3 Penalty</td>
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T & F/CC CONTESTANT, COACH, OR TEAM PERSONNEL DISQUALIFICATION FORM

During the PIAA track & field Regular Season and Postseason, a disqualified track and field contestant, coach, and/or Team personnel shall not be permitted to participate for the remainder of the day and in all Contests on the next Contest day of the same level (varsity, junior varsity, or otherwise) of competition from which the contestant, coach, and/or Team personnel was previously disqualified. For a coach, participation in the next Contest includes any contact by the coach with members of the Team, including other coaches, between the time that the Team arrives at the Contest site and the conclusion of the last Contest of the day. The Principal shall direct the coach not to attend all of the Contest(s), in accordance with ARTICLE XIII, Section 6, of the PIAA By-Laws. In addition, NFHS Softball Rules 2-19, 3-6-13, 3-6-19, 10-2-3f and 10-3-1 may also apply. The meet official must complete this form on-line, as soon as possible, but no later than 24 hours following the completion of the Contest in which the disqualification took place. This form can be found at www.piaa.org under the Officials Section – Officials’ Forms category.

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<tr>
<td>Home Team</td>
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<th>Name of Official Who Issued Disqualification</th>
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REASON FOR DISQUALIFICATION

DATE OF REPORT

OFFICIAL’S NAME (person issuing DQ)

PIAA DISTRICT