

MEETING #1 - 6:00 p.m., Sunday, March 10, 2019
Carlisle Area High School Gerald L. Fowler Education Center

1. Review and respond to questions regarding 2019 NFHS Track and Field and Cross Country Rules Changes, on pg. 2; Major Editorial Changes and Editorial Changes, on pg. 3; and Comments on the 2019 Rules Changes, on pgs. 76 and 77, all of the 2019 NFHS Track and Field and Cross Country Rules Book.
2. Review and respond to questions regarding the following:

**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 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 remains, the team with the greater number of **first place finishes**, shall be declared the winner;
 - D. If the tie remains, the team with the greater number of **second place finishes**, shall be declared the winner;
 - E. If the tie 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 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 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 Adoptions and PIAA Junior High/Middle School Track and Field Competition:**
 - A. In accordance with **Rule 6-5-3 NOTE 2 (pg. 47)**, adopt the **PIAA Pole Vault Verification Form**.
 - B. In accordance with **Rule 8-2-3 (pg. 64)**, authorize conferences or leagues to adopt a modified cross country team scoring system with prior-to-the-start of the Regular Season notification to all involved schools.
 - 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
 - iv. Conferences, leagues, and/or participating schools, by mutual agreement prior-to-the-start of a meet, may delete track and/or field events but may not add and/or modify track events (except for hurdle events) and/or field events.
3. Review and respond to questions regarding *Interpretations on the 2019 Rules Changes* on pgs. 4 and 5 of the 2019 NFHS Track and Field and Cross Country Case Book.

MEETING #2 - 6:00 p.m., Sunday, March 17, 2019
Carlisle Area High School Gerald L. Fowler Education Center

1. Review and respond to questions regarding the “**Suggested Guidelines for Management of Concussion in Sports**”, Appendix D, on pg. 85 of the 2019 NFHS Track and Field and Cross Country Rules Book.
2. Review and respond to questions regarding the following **2019 Points of Emphasis**:
 - a. Uniforms (Case Book pgs. 27 to 32, 4.3.1 and 4.3.2, Multiple Situations)
 - b. Wearable Technologies (Case Book pg. 90, 8.7.1 Situation D)
 - c. Officials Safety and Recommendations in the Vertical and Horizontal Jumps.
3. Review and respond to questions regarding the PIAA Interpretation of the following NFHS Track and Field and Cross Country **Rule 4-2-2 Table**:

Contestant may officially enter:

Four individual events - May be listed on any number of relays but may become a competitor in **zero relays**.

Three individual events - May be listed on any number of relays but may become a competitor in no more than **one relay**.

Two individual events - May be listed on any number of relays but may become a competitor in no more than **two relays**.

One individual event - May be listed on any number of relays but may become a competitor in no more than **three relays**.

Zero individual events - May be listed on any number of relays but may become a competitor in no more than **four relays**.

MEETING #3 - 6:00 p.m., Sunday, March 24, 2019
Carlisle Area High School Gerald L. Fowler Education Center

Officiating the Event – Javelin Throw

PIAA Suggested Techniques for Track and Field Officiating (Updated 2015), pgs. 29 and 30 **Field Event Guidelines A, C, D, E, H, and I**; and pgs. 42 to 46, **Officiating the Javelin Throw**.

2019 NFHS Track and Field Rules Book, pgs. 40 to 44 and pgs. 57 to 60.

2019 NFHS Track and Field Casebook, pgs. 84 and 85.

You Make the Call:

1. In the Discus Throw, it is a foul if a competitor:
 - A. Fails to initiate a purposeful action within one minute after being called.
 - B. Does not exit 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. In the Long Jump and Triple Jump, 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 and within 2 meters of the runway.
 - D. All are requirements for placement of the anemometer.
3. 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.
4. After results have been announced or made official in an event, appeals regarding misapplication of the rules shall be filed no later than:
 - A. Within 15 minutes of official results of that event.
 - B. Within 30 minutes of official results of that event.
 - C. Within 45 minutes of official results of that event.
 - D. Before the conclusion of that meet.
5. 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.
6. A pass is used to forego a trial and is not considered a trial.
 - A. True
 - B. False

MEETING #4 - 6:00 p.m., Sunday, March 31, 2019
Carlisle Area High School Gerald L. Fowler Education Center

Officiating the Event – Duties of Referee/Starter at Regular Season Dual Meets and Pre-Meet Meeting

PIAA Suggested Techniques for Track and Field Officiating (Updated 2015), pgs. 4 to 7, **Referee/Starter**; and pgs. 8 to 10, **Clerk of the Course**.

2019 NFHS Track and Field Rules Book, pgs. 14 & 15, Rule 3-3-4, **Referee**; pgs. 15 & 16, Rule 3-3-6, **Starter**; and pg. 16, Rule 3-3-7, **Clerk of the Course**.

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

- Order of Events
- Order of Sections for Dual Meets and Tri-Meets (**Fast/Slow or Slow/Fast**)
- Restricted Areas
- Non-Contested Events
- Entry Limitations
- Combined (Coed) Races
- Vertical Jumps' Starting Heights
- Horizontal Jumps' and Throws' Format (3 and 3, 3 or 4 total, open pit, etc.)
- Marking Restrictions
- Weather-Related Issues
- Excused Competitor Procedure
- Other

PIAA SPORTSMANSHIP MESSAGE

The message below shall be read to the Head Coaches and Team Captains prior to each Contest officiated by a PIAA-Registered 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 that 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.

You Make the Call:

1. Unfair acts resulting in disqualification of a competitor from an event 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.
2. In the Shot Put, it is a foul if the competitor:
 - A. Exits the back half of the circle before the implement has landed.
 - B. After starting an attempt, touches any surface outside the circle during the put attempt.
 - C. Allows the shot to drop behind or below the shoulder during the put attempt.
 - D. All are fouls.
3. 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 another time period is specified in advance by the games committee or the meet director.
 - C. 48 hours after the conclusion of the meet.
 - D. 48 hours after the conclusion of the meet, unless another time period is specified in advance by the games committee or the meet director.
4. In the High Jump, the competitor clears the crossbar, but causes it to vibrate. Which of the following would result in the trial 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.
5. While in an unrestricted area or coaching box, a coach may use which of the following when consulting with a competitor between a race or a trial:
 - A. iPad.
 - B. Cell phone.
 - C. Smartphone App for performance analysis.
 - D. All are permitted.

MEETING #5 - 6:00 p.m., Sunday, April 7, 2019
Carlisle Area High School Gerald L. Fowler Education Center

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

2019 NFHS Track and Field Rules Book, pg. 44, Rule 6-2-21, **Continuing Flight**.

2019 NFHS Track and Field Casebook, pg. 66, 6.2.21 Situation.

<http://www.usatf.org/groups/officials/files/resources/field-events/Vertical-Jumps-Five-Alive-Jan2010.pdf>

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

You Make the Call:

1. In the High Jump, measurements shall be recorded to the nearest lesser:
 - A. $\frac{1}{4}$ inch or centimeter.
 - B. $\frac{1}{2}$ inch or centimeter.
 - C. $\frac{3}{4}$ inch or centimeter.
 - D. 1 inch or centimeter.
2. 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 that event if repeated.
 - C. Immediate disqualification from further competition in the meet.
 - D. No penalty, athletes may remove their uniforms.
3. 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.
4. 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.

MEETING #6 - 6:00 p.m., Sunday, April 14, 2019
Carlisle Area High School Gerald L. Fowler Education Center

Officiating the Event – Triple Jump

PIAA Suggested Techniques for Track and Field Officiating (Updated 2015), pgs. 57 to 73, **Officiating the Horizontal Jumps**.

2019 NFHS Track and Field Rules Book, pgs. 40 to 43 and pgs. 60 to 62.

2019 NFHS Track and Field Casebook, pgs. 85 and 86.

You Make the Call:

1. 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.
2. 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.
3. 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.
4. Time limits for competitors to be excused to compete in another event shall be determined by the:

A. Meet Director.	C. Clerk of the Course.
B. Games Committee.	D. Event Judge.
5. Which of the following can be legally worn by a competitor in track and field and cross country?
 - A. Medical alert, with alert visible.
 - B. Wedding band.
 - C. Watch.
 - D. All of the items are legal to wear.
6. 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.

MEETING #7 - 6:00 p.m., Sunday, April 28, 2019
Carlisle Area High School Gerald L. Fowler Education Center

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

2019 NFHS Track and Field Rules Book, pgs. 64 & 65, Rule 8-2, **Scoring**; pg. 66, Rule 8-4-2, **Referee**; pg. 66, Rule 8-4-4, **Starter**; and pgs. 69 & 70, Rule 8-6, **Disqualifications**.

Referee/Starter 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 Start Line and Finish 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 head 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), verify the start time(s), and verify 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 team head coach to make sure his/her athletes have had the chance to walk the course and if they will be warmed up and ready to start at the assigned start time.
6. Meet with the Head Coaches and Captains 20 minutes before the start of the first race to answer questions, review any special rules of the course, read the PIAA Sportsmanship Message, and determine starting block assignments, if applicable.
7. Fifteen minutes before the start of each race, check in the athletes at the start line, check uniforms, give your starting instructions, and place the athletes at the start line in the order agreed upon.
8. Start the race and watch for any infractions 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 score sheets and verify that the team scores are correct and that the displacers were properly recorded.

11. Sign, date, and record the time you verified the final scores and places on the score sheet(s).

You Make the Call:

1. 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.
2. 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.
3. In cross country, a finish corral is recommended when a transponder system is used for order of finish.
 - A. True
 - B. False
4. 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
5. 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
6. In cross country, 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.

MEETING #8 - 6:00 p.m., Sunday, May 5, 2019
Carlisle Area High School Gerald L. Fowler Education Center

Officiating the Event – Review and respond to questions regarding the following 2019 Track and Field and Cross Country Casebook new or revised Situations:

Pg. 27, **4.3.1 Situation B**; pg. 27, **4.3.1 Situation C**; pg. 28, **4.3.1 Situation F**; pg. 28, **4.3.1 Situation J**; pg. 29, **4.3.1 Situation K**; pg. 29, **4.3.1 Situation M**; pg. 29, **4.3.1 Situation N**; pg. 30, **4.3.1 Situation P**; pg. 31, **4.3.2 Situation B**; pg. 31, **4.3.2 Situation C**; pg. 32, **4.3.2 Situation E**; pg. 50, **5.8.1 Situation**; pg. 65, **6.2.17 Situation C**; pg. 68, **6.3.2 Situation D**; pg. 71, **6.4.12 Situation**; pg. 76, **6.5.15 Situation A**; pg. 88, **8.3.3 Situation**; and pg. 90, **8.7.1 Situation D**.

You Make the Call:

Discuss any Concerns, Procedures, or Staffing regarding:

Saturday, May 11, 2019 Mid Penn Conference Track and Field Championships:

1. If you are officiating, please report to Chambersburg Area High School by no later than 8:00 am on Saturday.
2. Meet begins promptly at 9:00 am on Saturday.
- 3.
- 4.

Friday, May 17 and Saturday, May 18, 2019, PIAA District III Track and Field Championships:

1. If you are officiating, please report to Shippensburg University of PA by no later than 1:00 pm on Friday and by no later than 8:00 am on Saturday.
2. Field Events begin promptly at 2:00 pm on Friday and Track Events begin promptly at 3:00 pm on Friday. Meet begins promptly at 9:00 am on Saturday.
- 3.
- 4.

Friday, May 24 and Saturday, May 25, 2019, PIAA Track and Field Championships.

1. If you are officiating, please report to Shippensburg University of PA by no later than 8:00 am on Friday and by no later than 8:00 am on Saturday.
2. Meet begins promptly at 9:00 am on Friday and promptly at 9:00 am on Saturday.
- 3.
- 4.

**PENNSYLVANIA INTERSCHOLASTIC ATHLETIC
ASSOCIATION, INC. 550 GETTYSBURG ROAD, PO BOX
2008
MECHANICSBURG, PA 17055-0708
TELEPHONE (717) 697-0374 OR (800)382-1392
FAX (717) 697-7721**

**TRACK & FIELD AND CROSS COUNTRY CONTESTANT,
COACH, OR TEAM PERSONNEL DISQUALIFICATION FORM**

During the PIAA-defined outdoor and indoor Track and Field and Cross Country Regular Seasons and Postseasons, **a disqualified track and field or cross country 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, PENALTIES, Section 8, Disqualification From Next Contest(s), of the PIAA By-Laws.

NFHS Track and Field and Cross Country Rule 4-6-1 PENALTY and Rule 4-6-1 NOTES 1 & 2 are applicable. NFHS Track and Field and Cross Country Rules 3-2-8 PENALTY 2; 4-2-2 PENALTY; 4-3-3 PENALTY; and 6-2-6 PENALTY may also apply.

The disqualifying Contest official must file an online Disqualification Form, as soon as possible, but no later than 24 hours following the completion of the Contest in which the disqualification took place. Disqualification Forms shall be submitted at <http://www.piaa.org/officials/forms/default.aspx>.