



## MEETING #1

- A. Call to Order
- B. Introductions of Chapter Officers and New Members
- C. Chapter Business
  - 1. Review the 2020 Meeting Schedule
  - 2. Other
- D. Prepared Discussion Items
  - 1. Review and answer any questions concerning the 2020 NFHS *Rules and Editorial Changes* (**2020 Rules Book**: pages 2 -3, 76 - 77 and pages 12 to 13 of this Document)
  - 2. Review *PIAA Rule Modifications and Exceptions\** (see pages 9 to 11 of this Document for additional information)
  - 3. Review the New Case Book Situations based on the 2020 Rules changes in the **2020 NFHS Case Book** on page 4 -5.
- 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](http://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



## 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 3-2-4n (pg 13) PIAA modification** restricts the wearing of hats, do-rags etc. unless approved by the PIAA for medical reasons. **See VII. Rule 4-4 NOTE.** Stocking hats may be worn in cold weather with Games Committee approval.
- V. **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.”
- VI. **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.”



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

**VIII. 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/hats 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/or any other competitor and is 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.”**

**IX. 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**).”

**X. 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.”

**XI. 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. 65)**, PIAA 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 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.



- 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 oz. [4 kg].)

Discus Throw

(The discus shall weigh 2 lbs., 3.27 oz. [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.**



## 2020 Track and Field and Cross Country Rules Changes

**4-6-5g, 8-6-1e:** Clarifies that a competitor should not be penalized for helping another competitor who is distressed or injured when no advantage is gained by the competitor who is assisting.

**Rationale:** The committee believes when no advantage is gained by a competitor helping a distressed or injured competitor, the competitor assisting should not be penalized for exhibiting good sportsmanship.

**5-3-3 & 4, 5-10-6 thru 11:** Clarifies that in the 4x100-meter relay and 4x200-meter relay, and other relays with legs of 200 meters or less, each exchange zone will be 30 meters long. All exchange zones for races in excess of 200 meters will remain at 20 meters.

**Rationale:** In the 4x100-meter relay and 4x200-meter relay, and other relays with legs of 200 meters or less, each exchange zone will be 30 meters long. All exchange zones for races in excess of 200 meters will remain at 20 meters.

**6-2-6:** Clarifies that it is illegal to run backward or in the opposite direction (non-legal direction) on a horizontal jump, pole vault or javelin runway.

**Rationale:** This change promotes a more organized and efficient warm-up period.

**6-3-2-b-4-a:** This change provides metric measurements for tie-breaking jump-offs for vertical jumps.

**Rationale:** The committee established appropriate metric increments for tie-breaking jump-offs in the vertical jumps.

**6-9-5:** The length of long jump and triple jump pits constructed after 2019 shall be at least 23 feet (7 meters).

**Rationale:** Clarifies the language of the 2019 rule change for long jump and triple jump pits and ensures pit measurements are within industry standards for safety.

**8-1-1:** Clarifies cross country course markings.

**Rationale:** The reorganization of the rule states that a course should be clearly marked with any or all of the methods listed in the rule.

**8-1-3:** Clarifies cross country course layouts.

**Rationale:** This rule change will not eliminate courses that may be used for smaller meets with limited numbers of participants. The additional language provides a recommended minimum distance for straightaway at the start of all meets.



### **2020 Editorial Changes**

**5-11-1** A relay team shall pass their baton in accordance with the rules. **Rationale:** Clarifies that a team finishes the race with the same baton that it used at the start of the race.

### **2020 Editorial Changes**

5-1-5, 6-8-10d **2020 Points of Emphasis**

1. Meet Administration
2. Exchange Zone
3. Assisting Injured Athletes



## **MEETING #2**

- A. Call to Order.
- B. Chapter Business.
- C. Cover the **2020 Point of Emphasis, "Meet Administration"** on page 75 of the 2020 NFHS Rules Book.
- D. Review the following **2019 Points of Emphasis** (Uniforms and Wearable Technologies) listed below.
  - Uniforms
  - Wearable Technologies

### **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 acted 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.





E. Review the PIAA clarification of Rule 4-2-2 Table (page 22)

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.

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 based on situations encountered or experienced by members of you Chapter!!!! I encourage you to deal with these situations prior to the planned lesson for the meeting.
- 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 – Differences for Scoring and the Number of Entries for - Dual, Tri, Quad and Invitationals Meets**

2020 NFHS Rules Book

Pages 9- Rule 2-1-2, Page 10- Rules 2-2-1 thru 4, Page 22- Rule 4-2-4 a thru d

2020 NFHS Casebook

Pages 7- Sit. 2.2.1, Page 26 Sit. 4.2.4A, 4.2.4B, 4.4.2C

#### **You Make the Call**

1. 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 the above standard outdoor races.

2. One American flag may be placed where 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.

3. 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.

4. The incoming and outgoing runners may simultaneously touch the baton outside of the 20-meter exchange zone.

- A. True
- B. False



5. 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.



## **Lesson #4**

### **Officiating the Event – High Jump**

2020 NFHS Rules Book

-Rule 6-4-1 to 14 pages 45-47

2020 Suggested Technique for Track and Field

-High Jump pages 47 & 48

2020 NFHS Case Book- pages 70 to 73

Also review the six (6) fouls that can occur in the High Jump. (2020 NFHS Rules Book – Rule 6-4-14 on page 47.

### **You Make the Call**

1. 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.
  
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 the event if repeated.
  - C. Immediate disqualification from further competition in the meet.
  - D. No penalty, athletes may remove their uniforms.
  
3. 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.
  
4. A contestant who failed to report to a field event until after the event has started:



- A. Shall not be allowed to participate in that event.
  - B. Shall be added to the event, but must compete in his/her assigned order.
  - C. Shall be added to the event, but will have one attempt marked as a foul or miss.
  - D. Shall be added to the event, but must take his/her attempt immediately.
5. If the baton is dropped during the relay, which rules apply?
- A. If dropped in the exchange zone, either the incoming or outgoing runner may retrieve it as long as they don't interfere with another runner and it is retrieved within the limits of the original exchange zone extended across the track.
  - B. If dropped outside the exchange zone, the competitor who dropped it must retrieve it.
  - C. A baton that inadvertently leaves a runner's hand must be retrieved immediately without interference to other runners.
  - D. All above rules apply.



## **Lesson #5**

### **Officiating the Event – Infractions and Penalties**

2020 NFHS Rules Book –

1. Use of Electronic Devices – Page 13 Rule 3-2-8 & Penalties
2. Entry Limits – Page 22 – Page 22 Rule 4-2-2 & Penalty
3. Illegal Uniform and removing uniform items – Page 23-24 Rule 4-3 & Penalties
4. Unsporting and Unacceptable Conduct – Page 25 Rule 4-6 & Penalties
5. Unfair Act and use of illegal equipment – Page 26 Rules 4-6-4 and 4-6-5 & Penalty
6. Interference – Page 37 Rule 5-9-1 & Penalty
7. Relay/Lane /Curb Infractions – Page 39 Rule 5-11, 5-12 and 5-13 & Penalties
8. Warm-up Infractions – Page 42 Rule 6-2-6 & Penalty
9. Illegal implements and use of Artificial Aids – Pages 42-43 Rule 6-2-10, 6-2-13 and 6-2-14 & Penalty
10. Use of Illegal vaulting pole – Page 47 Rule 6-5-4 & Penalty
11. Use of another individual's pole – Page 51 Rule 6-5-21 & Penalty
12. Wearing wrong or altered Competitor Number or chip transponder – Page 65 Rule 8-3-3 & Penalty

2020 NFHS Case Book –

Use the Casebook Situations below to reinforce Infractions and penalties

### **You Make the Call**

1. Page 14 – 3.2.8 Situation
2. Page 24 - 4.2.2 Situation A
3. Page 29 – 4.3.1 Situation M and Page 32 4.3.3 Situation B
4. Page 35 – 4.6.1 situation F and page 36 4.6.2 situation B
5. Page 38 – 4.6.4 Situation and 4.6.5 Situation D
6. Page 51 – 5.9.1 Situation C
7. Page 56 – 5.12.1 Situation B and 5.13.1 Situation
8. Page 63 – 6.2.6 Situation D
9. Page 64 – 6.2.14 Situation
10. Page 74 – 6.5.4 Situation B
11. No Case Book Situation for this Rule but very similar to #10 above.
12. Page 28 – 4.3.2 Situation G



## **Lesson #6**

### **Officiating the Event – Pre-Meet and Inspection Duties**

2020 Suggested Techniques for Track and Field Officiating

Page 5 – Part B Pre-Meet

Page 47 – Pre-Event for the High Jump

Page 57-58 – Pre-Event Preparation for the Horizontal Jumps

Additional Information:

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

Role of officials inspecting duties, a general review - A well-run meet begins when each official competently performs each of his/her pre-meet responsibilities. These responsibilities include not only those covered by the rules but include the "common sense" approach to making sure your event is ready to go for the competition. Prior to the beginning of inspecting duties, the officials should discuss the method of clearly marking implements that pass inspection as well as those not passing inspection and their being removed from warm-ups and competition. This should be done in a fashion that makes it easy for the event judges to quickly determine the legality of the





implements once at each specific event venue. The referee, field referee or head field judge has the responsibility to oversee all implement and apparatus inspectors. The weighing, measuring and inspecting all implements in throwing events are responsibilities of the implement inspector(s). It is important that only legal implements are permitted for use in warm-ups and competition. This season, by rule, the starter has the responsibility to inspect all starting blocks to be used in the running events. Each pole to be used in the pole vault competition shall be inspected by the field referee or head field judge and meet the requirements in Rule 6-5-3. Once at each field event venue, to be certain the venue is ready for competition, the head event judge and accompanying crew should observe the equipment, layout and marking, that the necessary areas are cordoned off for risk minimization and all necessary equipment for the conducting the event is present. Any problems should be reported to the field referee or referee who in turn may need to work directly with the meet director and host administration to bring the venue into compliant

### **You Make the Call**

1. 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).
  
2. Which of the following will result in a disqualification?
  - A. Competitor using artificial aids.
  - B. Pushing a vaulter in the back at take-off.
  - C. Competitor using an illegal implement.
  - D. All the above.
  
3. If an athlete desires to use video in an unrestricted area once competition begins:
  - A. The coach must give permission.
  - B. The athlete must seek permission from the referee.
  - C. It cannot interfere with the progress of the meet and information cannot be transmitted to the competitor during a trial or race.
  - D. It is not allowed.



4. Who determines the time limit for excused competitors in a field event?
- A. The head field judge.
  - B. The athlete.
  - C. The games committee.
  - D. The field referee.
5. Hand-held times registered in one one-hundredth of a second shall be:
- A. Rounded up to the next tenth of a second.
  - B. Rounded up or down to next tenth of a second.
  - C. Recorded with a time on the watch.
  - D. Ruled illegal.



## **Lesson #7**

### **Officiating the Event – Umpiring the Hurdle Events**

Suggested Techniques for Track and Field Officiating Booklet (revised 2020)

Pages – 22 - 28

2020 NFHS Rules Book

Page – 40 Rule 5-14-1 & 2, Page 33 Rule 5-3-7

2019 NFHS Case Book

Pages – 57 to 59

5.14.2 Situation A

5.14.2 Situation D

5.14.2 Situation G

5.14.2 Situation B

5.14.2 Situation E

5.14.2 Situation H

5.14.2 Situation C

5.14.2 Situation F

5.14.2 Situation I

### **You Make the Call**

1. After the bar has been raised, how much time should be given for a trial to the final competitor in the high jump?

- A. 1 Minute
- B. 2 Minutes
- C. 3 Minutes
- D. 5 Minutes

2. The discus throwing cage is designed to provide limited protection for everyone in the immediate throwing area. In an effort to keep this area as safe as possible, which of the following options should be employed:

- A. Cordon off the area, rope, fence or flag the area well outside the sector lines.
- B. Cordon off the area through the use of a megaphone, fence or flag the area well outside the sector lines.
- C. Cordon off the area through the use of strategically placed signs well outside the sector lines.
- D. Cordon off the area through the use of surveyor flags.



3. It is not a foul if a discus competitor:
  - A. Throws the discus so it does not fall within the sector lines.
  - B. After stepping into the circle, fails to pause before starting the throw.
  - C. Exits at the back half of the circle.
  - D. Leaves the circle before the implement has landed.
  
4. When any apparent place-winner is disqualified during the event:
  - A. No advancement occurs.
  - B. Event points will be divided equally among the place-finishers.
  - C. Lower place-winners in that event will be advanced to fill vacant places, unless the disqualification occurs after the event results have become official.
  - D. The games committee determines advancement.
  
5. If a relay team's uniforms are the same predominant color, individuals on the relay team can wear different foundation garments.
  - A. True.
  - B. False.



## **LESSON # 8**

### **Officiating the Event – Cross Country and Modified Scoring**

2020 NFHS Rules Book

Rule 8-2-3 page 65

**Effective with the 2019 Cross Country Season, the PIAA Board of Directors accepted the recommendation from the Cross-Country Steering Committee and adopted NFHS Track & Field and Cross-Country Rule 8-2-3 to permit Leagues and/or Conference to modify the scoring system when less than five competitors are available in dual meet competition.**

**The NFHS Track & Field and Cross-Country Rules Book provides under Rule 8-2 the following:**

**ART. 1 ... Scoring shall be as shown in the following table:**

<b>Place:</b>	<b>First</b>	<b>Second</b>	<b>Third</b>	<b>Fourth</b>	<b>Fifth</b>	<b>Sixth,</b>	<b>etc.</b>
<b>Points:</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>etc.</b>

**ART. 2 ... All competitors who finish the race shall be ranked and tallied in accordance with the above table. In cross country, up to seven team members retain their order of finish. Any team members beyond seven shall be disregarded and shall not displace any opposing runners. The team score then shall be determined by totaling the points scored by the first five finishers of each team. The team which scores the fewest number of points is the winner.**

**ART. 3 ... If fewer than five competitors of a team finish, or other number specified by the games committee, the places of all members of that team shall be disregarded and the team scores re-ranked. By state association adoption, a modified scoring system may be used.**

***The PIAA Adoption provides as follows: If teams do not have an equal number of competitors, the team with the fewer number of competitors will count a place(s) one more than the total number of runners towards their team score, up to a maximum of five places.***



*The following is a sample of how the scoring would occur if one of the teams has fewer than 5 runners:*

*In this example, Jefferson HS only has three runners (the Jefferson 4<sup>th</sup> and 5<sup>th</sup> places are shown in parentheses).*

Sample Meet	Perry HS	Jefferson HS
Runner 1	3 <sup>rd</sup>	1 <sup>st</sup>
Runner 2	4 <sup>th</sup>	2 <sup>nd</sup>
Runner 3	6 <sup>th</sup>	5 <sup>th</sup>
Runner 4	7 <sup>th</sup>	(11 <sup>th</sup> )
Runner 5	8 <sup>th</sup>	(12 <sup>th</sup> )
Runner 6	9 <sup>th</sup>	
Runner 7	10 <sup>th</sup>	
Final Score:	28	31

*Perry would be declared the winner of this dual meet.*

*The following is a sample of how the scoring would occur if both of the teams have fewer than 5 runners:*

*In this example, Perry HS only has four runners and Jefferson HS has 3 runners (the Jefferson 4<sup>th</sup> place is shown in parentheses).*

Sample Meet	Perry HS	Jefferson HS
Runner 1	3 <sup>rd</sup>	1 <sup>st</sup>
Runner 2	4 <sup>th</sup>	2 <sup>nd</sup>
Runner 3	6 <sup>th</sup>	5 <sup>th</sup>
Runner 4	7 <sup>th</sup>	(8 <sup>th</sup> )
Runner 5		
Runner 6		
Runner 7		
Final Score:	20	16

*Jefferson would be declared the winner of this dual meet.*

### MODIFIED SCORING FOR CROSS COUNTRY

Again, just to be clear “Modified scoring” in a CC Meet can only be done in our State if a League/Conference/District in advance of the first legal playing date approves to use the modified scoring procedure due to the fact the teams in their league/conference have less than 5 runners making up their team. Two schools cannot just decide to use it halfway through or at the end of the season due to low numbers unless that decision was made by the league/conference before the start of the regular season. Finally, modified CC scoring is only for regular season Meets and NOT invitationals/League championships/District Championships.



If a team has less than 5 runners or both teams have less than 5 runners is the only time the “modified scoring” procedure would be used.

#### Scenarios:

Team A has 4 runners and Team B has 4 runners – the Meet would be scored using the finishing places of the 8 runners only. (There would be 36 points to be awarded and there would be NO displacers.)

Team A has 3 runners and Team B has 3 runners – the Meet would be scored using the finishing places of the 6 runners. (There would be 21 points to be awarded and there would be NO displacers)

Team A has 4 runners and Team B has 3 runners- - The 7 runners that run the race would be awarded places 1 thru 7 (NO Displacers). Team B would be credited with a ghost runners and would be awarded 8<sup>th</sup> place.

Team A has 2 runners and Team B has 3 runners – the 5 runners that run and finish the race would be awarded places 1 thru 5 (No displacers). Team A would be credited with a ghost runner and be awarded 6 points for a 6<sup>th</sup> place finish.

Team C has 6 runners and Team D has 4 runners – Assuming all of Team D’s runners finished ahead of Team’s C sixth runner that runner would be a displacer and Team D would be credited with a ghost runner that finished the race in 11<sup>th</sup> place. In any case Team C would have a displacer and the Team D would still need to be credited with a ghost runner in 11<sup>th</sup> place.

Team E has at least 7 runners and Team F has 4 runners – Team E would have 2 runners that would be displacers and Team F would have a ghost runner that finished 12<sup>th</sup> added to their team score.

#### You Make the Call

1. When does the color of a foundation garment preclude a competitor from competing?
  - A. Always.
  - B. Depends on the colors.
  - C. Depends on the design.



2. A competitor can declare a pass:
  - A. Before the start of the trial clock.
  - B. Any time.
  - C. After being called "Up" but before starting the purposeful action of the event.
  - D. Either B or C.
  
3. It is a foul in the javelin if the competitor:
  - A. Makes a 360-degree turn before the release.
  - B. Throw doesn't fall within the sector line.
  - C. Exits the runway before the implement has landed.
  - D. Any of the above.
  
4. At a coaches meeting prior to the meet, the referee shall address the following with the coaches:
  - A. All team members are expected to exhibit good sporting conduct.
  - B. The head coach shall verify, verbally or in writing, that all of his/her competitors are properly equipped.
  - C. Any special circumstances, procedures and information pertaining to the meet.
  - D. All of the above.
  
5. A competitor finishes a cross country race when:
  - A. The arm and/or hand of the runner breaks the plane of the finish line when using hand- or image-based timing system.
  - B. A runner slides feet first through the finish line.
  - C. The head of the runner breaks the plane of the finish line when using hand- or image-based timing system.
  - D. The torso of the runner breaks the plane of the finish line when using hand- or image-based timing system.





## LAST MEETING

- A. Call to Order.
- B. Chapter business.
  - 1. Election of Officers.
  - 2. Prepare 2021 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 three (3) meetings prior to the first play date.**
  - 3. 2020 State Officials' Convention (August 7 and 8).
  - 4. Other.
- C. Consideration of rule revision/modification.
  - 1. To request a change to a NFHS Rule go to [www.nfhs.org/RuleChangeProposal](http://www.nfhs.org/RuleChangeProposal)
  - 2. Complete the form and click "Submit."
  - 3. You will be required to provide a rationale for your suggested change and any other Rules the change might affect.
  - 4. Once submitted it will be forward to the PIAA for their endorsement.
  - 5. Chapter endorsement of the requested change is recommended.
  - 6. The deadline for potential changes to be submitted is May 1<sup>st</sup>.
  - 7. Recommended changes to the PIAA Modifications need to be submitted to Jim Ellingsworth by June 1<sup>st</sup>.
  - 8. The PIAA Board of Directors adopts the **Track & Field Rule Book** annually (with approved modifications) at the July Board meeting.



- D. **Discuss any Procedures, Concerns or Staffing of your upcoming League/Conference and District Championship Meets.**
- E. Other discussion items.
- F. 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, 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 February 1, 2019)**

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 3/4-inch in a contrasting color located within or above the top hand-hold position; a 1-inch circular band indicating the maximum top hand-hold position with the position being determined by the manufacturer. Prior to the competition, the coach must verify that all of the school's pole vaulters and poles meet these requirements. **NOTE:** Etchings, serial numbers, etc. that may appear on poles shall not replace the requirement of the manufacturer's pole rating of the minimum 3/4-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 3/4 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:

	Boys	Girls
100 Meter Dash	:24	:30
200 Meter Dash	:42	:55
400 Meter Dash	1:30	1:55



	Boys	Girls
800 Meter Run	2:50	3:20
Shot Put	8-2	6-6
Discus Throw	14-9	9-10
Javelin Throw	16-4	11-5

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:

	Boys	Girls
100 Meter Dash	:27	:33
200 Meter Dash	:45	1:00
400 Meter Dash	1:40	2:00
800 Meter Dash	3:30	3:30
Shot Put	6-6	4-11
Discus Throw	13-1	8-2
Javelin Throw	14-9	10-7

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:

	Boys	Girls
Shot Put	3 kg	3 kg
Discus Throw	1 kg	1 kg
Javelin Throw	600 g	600 g



**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 girl's 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:

<http://www.piaa.org/assets/web/documents/2008%20TF%20Evaluation.pdf>