

**David B. Eavenson Chapter of PIAA-Registered Track and Field/Cross Country Officials'
Annual Mandatory Track and Field/Cross Country Rules Interpretation Meeting
7:00 p.m. Monday, February 8, 2021 – Via Zoom Video Communications, Inc.**

1. David B. Eavenson Chapter of PIAA-Registered Track and Field/Cross Country Officials' Website: www.centralpenntack.org.
2. Attendance Credit:
 - a. **PIAA-Member Senior High School Track and Field Head Coaches**, please identify yourself and the PIAA-Member Senior High School that you represent upon joining.
 - b. **PIAA-Registered T&F/CC Officials**, please identify yourself upon joining.
3. Chapter Rules' Interpreters: Brad Cashman @ brcashman@comcast.net or 717-462-9756 (c).
Cherie Ramsey @ cramseyruns@gmail.com or 717-817-1921 (c).
4. Questions regarding NFHS Track and Field/Cross Country Rules and/or PIAA Modifications of same:
 - a. Email or call either Brad Cashman or Cherie Ramsey.
 - b. They will either provide you with an answer or will email or call Jim Ellingsworth.
 - c. Jim will either provide Brad or Cherie with an answer or he will email or call Pat Gebhart.
 - d. An answer will be provided, as soon as reasonably possible!
5. Participation and Entry Limitations (NFHS Rules 4-2-1 and 4-2-4, pg. 22) and PIAA Eligibility Reminder:
 - a. A competitor shall not compete in more than four events, including relays.
 - b. In dual meets, each school is entitled to enter three contestants in individual events, but it is recommended each school be permitted to enter as many contestants as conditions warrant. **Each contestant shall be eligible to place, and NO CONTESTANT shall be labeled as EXHIBITION and be excluded from scoring. Double dual meets shall follow the same procedure.**
 - c. In triangular meets, each school is entitled to enter not more than four contestants.
 - d. In meets which involve four or more schools, not more than three contestants from a given school shall be allowed to enter an individual event.
 - e. In a relay race, only one team per school may be designated as a scoring team.
 - f. Use of PIAA-ineligible contestant results in forfeiture of that contestant's event(s) and that meet.
6. Risk Minimization:
 - a. **MD's or DO's clearance required before a contestant; who exhibits signs, symptoms, or behaviors consistent with a concussion; is permitted to return to competition** (NFHS Rule 4-4-2, pg. 24; and NFHS Appendix D, pg. 85).
 - b. **Present to the meet referee/starter a MD's or a DO's statement documenting the need of a contestant to use an inhaler during competition, PRIOR TO THE BEGINNING OF A MEET.** (NFHS Rule 4-6-5h NOTE 1, pg. 26).
 - c. **"Opposite direction warm-ups" are prohibited on runways of horizontal jumps (LJ/TJ), vertical jumps (HJ/PV), and javelin throw (JT).** (NFHS Rule 6-2-6, pg. 42 and PIAA Modification adding HJ).
 - d. Pole Vault Verification Form (**included**) adoption (NFHS Rule 6-5-3 NOTE 2, pg. 47).
 - e. Pole Vault Planting Box Padding requirement (NFHS Rule 6-5-14, pg. 50; and shall meet applicable ASTM Specification Standards (NFHS Rule 6-5-22, pg. 52).
 - f. Discus Throw protective cage requirement (NFHS Rule 6-6-6, pgs. 53 and 54; and NFHS Appendix A, pg. 80).
 - g. Flagged throwing areas recommendation (NFHS Rule 6-6-6 NOTE 3, pg. 54).
 - h. Long Jump and Triple Jump landing pit requirements (NFHS Rule 6-9-4 and 5, pg. 61).
 - i. Lightning or Thunder Disturbances (NFHS Appendix G, pg. 88; or more stringent school policy).
7. NFHS PowerPoint Presentation and PIAA Sport Specific Documents/Information:
 - a. PowerPoint presentation on NFHS Track and Field/Cross Country Rules Changes, Major Editorial Changes, Points of Emphasis, and Select PIAA Modifications of same.
 - b. Deadline for submitting online rule change proposals for 2022 ~ Saturday, May 1, 2021, at www.nfhs.org/RuleChangeProposal.
 - c. PIAA sport specific documents/information available at www.piaa.org/sports/track
 - d. Wheelchair athlete guidelines available under PIAA Policies and Procedures at www.piaa.org/resources/handbook.
8. PIAA Modifications of Select NFHS Track and Field/Cross Country Rules:
 - a. **PIAA Modifications of Select NFHS Track and Field/Cross Country Rules included.**
 - b. **NOTE: ONLY religious headwear is permitted to be worn without authorization from PIAA. Hijabs, turbans, and yarmulkes are acceptable religious headwear.**

**PENNSYLVANIA INTERSCHOLASTIC ATHLETIC ASSOCIATION, INC. (PIAA)
POLE VAULT VERIFICATION FORM
(Revised February 1, 2020)**

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 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 or head field judge shall inspect each pole to be used in the competition to verify that the poles are legal equipment, per NFHS Track and Field 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.

**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 3-2-4n (pg. 13) PIAA modification**, which “restricts the wearing of caps, hats, do-rags, etc., unless authorized by PIAA for **medical reasons.**” (See VIII. **Rule 4-4 NOTE.**) Subject to authorization by The Games Committee, knit or stocking hats may be worn in inclement weather conditions.
- 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/cap/hat 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 6-2-6 (pg. 42) PIAA modification, which **prohibits during warm-ups** running “backward or in the opposite direction (non-legal direction) on a horizontal jump (‘LJ/TJ’), vertical jump (‘HJ/PV’), or javelin throw (‘JT’) runway.”

XII. Rules Adoptions:

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),** 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.

XIII. 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):

A. Competitors may compete in a maximum of four events, including relays;

B. 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;

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

D. 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.

