



**“START TO FINISH”  
PIAA TRACK AND FIELD CHAPTER MEETING GUIDE**

**FEBRUARY 2021**

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## **INTRODUCTION**

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

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

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

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



## MEETING GUIDE

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

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

We are requesting each chapter interpreter to research each topic thoroughly (*2020 NFHS Track and Field Rules Book, 2020 NFHS Track and Field Case Book, PIAA Suggested Techniques for Track & Field Officiating (UPDATED 2020) and 2019-2020 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](mailto: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](mailto: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.

On behalf of PIAA and your statewide rules interpreter, we would like to wish you a successful and gratifying 2021 season.



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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 2021 PIAA TRACK AND FIELD CHAMPIONSHIPS**

| District      | AA Girls<br>Minimum Number<br>of<br>Track & Field<br>Entries | AAA Girls<br>Minimum Number<br>of<br>Track & Field<br>Entries | AA Boys<br>Minimum Number<br>of<br>Track & Field<br>Entries | AAA Boys<br>Minimum Number<br>of<br>Track & Field<br>Entries |
|---------------|--|---|---|--|
| I             | 1  | 5   | 1   | 5  |
| II            | 2  | 1   | 2   | 1  |
| III           | 2  | 5   | 2   | 5  |
| IV            | 2  | 1   | 2   | 1  |
| V             | 1  | 0*  | 1   | 0*   |
| VI            | 3  | 1   | 3   | 1  |
| VII           | 5  | 4   | 5   | 4  |
| VIII          | 0  | 1   | 0*  | 1  |
| IX            | 2  | 1   | 2   | 1  |
| X             | 2  | 1   | 2   | 1  |
| XI            | 1  | 2   | 1   | 2  |
| XII           | 3  | 2   | 3   | 2  |
| <b>Totals</b> | 24   | 24  | 24  | 24   |



## 2021 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:

| EVENT                 | AA GIRLS | AAA GIRLS | AA BOYS | AAA BOYS |
|-----------------------|----------|-----------|---------|----------|
| 4x800 Meter Relay     | 9:50.40  | 9:35.48   | 8:15.55 | 8:02.04  |
| 100/110 Meter Hurdles | : 16.01  | :15.40    | :15.50  | :15.10   |
| 100 Meter Dash        | : 12.70  | :12.50    | :11.30  | :11.10   |
| 1600 Meter Run        | 5:18.30  | 5:10.00   | 4:31.13 | 4:24.22  |
| 4x100 Meter Relay     | : 50.80  | :49.75    | :44.30  | :43.25   |
| 400 Meter Dash        | : 59.85  | :58.80    | :50.70  | :50.09   |
| 300 Meter Hurdles     | : 47.64  | :46.25    | :40.80  | :39.80   |
| 800 Meter Run         | 2:20.60  | 2:18.47   | 1:59.70 | 1:57.00  |
| 200 Meter Dash        | : 26.25  | :25.91    | :22.88  | :22.50   |
| 3200 Meter Run        | 11:35.00 | 11:10.00  | 9:48.01 | 9:31.71  |
| 4x400 Meter Relay     | 4:08.75  | 4:01.50   | 3:29.60 | 3:24.03  |
| High Jump             | 5-2      | 5-3       | 6-3     | 6-5      |
| Pole Vault            | 10-6     | 11-6      | 13-6    | 14-3     |
| Long Jump             | 16-11    | 17-9      | 21-6    | 22-3     |
| Triple Jump           | 35-6     | 36-6      | 44-0    | 45-0     |
| Shot Put              | 36-6     | 37-6      | 49-6    | 52-0     |
| Discus Throw          | 113-0    | 118-0     | 148-0   | 153-0    |
| Javelin Throw         | 121-0    | 122-0     | 176-0   | 178-0    |



**\*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:**

|                    |            |            |             |             |
|--------------------|------------|------------|-------------|-------------|
| <b>Pole Vault*</b> | <b>9-0</b> | <b>9-6</b> | <b>11-6</b> | <b>12-3</b> |
|--------------------|------------|------------|-------------|-------------|



## **MEETING #1**

- A. Call to Order
- B. Introductions of Chapter Officers and New Members
- C. Chapter Business
  - 1. Review the 2021 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 or go to the Officials Section of the PIAA website at [www.piaa.org](http://www.piaa.org)
- 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 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. 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.**



## 2020/2021 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.



**2020/2021 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.

**2020/2021 Editorial Changes**

5-1-5, 6-8-10d **2020/2021 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 **2020/2021 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 Interpretation of Rule 4-2-2 Table (page 22)

| 4-2-2 Table                      | <p><b>SECTION 2 Participation and Entry Limits</b></p> <p><b>Art. 2. . .</b> 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.</p>   |                                  |  |                               |  |                                |   |                              |  |                             |  |                               |
|----------------------------------|---|----------------------------------|--|-------------------------------|--|--------------------------------|---|------------------------------|--|-----------------------------|--|-------------------------------|
|                                  | <table border="1"> <thead> <tr> <th colspan="2">Contestant may officially enter:</th> </tr> </thead> <tbody> <tr> <td><b>Four individual events</b></td> <td><del>No relays allowed.</del> <u>May be listed on any number of relays, but may become a competitor in zero relays</u></td> </tr> <tr> <td><b>Three individual events</b></td> <td><del>May be listed on any number of relays, but may become a competitor compete in no more than only one relay.</del></td> </tr> <tr> <td><b>Two individual events</b></td> <td><del>May be listed on any number of relays, but may become a competitor compete in no more than only two relays.</del></td> </tr> <tr> <td><b>One individual event</b></td> <td><del>May be listed on any number of relays, but may become a competitor compete in no more than only three relays.</del></td> </tr> <tr> <td><b>Zero individual events</b></td> <td><del>May be listed on any number of relays, but may become a competitor compete in no more than four relays</del></td> </tr> </tbody> </table> <p><b>Rationale:</b> 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</p> | Contestant may officially enter: |  | <b>Four individual events</b> | <del>No relays allowed.</del> <u>May be listed on any number of relays, but may become a competitor in zero relays</u> | <b>Three individual events</b> | <del>May be listed on any number of relays, but may become a competitor compete in no more than only one relay.</del> | <b>Two individual events</b> | <del>May be listed on any number of relays, but may become a competitor compete in no more than only two relays.</del> | <b>One individual event</b> | <del>May be listed on any number of relays, but may become a competitor compete in no more than only three relays.</del> | <b>Zero individual events</b> |
| Contestant may officially enter: |   |                                  |  |                               |  |                                |   |                              |  |                             |  |                               |
| <b>Four individual events</b>    | <del>No relays allowed.</del> <u>May be listed on any number of relays, but may become a competitor in zero relays</u>  |                                  |  |                               |  |                                |   |                              |  |                             |  |                               |
| <b>Three individual events</b>   | <del>May be listed on any number of relays, but may become a competitor compete in no more than only one relay.</del>   |                                  |  |                               |  |                                |   |                              |  |                             |  |                               |
| <b>Two individual events</b>     | <del>May be listed on any number of relays, but may become a competitor compete in no more than only two relays.</del>  |                                  |  |                               |  |                                |   |                              |  |                             |  |                               |
| <b>One individual event</b>      | <del>May be listed on any number of relays, but may become a competitor compete in no more than only three relays.</del>  |                                  |  |                               |  |                                |   |                              |  |                             |  |                               |
| <b>Zero individual events</b>    | <del>May be listed on any number of relays, but may become a competitor compete in no more than four relays</del>   |                                  |  |                               |  |                                |   |                              |  |                             |  |                               |

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

2020 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 runner 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 2022 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. 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 Modification 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, 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 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  |
| 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 Run  | 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      | 3kg  | 3kg   |
| Discus Throw  | 1kg  | 1kg   |
| Javelin Throw | 600g | 600g  |

**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>



**CHAPTER LESSON  
ANSWERS**

**2021**

**Lesson #3**

|      |   |                      |
|------|---|----------------------|
| 1. D | All the above standard outdoor races.         | 3-6-1 page 15-16     |
| 2. D | All of the above.                             | 4-3-1b(6) page 23    |
| 3. B | Be constructed to fit within the track lanes. | 5-4-4, 5-4-5 page 33 |
| 4. B | False   | 5-10-7 NOTE page 38  |
| 5. D | All are legal for the pole.                   | 6-5-2 page 47        |

**Lesson #4**

|      |  |                        |
|------|--|------------------------|
| 1. D | All are responsibilities of the starter.                                     | 3-6-1 Page 15 & 16     |
| 2. B | Warning for a first offense and disqualification from the event if repeated. | 4-3-3 PENALTY page 24  |
| 3. A | ¼ inch or centimeter.  | 6-4-13 page 46         |
| 4. A | Shall not be allowed to participate in the event.                            | 4-1-3 page 21          |
| 5. D | All above rules apply.   | 5-10-6, 5-10-7, page38 |

**Lesson #5**

No Questions or answers for this Lesson

**Lesson #6**

|      |   |                              |
|------|---|------------------------------|
| 1. A | 31.5 inches (80 centimeters).   | 6-5-17 page 50               |
| 2. D | All the above.  | 6-2-14 page 43               |
| 3. C | It cannot interfere with the progress of the meet and information cannot be transmitted to the competitor during a trial or race. | 3-2-8 page 13                |
| 4. C | The games committee.  | 3-2-3o, 6-2-4 page 12 and 42 |
| 5. A | Rounded up to the next tenth of a second.   | 3-9-8 page 18                |



### **Lesson #7**

|      |  |                      |
|------|--|----------------------|
| 1. D | 5 Minutes  | 6-2-2(d) page 41     |
| 2. A | Cordon off the area, rope, fence or flag the area well outside the sector lines.   | 6-6-6 NOTE 3 page 54 |
| 3. C | Exits at the back half of the circle.  | 6-6-9 page 55        |
| 4. 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. | 2-1-3 pg 10          |
| 5. A | True   | 4-3-2 page 24        |

### **Lesson #8**

|      |  |                                 |
|------|--|---------------------------------|
| 1. A | Never.   | 4-3-1b (7) page 24              |
| 2. A | Before the start of the trial clock.   | 6-1-6 and 6-2-2a page 41        |
| 3. D | Any of the above   | 6-8-10 page 60                  |
| 4. D | Any of the above.  | 3-4-8 page 15 and 8-4-3 page 66 |
| 5. D | The torso of the runner breaks the plane of the finish line when using hand- or image-based timing system. | 8-3-2 page 65                   |

### **NOTES:**



## 2019 NFHS Track and Field Rules Exam

1. 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 the above are correct.
  
2. The games committee may determine the time at which field events shall terminate.
  - A. True
  - B. False
  
3. The games committee has the authority to determine time limitations or number of warm-up opportunities in the field events.
  - A. True
  - B. False
  
4. The meet director shall serve as the official representative of host meet management.
  - A. True
  - B. False
  
5. 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.
  
6. 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.



7. 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.
8. 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
9. The implement inspector shall:
- A. Weigh the implement.
  - B. Measure the implement.
  - C. Inspect the implement.
  - D. All are responsibilities of the implement inspector.
10. The shoe must be designed so that it can be fastened securely to the foot.
- A. True
  - B. False
11. 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.
12. 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.

13. 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.

14. 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

15. 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

16. An athlete may use a watch worn around the wrist during a competition.

A. True

B. False

17. A running event or heat begins when competitors report to the starting line.

A. True

B. False

18. 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.



19. 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.
20. The incoming and outgoing runners may simultaneously touch the baton outside of the 20-meter exchange zone.
- A. True
  - B. False
21. Excused competitors shall make the last attempts in finals.
- A. True
  - B. False
22. To break a tie in a throwing or horizontal jumping event, the second-best performance is used.
- A. True
  - B. False
23. In the javelin throw, wearing a support belt is considered an illegal action.
- A. True
  - B. False
24. 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.



25. 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

26. 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.

27. The landing pad may consist of multiple sections simply tied together.

- A. True
- B. False

28. 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.

29. 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.

30. It is required that the plant box padding meets applicable ASTM specifications.

- A. True
- B. False





31. 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).

32. 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.

33. 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

34. 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

35. 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

36. 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



37. 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

38. Unless state association policy determines otherwise, special events should be conducted using USATF Youth event rules.

- A. True
- B. False

39. 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.

40. In a three-way track meet, how many relay teams will earn points toward the team score?

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

41. Which situation cannot be protested to the Jury of Appeals?

- A. A misapplication of the rules.
- B. Whether a start is fair and legal.
- C. A clerical error in team scoring.
- D. A failure to advance the correct number of athletes to the finals.

42. 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.



43. 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.
44. 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
45. In the shot put, a competitor had a best throw of 47'3" in the preliminaries and 46'9" in the finals. What is the distance that he/she should be credited with?
- A. 47'3"
  - B. 46'9"
46. What is the legal wind reading for an NFHS record in the long jump, triple jump or race that is not run around the complete oval of the track?
- A. 1 meter per second.
  - B. 2 meters per second.
  - C. 3 meters per second.
  - D. 4 meters per second.
47. Taping any part of the throwing hand or fingers in the shot put is:
- A. Legal.
  - B. Illegal.



48. 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.

49. Which scenario would constitute an illegal entry?

- A. A contestant may officially enter zero individual events, be listed on four relays and compete in four relays.
- B. A contestant may officially enter one individual event, be listed on any number of relays, but compete in only three relays.
- C. A contestant may officially enter three individual events, be listed on any number of relays, but compete in only one relay.
- D. A contestant may officially enter four individual events, be listed on any number of relays, but compete in a relay only if he or she does not check in to one of their individual events.

50. 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.

51. In the high jump, if the competitor touches the bar, gets off the mat and then the bar falls off the pins, the head event judge shall:

- A. Rule this as a foul.
- B. Ask the athlete if he/she would like the jump recorded as a pass.
- C. Rule as a "no jump" and the competitor is awarded a replacement trial.
- D. Rule the trial successful.

52. If there are preliminaries and finals in the throwing events, the finals are conducted:

- A. According to the judge's decision.
- B. In random order, drawn by lot.
- C. In reverse order of the best performance in the preliminaries.
- D. None of the above.



53. 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.

54. In the boys pentathlon, what is the correct order of events?

- A. Long Jump, High Jump, 200-Meter Dash, Discus, 1600- or 1500-Meter Run.
- B. High Jump, Long Jump, 200-Meter Dash, 1600- or 1500-Meter Run, Discus.
- C. Long Jump, High Jump, Discus, 200-Meter Dash, 1600- or 1500-Meter Run.
- D. Discus, High Jump, Long Jump, 200-Meter Dash, 1600- or 1500-Meter Run.

55. 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.

56. The head field event judge:

- A. Shall oversee the measuring, weighing and inspection of the implements.
- B. Is responsible for checking and certifying event sheets for all field events sheets.
- C. Shall check and enforce uniform, visible apparel and shoes regulations.
- D. Is responsible for all the above.

57. Combining male and female competitors in events (while scoring them separately) may occur if the head coaches of the competing teams unanimously agree or the referee deems it necessary.

- A. True.
- B. False.



58. The use of a protective cage is required in the discus. Which of the following is required or recommended for cage construction?

- A. The cage should be constructed of heavy nylon netting or other materials that will help to prevent bounce back.
- B. There shall be a rear to the cage as well as sides that extend forward at least to the front of the ring.
- C. The ends of the cage wings should be placed within 4 to 5 feet of the sector lines.
- D. All of the above.

59. 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.

60. Video replay or television monitoring equipment, other than the official finish line equipment approved by the games committee prior to the start of competition, shall not be used to make decisions related to the meet.

- A. True.
- B. False.

61. The \_\_\_\_\_ shall oversee the measuring, weighing and inspection of the implements and apparatus.

- A. The starter
- B. The meet announcer
- C. The field referee or head field judge
- D. The marshal

62. 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.



63. When athletes are placed in alleys in a distance race, what is the lane boundary for the competitors in that alley?

- A. The lane lines from both combined lines are the boundaries depending on which actual lane the athlete is placed in at the start.
- B. The lane line from lane one is the boundary for all competitors.
- C. The lane line of the innermost lane is the boundary for all competitors in that alley.
- D. There are not lane boundaries for races started in alleys.

64. In a running event, if there is a tie by any number of competitors for scoring places:

- A. The points for tied places will be added together and divided by the number of competitors involved in the tie.
- B. Each competitor receives the points associated with the highest place for which they are tied.
- C. Each competitor receives the points associated with the lowest place for which they are tied.
- D. None of the above.

65. 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.

66. 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.

67. At the conclusion of an unsuccessful attempt in the triple jump, a coach requests a measurement. The official grants the request.

- A. True.
- B. False.



68. The minimum length of the javelin runway is 120 feet.
- A. True.
  - B. False.
69. 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.
  - D. Never.
70. Three relay team members are wearing foundation garments above the knees and an additional relay team member is wearing a foundation garment below the knees. Which ones are legal?
- A. The ones below the knees.
  - B. The ones above the knees.
  - C. None of the garments are legal.
  - D. All garments are legal.
71. There are circumstances where two runners can simultaneously touch a relay baton outside of the 20-meter exchange zone.
- A. True.
  - B. False.
72. In the shot put, the competitor puts the shot and it lands in the sector. The official raises the white flag and then the competitor exits through the front of the circle. The official rules a foul and raises a red flag. Is this the correct procedure?
- A. Yes, illegal throw.
  - B. No, legal throw.
73. 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.





74. In the triple jump, the landing pit recommended distances are 32 feet for boys and 26 feet for girls.

- A. True.
- B. False.

75. In the discus, measurements will be recorded to the nearest lesser inch or even number centimeter.

- A. True.
- B. False.

76. In the pole vault, an unsuccessful attempt is indicated on the scoresheet by:

- A. "-"
- B. "X"
- C. "O"
- D. "F"

77. In the high jump, a successful attempt is indicated on the scoresheet by:

- A. "-"
- B. "X"
- C. "O"
- D. "G"

78. The long jump/triple jump landing pit should be a minimum width of 9 feet, and the distance between the foul line and farther edge of the landing area shall be at least 32 feet.

- A. True.
- B. False.

79. 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.



80. In any throwing event, tape is only allowed on the palm or fingers to cover an open wound.

- A. True.
- B. False.

81. In the long jump with prior notification to the event judge, a competitor may change which foul line or takeoff board he/she uses during competition.

- A. True.
- B. False.

82. In the horizontal jumps, markers may be placed:

- A. On the runway.
- B. In the landing pit.
- C. Either of the above.
- D. None of the above.

83. In cross country, the use of a chute is recommended when a transponder/chip system is used for order of finish.

- A. True.
- B. False.

84. 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.

85. While in the coaching box, a coach may use which of the following when consulting with a competitor between attempts, provided it does not interfere with progress of the meet as determined by the meet referee.

- A. Ipad.
- B. Cell phone.
- C. Smartphone App for performance analysis.
- D. All are permitted.



86. The clerk of the course may change lane assignments, with the approval of the referee, 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.

87. Each competitor must wear a uniform either approved by the school or issued by the school.

- A. True.
- B. False.

88. In relays, each team member shall wear uniforms clearly indicating, through predominant color, school logo and color combination of all outer garments worn as a uniform, that members are from the same team.

- A. True.
- B. False.

89. A runner who is running the curve may be disqualified if he/she:

- A. Steps on or over the inside lane or curb for three or more consecutive steps with either foot or both feet.
- B. Runs in an adjacent lane and interferes with another competitor while running on a straightaway.
- C. Does not finish the race in the assigned lane.
- D. All of the above.

90. In the absence of a curb, if cones are used, they should be placed:

- A. On the line, up to the edge of Lane 1 and spaced 1.5 meters apart around the curve.
- B. Completely covering the line.
- C. Just touching the outside of the line, 1.5 meters apart on the curve.
- D. Approximately 20 centimeters inside of the line on the curve.



91. For races run entirely in lanes, where should the top-seeded contestants or qualifiers be assigned?

- A. Lanes 3 and 6.
- B. Lanes 1 and 2.
- C. The middle or preferred lanes as determined by games committee.
- D. Lanes 7 and 8.

92. During a throw, a rubber discus hits the cage. The retriever notes that a gouge has appeared in the rim of the discus and reports this to the event judge. The event judge removes the discus from competition.

- A. True.
- B. False.

93. If a legal implement breaks upon completion of a trial, the head field event judge shall:

- A. Award a replacement trial.
- B. Not award a replacement trial.
- C. Record the results of the trial.
- D. Both B and C, provided the trial was made in accordance with the rules.

94. During warm-ups, prior to the start of high jump competition, the crossbar may be used.

- A. True.
- B. False.

95. 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 A and B.

96. When there is a tie in a vertical jumping event, what should be done first to break the tie?

- A. The competitor with the fewest number of trials for the height at which the tie occurred shall be awarded the higher places.
- B. The competitor with the fewest total number of unsuccessful trials throughout the competition, up to and including the height last cleared, is declared the winner.
- C. The competitors should make one more attempt at the height at which they failed, and the competitor who makes it is declared the winner.



D. The competitors should make one attempt at 1 inch for the high jump and 3 inches for the pole vault at the height at which they failed, and the competitor who makes it is declared the winner.

97. In the javelin, the thrower may leave the runway:

- A. As soon as desired.
- B. After the implement has landed.
- C. After release of the javelin.
- D. All of the above.

98. 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.

99. The cross-country course shall be measured:

- A. Along a route in the middle of the boundary line.
- B. Along the shortest possible route the runner may take.
- C. While riding in a golf cart.
- D. Using an aerial map.

100. In the long jump, the distance between the takeoff board and farthest edge of the landing area shall be at least:

- A. 15 feet.
- B. 26 feet.
- C. 32 feet.    D. 17 feet



## NFHS Exam -Answer Key

| Question | Answer Choice | Answer Text  | Rule Reference      |
|----------|---------------|--|---------------------|
| 1.       | D             | All the above are correct.   | 3-2-1               |
| 2.       | A             | True   | 3-2-4d              |
| 3.       | A             | True   | 3-2-3n              |
| 4.       | A             | True   | 3-3-1               |
| 5.       | D             | All are responsibilities of the referee.   | 3-4-2, 3-4-4, 3-4-5 |
| 6.       | D             | All the above standard outdoor races.  | 3-6-1               |
| 7.       | D             | All are responsibilities of the starter.   | 3-6-1               |
| 8.       | A             | True   | 3-8-3               |
| 9.       | D             | All are responsibilities of the implement inspector.   | 3-19-2              |
| 10.      | A             | True   | 4-3-1a(2)           |
| 11.      | D             | All of the above.  | 4-3-1b(6)           |
| 12.      | B             | Warning for a first offense and disqualification from the event if repeated.                                     | 4-3-3 PENALTY       |
| 13.      | B             | Immediately removed from the meet and shall not return until cleared by an appropriate health-care professional. | 4-4-2               |
| 14.      | A             | True   | 4-5-4 NOTE          |
| 15.      | A             | True   | 4-6-5g, 8-7-1e(1)   |
| 16.      | A             | True   | 4-6-5 NOTE 2        |
| 17.      | A             | True   | 4-7-1               |
| 18.      | D             | All are the correct height of hurdles for each race.   | 5-3-8               |
| 19.      | B             | Be constructed to fit within the track lanes.  | 5-4-4, 5-4-5        |
| 20.      | B             | False  | 5-10-7 NOTE         |
| 21.      | B             | False  | 6-2-3               |
| 22.      | A             | True   | 6-3-2a(1)           |
| 23.      | B             | False  | 6-8-6               |
| 24.      | C             | Six minutes.   | 6-5-15              |
| 25.      | A             | True   | 6-2-22              |
| 26.      | B             | Five.  | 6-2-16              |



|     |   |  |                |
|-----|---|--|----------------|
| 27. | B | False  | 6-4-3, 6-5-7   |
| 28. | A | ¼ inch or centimeter.  | 6-4-13         |
| 29. | D | All are legal for the pole.  | 6-5-2          |
| 30. | A | True   | 6-5-14, 6-5-22 |
| 31. | A | 31.5 inches (80 centimeters).  | 6-5-17         |
| 32. | C | The vault is not considered a trial.   | 6-5-20, 6-5-21 |
| 33. | A | True   | 6-9-1          |
| 34. | A | True   | 6-9-8b         |
| 35. | A | True   | 8-7-1f         |
| 36. | B | False  | 5-6-4          |
| 37. | B | False  | 5-7-3          |
| 38. | A | True   | 7-2-1          |
| 39. | D | All of the above.  | 8-1-1, 8-1-2   |
| 40. | B | 2.   | 2-1-2          |
| 41. | B | Whether a start is fair and legal.   | 3-5-4          |
| 42. | A | Shall not be allowed to participate in that event.   | 4-1-3          |
| 43. | D | All above rules apply.   | 5-10-6, 5-10-7 |
| 44. | D | 5 minutes  | 6-2-2(d)       |
| 45. | A | 47'3"  | 6-2-15         |
| 46. | B | 2 meters per second.   | 9-2-1          |
| 47. | B | Illegal.   | 6-7-7          |
| 48. | D | All the above.   | 6-2-14         |
| 49. | D | A contestant may officially enter four individual events, be listed on any number of relays, but compete in a relay only if he or she does not check in to one of their individual events. | 4-2-2          |
| 50. | C | It cannot interfere with the progress of the meet and information cannot be transmitted to the competitor during a trial or race.  | 3-2-8          |
| 51. | A | Rule this as a foul.   | 6-4-14         |
| 52. | C | In reverse order of the best performance in the preliminaries.   | 6-2-18         |
| 53. | C | The games committee.   | 3-2-30, 6-2-4  |
| 54. | A | Long Jump, High Jump, 200-Meter Dash, Discus, 1600- or 1500-Meter Run.   | 7-1-2          |
| 55. | A | Rounded up to the next tenth of a second.  | 3-9-8          |
| 56. | D | Is responsible for all the above.  | 3-10           |



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|-----|---|--|---------------------|
| 57. | A | True.  | 1-2-3               |
| 58. | D | All of the above.  | 6-6-6, 6-6-6 NOTE   |
| 59. | A | Cordon off the area, rope, fence or flag the area well outside the sector lines.   | 6-6-6 NOTE 2        |
| 60. | A | True.  | 3-2-7               |
| 61. | C | The field referee or head field judge  | 3-10-1              |
| 62. | C | Exits at the back half of the circle.  | 6-6-9               |
| 63. | C | The lane line of the innermost lane is the boundary for all competitors in that alley.   | 5-3-2               |
| 64. | A | The points for tied places will be added together and divided by the number of competitors involved in the tie.  | 2-2-4, 5-8-4        |
| 65. | 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. | 2-1-3               |
| 66. | A | True.  | 4-3-2               |
| 67. | B | False.   | 6-9-9               |
| 68. | A | True.  | 6-8-3               |
| 69. | D | Never.   | 4-3-1               |
| 70. | D | All garments are legal.  | 4-3-2               |
| 71. | B | False.   | 5-10-7 NOTE         |
| 72. | B | No, legal throw.   | 6-1-1 NOTE          |
| 73. | A | Before the start of the trial clock.   | 6-1-6, 6-2-2a       |
| 74. | A | True.  | 6-2-3               |
| 75. | B | False.   | 6-6-11              |
| 76. | B | "X"  | 6-2-20              |
| 77. | C | "O"  | 6-2-20              |
| 78. | A | True.  | 6-9-5               |
| 79. | D | Any of the above.  | 6-8-9               |
| 80. | A | True.  | 6-6-7, 6-7-7, 6-8-6 |
| 81. | A | True.  | 6-9-5               |
| 82. | D | None of the above.   | 6-9-8               |
| 83. | A | True.  | 8-3-4, 8-4-7        |
| 84. | D | All of the above.  | 8-4-2, 8-6-2 PENA   |
| 85. | D | All are permitted.   | 3-2-8               |





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|------|---|--|--------------|
| 86.  | D | All of the above.  | 3-7-3, 3-7-4 |
| 87.  | A | True.  | 4-3-1        |
| 88.  | A | True.  | 4-3-2(a)     |
| 89.  | D | All of the above.  | 5-12-1       |
| 90.  | A | On the line, up to the edge of Lane 1 and spaced 1.5 meters apart around the curve.  | 5-1-3        |
| 91.  | C | The middle or preferred lanes as determined by games committee.  | 5-6-6        |
| 92.  | A | True.  | 6-2-10       |
| 93.  | D | Both B and C, provided the trial was made in accordance with the rules.  | 6-2-10(b)    |
| 94.  | A | True.  | 6-2-22       |
| 95.  | D | Both A and B.  | 6-2-6        |
| 96.  | A | The competitor with the fewest number of trials for the height at which the tie occurred shall be awarded the higher places. | 6-3-2        |
| 97.  | B | After the implement has landed.  | 6-8-10(f)    |
| 98.  | D | The torso of the runner breaks the plane of the finish line when using hand- or image-based timing system.                   | 8-3-2        |
| 99.  | B | Along the shortest possible route the runner may take.   | 8-1-1        |
| 100. | C | 32 feet.   | 6-9-4        |



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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 8, 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](http://www.piaa.org) under the Officials Section – Officials' Forms category.

|  |                             |               |                             |
|--|-----------------------------|---------------|-----------------------------|
| Name of Disqualified Player, Coach and/or Team Personnel |                             | School        |                             |
| Date of Game   | Location of Game/Tournament |               | Time of Game                |
| Visiting Team  |                             | PIAA District | Visiting Team's Final Score |
| Home Team  |                             | PIAA District | Home Team's Final Score     |
| Name of Official Who Issued Disqualification             |                             |               | Level of Competition        |

**REASON FOR DISQUALIFICATION**

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**DATE OF REPORT**

**OFFICIAL'S NAME** (person issuing DQ)

**PIAA DISTRICT**