



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

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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 are not earned by words, but by unquestioned honesty, demonstrated ability, obvious devotion to and full understanding of the game.

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

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

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



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

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

We are requesting each chapter interpreter to research each topic thoroughly (*2026 NFHS Track and Field Rules Book, 2026 NFHS Track and Field Case Book, PIAA Suggested Techniques for Track & Field Officiating* and *2025/2026 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, Vincent P. Wojnar, at (570) 780-0641 (Cell) or via email at vwojnar@comcast.net. Additionally, if the PIAA Office may be of assistance, please contact Alex J. Mykut, Director of Officiating Services & Sport, at (800) 382-1392 or (814) 599-7700 or via email at amykut@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 Vince Wojnar or Alex J. Mykut at the PIAA Office.

The 31st Annual PIAA Officials' Convention is scheduled to be held on August 7 - 8, 2026, at the Hilton Harrisburg, One North Second Street, Harrisburg, Pennsylvania 17101. Please consider availing yourselves of this opportunity to enhance your officiating knowledge and skills.

On behalf of PIAA and your statewide rules interpreter, we would like to wish you a successful and gratifying 2026 season.



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Disqualification Form – On PIAA website (piaa.org) must be filed online!

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 2025 PIAA TRACK AND FIELD CHAMPIONSHIPS**

| District | AA Girls Minimum Number of Track & Field Entries | AAA Girls Minimum Number of Track & Field Entries | AA Boys Minimum Number of Track & Field Entries | AAA Boys Minimum Number of Track & Field Entries |
|---------------|--|---|---|--|
| I | 1 | 5 | 1 | 5 |
| II | 1 | 1 | 1 | 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 | 2 | 2 | 2 | 2 |
| XII | 3 | 2 | 3 | 2 |
| Totals | 24 | 24 | 24 | 24 |



2026 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 | 8:00.50 |
| 100/110 Meter Hurdles | : 16.01 | :15.40 | :15.35 | :15.07 |
| 100 Meter Dash | : 12.70 | :12.50 | :11.15 | :10.95 |
| 1600 Meter Run | 5:18.30 | 5:07.00 | 4:30.00 | 4:19.00 |
| 4x100 Meter Relay | : 50.80 | :49.30 | :44.03 | :42.88 |
| 400 Meter Dash | : 59.85 | :58.50 | :50.70 | :50.09 |
| 300 Meter Hurdles | : 47.64 | :46.25 | :40.80 | :39.80 |
| 800 Meter Run | 2:20.60 | 2:18.00 | 1:59.30 | 1:56.50 |
| 200 Meter Dash | : 26.25 | :25.60 | :22.75 | :22.22 |
| 3200 Meter Run | 11:35.00 | 11:07.00 | 9:42.00 | 9:26.00 |
| 4x400 Meter Relay | 4:08.75 | 4:00.50 | 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 | 36-8 | 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:**

| | | | | |
|--------------------|------------|------------|-------------|-------------|
| Pole Vault* | 9-0 | 9-6 | 11-6 | 12-3 |
|--------------------|------------|------------|-------------|-------------|



MEETING #1

- A. Call to Order
- B. Introductions of Chapter Officers and New Members
- C. Chapter Business
 - 1. Review the 2026 Meeting Schedule
 - 2. Other
- D. Prepared Discussion Items
 - 1. Review and answer any questions concerning the 2026 NFHS *Rules and Editorial Changes* (**2026 Rules Book**: pages 3, 82, 83 and page 12 of this Document)
 - 2. Review *PIAA Rule Modifications and Adoptions** (see pages 9 to 11 of this Document for additional information)
 - 3. Review the New Case Book Situations based on the 2026 Rules changes in the **2026 NFHS Case Book** on page 4 & 5. Please note Situation 6.8.6 has been corrected so there is no Bungee Cord for the warm up.
- E. URGENT CALL for NEW TRACK OFFICIALS!
 - 1. Applications and sample tests available (Chapter Secretary and PIAA Office or PIAA website at www.piaa.org)
 - 2. Test dates: Testing is now conducted Online!!!!
 - 3. Contact your District Officials' Representative for more details.
- F. Other discussion items.
- G. Adjournment



PIAA MODIFICATIONS OF SELECT NFHS TRACK AND FIELD AND CROSS-COUNTRY RULES

- I. **Rule 1-2-1 (pg. 8) 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. 10) PIAA modification**, which “provides for a ‘**Regular Season Dual Meet Team Scoring Tie-Breaker Procedure**’ (either with **or** without wheelchair competitors) to be applied as follows:
 - A. The team with the fewest number of coaches, contestants, and other team/school personnel disqualified from an event **and** from further competition **or** involvement in the meet for **unsporting conduct**, shall be declared the winner;
 - B. If the tie remains, the team with the fewest number of competitors disqualified from an event for **unacceptable conduct**, shall be declared the winner;
 - C. If the tie remains, the team with the greater number of **first place finishes**, shall be declared the winner;
 - D. If the tie remains, the team with the greater number of **second place finishes**, shall be declared the winner;
 - E. If the tie remains, the team with the greater number of **third place finishes**, shall be declared the winner;
 - F. If the tie is broken after applying A, B, C, D, **or** E, the team declared the winner shall have **one point and an asterisk (*) added to their score**; or
 - G. If the tie remains after applying A, B, C, D, **and** E, **the meet shall be scored as a tie.**”
- III. **Rule 3-2-1a (pg. 12) PIAA modification**, which “authorizes conferences or leagues to serve as the administrative body (**‘Games Committee’**); and, as such, is responsible for the proper conduct of a track and field or cross country meet.”
- IV. **Rule 3-2-4n (pg. 13) PIAA modification**, which “restricts the wearing of caps, hats, do-rags, etc., unless authorized by PIAA for **medical reasons.**” (See VIII. **Rule 4-4 NOTE.**) Subject to authorization by the Games Committee, knit or stocking hats and/or gloves may be worn in inclement weather. **NOTE:** Gloves are not permitted in Relays and in the Shot Put, Discus Throw, Javelin Throw, and Pole Vault.
- 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/hat and/or an insulin pump; or
 - B. while wearing **attire**, which does not comply with uniform requirements, as set forth in the NFHS Track and Field and Cross-Country Rules Book.”
- IX. Rule 5-5-7 (pg. 34) PIAA modification**, which “authorizes the faster competitors to be placed in the first section, in meets involving 4 or less schools.”
- X. Rule 6-2-7 (pg. 42) PIAA modification**, which “provides for **warm-up approaches**, in Horizontal Jumps (‘LJ/TJ’), **Vertical Jumps** (‘HJ/PV’), or Javelin Throw (‘JT’) shall only be run in the direction the event will be conducted.”
- XI. Rule 6-3-2b4(a)**, which authorizes the Games Committee to score a tie for first place in the vertical jumps (‘HJ/PV’) by adding together the points for the tied places and dividing by the number of competitors involved in the tie in a Multiple School (Dual) Event (i.ee, Contests involving three (3) or more teams of students representing their schools in interscholastic track and field/cross country competition).
- XII. Rules Adoptions/Modifications:**
- A. In accordance with **Rule 6-8-15 NOTE 2 (pg. 50)**, adopt the **PIAA Pole Vault Verification Form**.
 - B. In accordance with **Rule 8-2-3 (pg. 68)**, authorize conferences or leagues to adopt a modified or “ghost” cross country team scoring system with prior-to-the-start of the Regular Season notification to all involved schools. “Any meet contested under such modification, which ends in a tie, shall be scored as a tie.” “If fewer than three competitors of a team finish, the results of any meet involving such a team shall be scored 15-50.” “If fewer than three competitors of all of the involved teams finish, there shall be no meet score, the meet shall be considered a ‘no contest,’ and, accordingly, no team shall be credited with either a loss or a win.”
- XIII. 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. 45):**
- A. Competitors may compete in a maximum of four events, including relays;
 - B. Distance of race, number of hurdles, height of hurdles, and hurdle spacing in all such events are maximums and may be modified by conferences or leagues or by mutual agreement of the participating schools;
 - C. The Discus and Javelin specifications for girls’ competition shall be used by both boys and girls; and
 - D. Conferences, leagues, and/or participating schools, by mutual agreement prior-to-the-start of a meet, may delete track and/or field events but may not add and/or modify track events (except for hurdle events) and/or field events.
 - E. **Track Events and Order of Competition (7th, 8th, and 9th Grade Girls and Boys):**
4x800 m Relay > 100 m Hurdles (Girls: 10-33” Hurdles) > 110 m Hurdles (Boys: 10-36” Hurdles) > 100 m Dash > 1600 m Run > 4x100 m Relay > 400 m Dash > 300 m Hurdles (Girls: 8-30” Hurdles) (Boys: 8-33” Hurdles) > 800 m Run > 200 m Dash > 3200 m Run > 4x400 m Relay.
 - F. **Field Events (7th, 8th, and 9th Grade Girls and Boys):**
High Jump; Pole Vault; Long Jump; Triple Jump; Shot Put (Girls’ Shot shall weigh 6 lbs. [2.722 kg].) (Boys’ Shot shall weigh 4 kg [8.818 lbs.]); Discus Throw (Discus shall weigh 1 kg [2.205



lbs.] and have the following minimum and maximum dimensions: Diameter 180 –182 mm [7 1/8 – 7 1/4 ins.] with a thickness of 37 – 39 mm [1 1/2 – 1 5/8 ins.] at the center and 12 – 6 mm [1/2 – 1/4 in.] from the outer edge which shall be rounded with a radius of 6 mm [1/4 in.]. Discus shall have a core 50 mm [2 ins.]; Javelin Throw (Javelin shall meet all World Athletics specifications for girls' competition.)

- 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.

2026 Track and Field and Cross Country Rules Changes

3-2-3k (NEW) — Permits the games committee to determine takeoff board



placement in horizontal jumps.

3-8-6 — Expands the acceptable calibers and provides flexibility for starting devices.

4-6-5 — Permits an appropriate health-care professional, designated by the games committee, to evaluate a downed competitor without resulting in disqualification.

4-6-6c (NEW) — Clarifies athletes are not permitted to wear any type of audio or video recording devices during a race, trial, or while in restricted areas.

6-2-2 NOTES (3) (NEW) — Clarifies that the time limit for a consecutive attempt applies within a height and at a height change.

6-3-2b4(a) — Incorporates metric measurements alongside imperial to promote clarity and consistency in meet management.

6-8-6 (NEW) — Standardizes warm up times for athletes entering the high jump and pole vault after 60 minutes have elapsed.

6-9-21 — Clarifies that padding is required for hard and unyielding surfaces that are elevated relative to the ground.

6-10-5 — Incorporates javelin construction specifications into the rules book for clarity and consistency.

9-1-1 — Adds the 200-meter dash as an option for indoor meets.

9-6-1 — Establishes a standardized 20-meter exchange zone for indoor relays.

2026 Editorial Changes

4-3-1b(8), 6-4-2, 9-1-1

2026 Points of Emphasis

1. Throws Safety – Shot Put, Discus and Javelin
2. Restricted Areas
3. Protest/ Appeal Process



MEETINGS #2 through #7

- 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 your 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: A total of seven (7) meeting agendas have been included to assist chapter officials to meet the required six (6) meetings.



Lesson #2

Officiating the Event – Starter/Referee Duties at Cross Country Meets

1. Report to the meet site 30-45 minutes prior to the start of the first race.
2. Find the location of the starting line and finish line and make sure they are adequately marked and/or lined.
3. To the best of your ability, review and become familiar with the layout of the course.
4. Meet with the home team head coach to review how the course is marked and determine if there are any irregularities about the course you or the visiting team(s) should be made aware, verify the starting time(s), and verify which race will be run first (boys or girls, varsity or junior high) or if some races will be run at the same time.
5. Check in with the visiting team head coach(es) to make sure their athletes have the opportunity to walk the course and if they will be warmed up and ready to begin at the scheduled starting time(s).
6. Meet with head coaches and team captains 20 minutes prior to the start of the first race to answer questions, review any special rules of the course, read the sportsmanship message, and determine starting block assignments.
7. Ten minutes before the start of each race, check in athletes at the starting line, check athletes' uniforms, give starting instructions, and place athletes at the starting line.
8. Start the race using the flag, whistle, and starting pistol (audio/visual start method) on page 70 of the NFHS Rule Book standing well in front of the runners. Watch for any infraction in the first 100-300 yards of the race and in the last 100-300 yards of the race, if possible.
9. Be at the finish line at the end of the race to judge any close finishes.
10. Review the order of finish as recorded on the scoring sheets, verify the team score(s) are correct, verify displacers are properly recorded, and verify modified scoring is correctly applied if applicable.
11. Sign, date, and record the time you verified the final score and places on the scoring sheets.



You Make the Call

- 1 . Which of the following is a hurdle infraction:
 - A. Athlete advances a leg below the height of the hurdle gate.
 - B. Athlete runs under a hurdle.
 - C. Athlete displaces a hurdle by hand.
 - D. All of the above.

- 2 . High jump athlete A is called for their first attempt of the competition at 6-4 with two other athletes left in the competition. Athlete A is given how many minutes to complete the trial?
 - A. 1
 - B. 2
 - C. 3
 - D. 5

- 3 . Two athletes remain in the high jump competition. Both athletes cleared 6-6 on their second attempt and have the same number of misses throughout the competition. One competitor would like to opt out of the jump-off. Which of the following statements is true?
 - A. The withdrawing competitor is awarded second place and is allowed to compete in future events at the meet.
 - B. The withdrawing competitor is disqualified from the high jump event.
 - C. The withdrawing competitor is ineligible for further competition in the meet.
 - D. There is a tie for first place as one athlete has opted out of the event.

- 4 . In the shot put, an athlete:
 - A. May have tape on the hand given no fingers are taped together and all fingers can move independently.
 - B. May not have tape on the hand.
 - C. May wear gloves in the event.
 - D. May wear tape on the hand that connects two fingers together.

- 5 . It is considered a false start when:
 - A. A runner leaves their mark with a hand or foot after the "set" command but before the starting device is fired.
 - B. If a runner leaves their mark with a forward motion without the starting device being fired.
 - C. Any part of the body is in contact with the starting line or running surface beyond the line, when the starting device is fired.
 - D. All of the above.

- 6 . Appeals regarding misapplication of the rules shall be filed:
 - A. Within one hour after results have been announced or made official for that event.
 - B. Within 15 minutes after results have been announced or made official for that event.
 - C. Within 30 minutes after results have been announced or made official for that event.
 - D. Within 48 hours after the conclusion of the meet.



Lesson #3

Officiating the Event – Participation Limitations, Uniform Infractions, Disqualification and Conduct Penalties

2026 NFHS Rules Book pages 22, 24, 26-27

A competitor who participates in more events than allowed by rule (4) shall forfeit all individual places and points and shall be disqualified from further competition in that meet. In a relay event, the team's relay points and place(s) shall also be forfeited.

For the wearing of an illegal uniform, when a violation is observed and noted by a meet official, the competitor shall be required to make the uniform legal before becoming eligible for further competition, and shall be issued a warning that a subsequent violation will result in a disqualification from the event. The referee shall be notified of the violation by the observing meet official, and the referee shall then notify or cause to be notified the head coach of the offending school of the competitor's violation and warning.

Removing any part of the team uniform, excluding shoes, while in the area of competition, as defined by the games committee, is illegal.

Penalty: This shall lead to a warning and if repeated, to disqualification from the event. If the incident recurs, the competitor will be disqualified from further competition in the meet.

SECTION 6 DISQUALIFICATION AND CONDUCT

ART. 1 . . . Unsporting conduct is behavior that is unethical or dishonorable. It includes, but is not limited to: disrespectfully addressing an official, any flagrant behavior, intentional contact, taunting, criticizing or using profanity directed toward someone. This shall apply to all coaches, contestants and other team/school personnel.

PENALTY: Disqualification from that event and further competition in the meet. Disqualification of a coach or other school personnel shall be from further involvement in the meet.

ART. 2 . . . Unacceptable conduct by a competitor includes, but is not limited to: willful failure to follow the directions of a meet official, using profanity that is not directed at someone or any action which could bring discredit to the individual or the competitor's school.

PENALTY: Disqualification from that event.



ART. 3 . . . If a nonparticipating team member interferes with a competitor during competition, the nonparticipating team member may be disqualified from the meet. The nonparticipant's teammate(s) also may be disqualified from that event.

ART. 4 . . . A competitor shall not compete using an illegal implement.

ART. 5 . . . It is an unfair act when a competitor receives any assistance. Assistance includes:

- a. Interference with another competitor.
- b. Pacing by a teammate not in the race or persons not participating in the event.
- c. Competitors joining or grasping hands with each other during a race.
- d. Communicating with a competitor through the use of any device, including electronically, during a race or trial.
- e. Coaching a competitor from a restricted area.
- f. Competitor using an aid during the race or trial.
- g. A competitor who receives physical aid from another competitor to finish the race/trial shall be disqualified. The individual providing the assistance shall not be disqualified for assisting a downed runner unless the assisting individual or their team gains an advantage.
- h. Receiving physical aid during a race or trial from any other person. (4-6-3)

NOTE: The assessment of a downed competitor within the competition area by a health-care professional designated by the games committee, for the purpose of determining the competitor's ability to continue without providing assistance, shall not be considered aid.

NOTES:

1. The use of an inhaler during competition containing a prescription drug designed to alleviate the asthmatic condition is not considered to be an illegal aid as long as a physician's statement documenting the need of the athlete to use the prescription is presented to the meet director/referee prior to the beginning of the meet.
2. The use of a watch worn around the wrist is not considered an aid for racing.
3. A coach may instruct a competitor provided the coach is positioned in a designated coaches' box or an unrestricted area. (3-2-4g, 3-2-8)

PENALTY: (Articles 4, 5) Disqualification from the event.



ART. 6 . . . Electronic devices may only be used in unrestricted areas and coaching boxes, providing the location does not interfere with progress of the meet as determined by the meet referee.

- a. Electronic devices shall not be used to transmit information to the competitor during the race or trial.
- b. Electronic devices shall not be used for any review of an official's decision.
- c. No athlete shall wear audio (microphone) or video (camera) device during a race or trial or in restricted areas.
- d. State associations may also have policies in place to further address the use of electronic devices.

PENALTIES:

1. A competitor shall be disqualified from the event.
2. Team personnel (e.g., coach, manager, etc.) shall be disqualified from further participation in the meet for unsporting conduct.

You Make the Call

- 7 . Which measurement for the discus is correct?
 - A. 164-3.
 - B. 164-3.25.
 - C. 164-3.5.
 - D. All of the above.

- 8 . An injured competitor receives assistance from a competitor from another team and healthcare professionals are not readily available, and the assisting competitor gained no advantage. Who is disqualified in this scenario?
 - A. The assisting competitor.
 - B. The injured competitor.
 - C. Both competitors are disqualified.
 - D. Neither competitor is disqualified.

- 9 . In a cross country race if there is a discrepancy in the course markings, which form of course markings take precedence?
 - A. Signposts with directional arrows.
 - B. Red, yellow and blue directional flag markings.
 - C. A single-wide line, marked with a material which is not injurious to the eyes or skin.
 - D. Natural or artificial boundary markers.



- 10 . In vertical jumping events, the games committee may assign competitors to flight of no less than _____ for preliminary competition.
- A. 2
 - B. 3
 - C. 4
 - D. 5
- 11 . Competitor A breaks their pole and asks to borrow Competitor B's pole. Competitor B grants permission and the event judge shall:
- A. Disqualify the competitor borrowing the pole.
 - B. Verify that the pole is rated weight-appropriate and permit the athlete to participate.
 - C. Disqualify both athletes.
- 12 . Which of the following shall be permitted in the pole vault competition:
- A. Taping of the wrist.
 - B. Chalk.
 - C. Rosin.
 - D. All of the above.
- 13 . What should the meet referee review prior to the meet concerning horizontal jumps?
- A. Check that the pit is filled with sand to a depth at least 12 inches (30 centimeters).
 - B. Confirm that the pit is a minimum width of 9 feet and minimum length of 23 feet.
 - C. Check that the takeoff board is firmly set on ground level with the runway surface of the pit.
 - D. All of the above.



Lesson #4

Officiating the Event – Starting Violations, Infractions for All Races, Relay Infractions

2026 NFHS Rules Book pages 36, 37, 39

ART. 4 . . . Starting violations which constitute a false start include:

- a. Failure to comply with the starter's commands.
- b. Having any part of the body in contact with the starting line or running surface beyond the line, when the starting device is fired.
- c. If a runner leaves their mark with a hand or foot after the "set" command but before the starting device is fired.
- d. If a runner leaves their mark with a forward motion without the starting device being fired.
- e. Failure to place starting blocks within the respective competitor's lane.
- f. Repeated use of disconcerting acts.

PENALTY: A competitor who commits a false start shall be disqualified.

NOTE: Extraneous motion before the device is fired does not necessarily require a false start be charged unless the criteria listed in the rule above are met. If the starter thinks the movement creates a situation of unfairness to any of the competitors, the starter may cancel the start with the command "Stand Up," or if the device has been fired, recall the race as an unsteady or unfair start and redo the start procedure.

ART. 5 . . . For an unfair start, the starter or assistant starter shall recall the competitors by firing the starting device.

SECTION 9 INFRACTIONS FOR ALL RACES

ART. 1 . . . Interference is any action by a competitor that unfairly changes the course or natural running rhythm of a competitor during a race. This may include bumping, tripping or running across the competitor's path.

PENALTY: Disqualification from event.



SECTION 11 RELAY INFRACTIONS

ART. 1 . . . A relay team shall be disqualified when:

- a. During a relay race, any member of that team is disqualified for another infraction within the rules;
- b. Any member of a team uses a device or substance on either hand that enhances contact with the baton (i.e., gloves, tape, adhesive substance);
- c. The baton is not passed legally within the defined passing zone;
- d. The baton is recovered illegally after being dropped;
- e. While running, a team member transports the baton in a manner other than in the hand;
- f. The last runner of the team finishes the race without the baton;
- g. After passing the baton, a runner veers out of the passing lane or from a straight course and impedes an opposing runner;
- h. Assuming a preparatory position in any race run in lanes, any part of the outgoing runner's body breaks the plane of the adjacent lane lines so as to interfere with another runner;
- i. The outgoing runner waiting for the baton does not establish themselves entirely within the exchange zone prior to initiating the exchange;
- j. A team member runs more than one leg;
- k. A relay team finishes a race with a different baton than the one it began with at the start of the race;
- l. The incoming and outgoing runners simultaneously touch the baton outside the exchange zone;
- m. The incoming competitors provide assistance by pushing the outgoing runner or;
- n. Any member of the team throws the baton following the finish of any relay.

PENALTY: Disqualification of the relay team from the event.



You Make the Call

14 . A competitor in the pole vault has waited to enter the competition until all other competitors are out of the competition. The event judge gives the competitor how much time to complete the first attempt?

- A. 1 minute as the athlete is just entering the competition and has not won yet.
- B. 3 minutes.
- C. 5 minutes as the athlete is the last competitor.
- D. 2 minutes.

15 . At the start of the 4x100 race, Runner No. 3 is bouncing around in and out of the exchange zone to warm up. As Runner No. 2 approaches, Runner No. 3 enters the zone and clearly stops to prepare to receive the baton. Runner No. 3 then runs forward farther into the zone and exchanges the baton inside of the zone. The umpire shall:

- A. Raise yellow flag to report infraction by Runner 3 for not being in the zone at the start of the race.
- B. Raise white flag for all clear.

16 . Who has authority to rule on irregularities not covered within the rules?

- A. Meet manager.
- B. Games committee.
- C. Meet referee.
- D. Field event judge.

17 . Prior to being put on the clock, the competitor asks to have the pole vault standards set to 28 inches (71cm) beyond the plane of the top of the stopboard (zero point). The event judge shall:

- A. Inform the competitor this cannot be changed at this point in the competition.
- B. Grant the request and move the standard to the requested setting.
- C. Put the competitor on the clock with no change.
- D. All of the above.

18 . Who has sole authority to determine if a race shall be rerun, who is ineligible to participate, and when the rerun will be scheduled?

- A. Games committee.
- B. Jury of appeals
- C. Meet director.
- D. Meet referee.



- 19 . What happens if a competitor participates in more events than allowed by rule?
- A. A coach can file a protest to the reason why the competitor was in too many events.
 - B. Disqualification occurs only if the competitor does not drop one of the events.
 - C. The competitor shall forfeit all individual places and points and shall be disqualified from further competition in that meet. In a relay event, the team's relay points and place(s) shall also be forfeited.
 - D. The competitor must forfeit the individual events, but the team can keep all the points in which the competitor participated on the relays.
- 20 . Unsporting conduct is behavior that involves:
- A. Throwing the baton.
 - B. A competitor displaying unethical behavior or dishonorable conduct.
 - C. Flagrant behavior, intentional contact, taunting, criticizing or using profanity directed toward someone. This shall apply to all coaches, contestants and other team/school personnel.
 - D. All of the above.
- 21 . Which of the following events in the girls heptathlon shall be contested on the second day?
- A. 100-meter high hurdles.
 - B. High jump.
 - C. Shot put.
 - D. Long jump.
- 22 . The maximum diameter for the boys and girls indoor shot with a synthetic cover respectively is:
- A. 132.5mm and 130 mm.
 - B. 128.5 mm and 126.0 mm.
 - C. 134.5 mm and 132 mm.
 - D. 124.5 mm and 122.0 mm.
- 23 . The correct length of time that the wind gauge should be set to measure for the 200-meter dash shall be:
- A. 5 seconds.
 - B. 10 seconds.
 - C. 13 seconds.
 - D. 15 seconds.
- 24 . At the triple jump, the wind gauge recorded a positive measurement of 2.16 m/s. This wind reading should be recorded as:
- A. 2.1
 - B. 2.16
 - C. 2.2
 - D. 2.15



- 25 . Once a school has turned in a relay card, coaches may add names to it:
- A. After the preliminary round.
 - B. After the semifinals.
 - C. At any time.
 - D. Coaches may not add names once the relay card is submitted.
- 26 . Relay events may have no more than _____ individuals listed on the relay entry.
- A. Four.
 - B. Six.
 - C. Eight.
 - D. Seven.



Lesson #5

Officiating the Event – Infractions for Races Run in Lanes, Infractions for Races Not Run in Lanes, Hurdling Infractions

2026 NFHS Rules Book pages 39, 40

ART. 1 . . . **When a race is run in lanes**, competitors are expected to run the entire race in their assigned lanes. Competitors who inadvertently run out of the assigned lanes on a straightaway or in the lane to the competitor's outside on a curve are not in violation provided the competitor does not interfere with another runner. A competitor shall be considered to be out of the lane when:

- a. Without being fouled and while running around a curve, steps on or over the inside lane line or curb for three or more consecutive steps with either or both feet.
- b. While running on a straightaway, runs in an adjacent lane and interferes with another competitor.
- c. While running around a curve, runs over the outside lane line and interferes with another competitor.
- d. The competitor does not finish the race in the assigned lane, or if while a member of a relay team, does not make the pass in the assigned lane.
- e. The competitor takes one or more steps inside the assigned lane line at the break line.

PENALTY: Disqualification from the event.

ART. 2 . . . The break line is a place in each lane, usually at the point of curve, that marks the end of a lane stagger. It may be a solid line painted on the track, or designated by a flag or cone located on the inside lane boundary of each lane. When utilized, competitors shall run the entire distance to the break line in their assigned lanes before breaking to the pole position.



SECTION 13 INFRACTIONS FOR RACES NOT RUN IN LANES

ART. 1 . . . Any competitor shall not deliberately run on or inside the track curb (or painted line), and thereby gain a meaningful advantage, including but not limited to improving position or shortening the course.

ART. 2 . . . A competitor shall not, when running around a curve, step on or over the curb, or painted curb line, for three or more consecutive steps with either or both feet.

PENALTY: (Articles 1, 2) Disqualification from the event.

ART. 3 . . . A competitor may leave the track to retrieve a dropped relay baton provided no interference occurs and no advantage is gained.

ART. 4 . . . In a race involving a curve where lanes are not specified, a competitor may move toward the inside or outside of the track provided the competitor is one full running stride, approximately 7 feet, in advance of the competitor whose path is crossed. It is not a foul if a competitor crosses to the inside or outside if this action does not interfere in any way with another competitor.

SECTION 14 HURDLING INFRACTIONS

ART. 1 . . . It is an infraction if a competitor:

- a. Does not attempt to clear each hurdle.
- b. Knocks down or displaces any hurdle by hand.
- c. Advances or trails a leg or foot along the side of and below the height of the hurdle gate.
- d. Runs over a hurdle not in the assigned lane.
- e. Runs around a hurdle.
- f. Interferes with another hurdler.

PENALTY: Disqualification from the event.



You Make the Call

- 27 . What constitutes a starting violation?
- A. Failure to comply with the starter's commands.
 - B. Having any part of the body in contact with the starting line or running surface beyond the line, when the starting device is fired.
 - C. Failure to place starting blocks within the respective competitor's lane.
 - D. All of the above.
- 28 . What is the minimum number of competitors a team must have to be considered a scoring team?
- A. 1.
 - B. 3.
 - C. 5.
 - D. 10.
- 29 . The games committee has the authority to determine which of the items listed?
- A. Meet officials.
 - B. Length of spikes on all-weather surfaces.
 - C. Heat and lane assignments for competitors.
 - D. All of the above.
- 30 . Correction of clerical or team scoring errors may be corrected up to _____ hours after the end of the meet, unless another time period is specified in advance by the games committee or meet director.
- A. 48 hours.
 - B. 72 hours.
 - C. 96 hours.
 - D. 120 hours.
- 31 . Which of the following would be illegal in a layout of a cross country course?
- A. The course at its narrowest point being 1 meter wide and 3 meters long.
 - B. Overhead tree branches that hover at 10 feet above the course surface.
 - C. Having asphalt as part of the course surface.
 - D. A significant turn on the course at 25 meters from the start.



- 32 . A competitor removes their uniform top in the area of competition after being warned previously by the head clerk. The competitor is:
- A. Immediately disqualified from the event. If the incident recurs, the competitor will be disqualified from further competition in the meet.
 - B. Warned and then, if repeated, disqualified from further competition in the meet.
 - C. Warned and then, if repeated, disqualified from that event.
 - D. Warned and then, if repeated, issued a second warning.
- 33 . Which official is responsible for checking and enforcing uniform, visible apparel and shoe regulations?
- A. The referee.
 - B. The clerk of the course.
 - C. The starter.
 - D. The head umpire.
- 34 . A competitor is warming up at the discus after the event was officially opened for warm-ups, and the event judge notices that the athlete has a wrist wrap with a hard plastic piece supporting the wrist. The event judge:
- A. Permits the athlete to throw using the wrist wrap.
 - B. Warns the athlete they are not able to compete using the wrap with the artificial aid and informs the athlete the wrap needs to be removed before the competition begins.
- 35 . Team A has multiple different uniform types at the meet. The throwers are in baggy shorts and t-shirts, the sprinters have one-piece uniforms, and the distance runners are wearing running shorts and tank jersey tops. All uniforms have a school logo on the top and are school-approved. The referee:
- A. Has no issues with the different uniforms as they are school-issued.
 - B. Informs the coach that the team needs to make their uniforms legal.
- 36 . A tie exists between three pole vaulters for second place. How are points determined?
- A. All the competitors are awarded second-place points.
 - B. The points for second, third and fourth places are added together and divided by 3.
 - C. Flip a coin to determine place and points scored.
 - D. A jump-off occurs between the tied athletes.



37 . The referee has sole authority for ruling on infractions, except for:

- A. interference.
- B. running on the curve.
- C. false starts.
- D. relay infractions.

38 . Electronic devices:

- A. may only be used in unrestricted areas and coaching boxes, provided the location does not interfere with the progress of the meet.
- B. shall not be used to transmit information to a competitor during a race or trial.
- C. shall not be used for any review of an official's decision.
- D. All of the above.

39 . In track and field, when a race is not started in lanes (waterfall start) or two or more competitors are assigned to a single lane, the race shall be recalled in the first ____ meters when a competitor falls due to contact with another Runner.

- A. 200
- B. 50
- C. 75
- D. 100



Lesson #6

Officiating the Event – Field Event Infractions, Shot Put, Discus, Javelin Fouls

2026 NFHS Rules Book pages 43, 45, 46, 47

ART. 9 . . . At the conclusion of any field event, there shall be no further practice, and implements, including vaulting poles, shall be removed from the area.

PENALTY: (Articles 6-9) First offense shall result in a warning and, if repeated, disqualification from that event. If the incident recurs, the athlete will be disqualified from further competition in the meet.

ART. 13 . . . A competitor shall not use an illegal implement during warm-up or competition.

a. If a legal implement breaks during a trial in accordance with the rules, no penalty shall be counted against the competitor and a replacement trial shall be awarded.

b. If a legal implement breaks upon completion of the trial, a replacement trial shall not be awarded and the results of the trial shall be recorded, provided it was made in accordance with the rules.

ART. 15 . . . A competitor shall not place personal reference marks in the landing sector of any throwing event.

ART. 16 . . . Competitors shall not use any weights or artificial aids. The competitors shall not wear a shoe or shoes which incorporate or contain any device that gives the competitor an unfair advantage. In the pole vault, pushing the vaulter on the back at take-off during warm-up or competition is an aid and therefore not allowed.

PENALTY: (Articles 13, 15 and 16) Disqualification from the event.



ART. 3 . . . It is a foul if the competitor in the shot put:

- a. Fails to initiate a purposeful action of completing the requirements of the athletic challenge of the event (trial) within the prescribed time limit after the competitor's name is called.
- b. After stepping into the circle, fails to pause before starting the put.
- c. After starting the attempt, touches any surface outside the circle during a put.
- d. Allows the shot to drop behind or below the shoulder during the put attempt.
- e. Touches the top or end of the stopboard before leaving the circle.
- f. Puts the shot so it does not fall within the sector lines.
- g. Leaves the circle before the implement has landed.
- h. Does not exit the back half of the circle.
- i. Uses the "cartwheel" technique of shot putting.

PENALTY: The put is not measured but counts as a trial.

ART. 2 . . . It is a foul if the competitor in the discus:

- a. Fails to initiate a purposeful action of completing the requirements of the athletic challenge of the event within the prescribed time limit after the competitor's name is called.
- b. After stepping into the circle, fails to pause before starting the throw.
- c. After starting the attempt, touches any surface outside the circle during a throw.
- d. Throws the discus, so it does not fall within the sector lines.
- e. Throws a discus which hits the cage and/or an object outside the sector before landing within the sector.
- f. Leaves the circle before the implement has landed.
- g. Does not exit the back half of the circle.

PENALTY: The throw is not measured but counts as a trial.

ART. 6 . . . It is a foul if the competitor in the javelin:



- a. Fails to initiate a purposeful action of completing the requirements of the athletic challenge of the event (trial) within the prescribed time limit after the competitor's name is called.(6-2-2 Table)
- b. Makes a 360-degree turn before the javelin is released.
- c. Uses a delivery other than an over-arm, above-the-shoulder motion of the throwing arm.
- d. Throws the javelin so the first point of contact is not within the sector line.
- e. Touches on or over either the runway lines or on or over the foul-line arc before the throw has landed.
- f. Fails to hold the javelin by the whipcord grip.
- g. Exits the runway before the implement has landed.
- h. Fails to exit the runway behind the foul-line arc and the perpendicular side extensions after the javelin has landed.

PENALTY: The throw is not measured but counts as a trial.

You Make the Call

- 40 . A1 crosses the path of A2 in a race not run in lanes. What determines if A1 is far enough in advance to cross the path of A2?
- A. A1 is ahead by approximately the distance covered in a normal running stride or greater (about 7 feet).
 - B. A2 did not have to adjust stride to avoid contact with A1.
 - C. Umpires observed no interference.
 - D. All of the above.
- 41 . When running in lanes on the curve, a competitor is considered out of the lane (and subject to disqualification by the referee) when the competitor:
- A. Steps on the outside lane line for three or more consecutive steps with either or both feet, but does not interfere with the runner to their right.
 - B. Steps on the inside lane line for two consecutive steps with the left foot, continues for two steps within their lane, then steps on the inside lane line for two more consecutive steps.
 - C. Steps on the inside lane line for three or more consecutive steps with either or both feet, but does not interfere with the runner to their left.
 - D. All of the above.
- 42 . When there are three competitors remaining in the pole vault at a new height and all have previous attempts, the amount of time each competitor receives to start their trial is?



- A. 1 minute.
 - B. 2 minutes.
 - C. 3 minutes.
 - D. 4 minutes.
- 43 . When breaking a tie occurring at any distance in a field event, places for points scored shall be awarded based on?
- A. The athlete's second best performance.
 - B. The athlete's first legal attempt.
 - C. The athlete with the least amount of fouls.
 - D. The athlete who was seeded higher.
- 44 . Each legal jump shall be measured perpendicularly to the foul line or its extension and from that point in the pit touched by the person's _____ at the time it made the mark which is nearest the foul line or its extension.
- A. Hair
 - B. Hand
 - C. Foot
 - D. All of the above
- 45 . Competitor A checks in for their long jump flight and immediately leaves for another event. When Competitor A returns, the flight has begun. How many warmup attempts can Competitor A take?
- A. 5.
 - B. 3.
 - C. 1.
 - D. None.
- 46 . Who is responsible for determining the time limit for competitors to be excused to compete in another event?
- A. Field Referee.
 - B. Meet Referee.
 - C. Field Event Head.
 - D. Games Committee.
- 47 . What are the three events to be contested on Day 2 of the girls heptathlon?
- A. Long Jump, High Jump, 800-meter Run.
 - B. Triple Jump, Javelin Throw, 800-meter Run.
 - C. Long Jump, Javelin Throw, 800-meter Run.
 - D. 100-meter High Hurdles, Shot Put, 200-meter Dash.
- 48 . In regard to team scoring, which of the following is incorrect?
- A. Three teams competing, 6-4-3-2-1.



- B. Six teams competing, 10-8-6-4-2-1.
 - C. Six, Relay scoring 10-8-6-4-2.
 - D. Two teams competing, 5-3-1.
- 49 . What is the hurdle height in the boys 55/60m hurdle race for indoor track?
- A. 40 inches.
 - B. 39 inches.
 - C. 1 meter.
 - D. 36 inches.
- 50 . Which of the following cross country team uniforms are legal?
- A. Team wearing same red uniform top and all are wearing shorts with cow print.
 - B. Team wearing same red top and black shorts and each team member is wearing different colored leggings under the shorts.
 - C. Team wearing same red top and black spandex shorts with Nike logo across waistband.
 - D. All of the above.

LESSON # 7 - (if needed)



Officiating the Event – Horizontal Jump Fouls, High Jump Fouls, Pole Vault Fouls

2026 NFHS Rules Book pages 48, 50, 51, 52

ART. 3 . . . It is a foul if the competitor in the horizontal jumps:

- a. Fails to initiate the purposeful action of completing the requirements of the athletic challenge (jump/trial) of the event within the prescribed time limit after the competitor's name is called. (6-2-2 Table)
- b. Allows either or both shoe(s) to extend over the foul line or makes a mark in front of it on the takeoff.
- c. Runs across the foul line, or foul line extended.
- d. In the long jump, does not keep the head in the superior position while in the air after takeoff, i.e., no somersault in the air.
- e. In the triple jump, in hopping does not land on the same foot used in takeoff, or in stepping does not land on the other foot from which the jump is performed.
- f. In the process of landing or leaving the pit, touches the ground outside the landing area nearer the foul line than the nearest mark made in the landing pit.

PENALTY: An unsuccessful trial is charged but not measured.

ART. 11 . . . It is a foul if the competitor in the high jump:

- a. Fails to initiate a purposeful action of completing the athletic challenge of the event (trial) within the prescribed time limit after the competitor's name is called, and after the crossbar has been set. (6-2-2 Table)
- b. Displaces the crossbar in an attempt to clear it.
- c. Touches the ground or landing area beyond the plane of the crossbar, or the crossbar extended, without clearing the bar.
- d. After clearing the bar, contacts the upright and displaces the crossbar or steadies the bar.
- e. Fails (total body) to go over the bar.
- f. Takes off from two feet.

PENALTY: An unsuccessful trial is charged.

ART. 16 . . . A competitor shall not use a variable weight pole, a pole which is



improperly marked or a pole rated below the competitor's 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.

ART. 23 . . . 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.

ART. 26 . . . It is a foul if the competitor in the pole vault:

a. Fails to initiate a purposeful action of completing the requirements of the athletic challenge (trial) within the prescribed time period after the competitor's name is called and after the crossbar and standards have been set. (6-2-2 Table)

b. Displaces the crossbar from the pins on which it originally rested, with the body or the pole.

NOTE: If the crossbar and/or uprights are placed incorrectly by the contest official, the trial is not recorded as a foul and the vaulter has an additional trial.

c. Leaves the ground in an attempt and fails to clear the crossbar.

EXCEPTION: The competitor aborts the approach and in stopping plants the pole and momentum causes the competitor's feet to leave the ground.

d. During the vault, raises the hand which is uppermost when the competitor leaves the ground to a higher point on the pole, or if the hand which was underneath is raised to any point on the pole above the other hand.

e. Allows any part of the body or the pole to touch the ground or the landing system beyond the vertical plane of the top of the stopboard, without first clearing the bar.

f. After clearing the crossbar, contacts an upright and displaces the crossbar.

g. Steadies the crossbar with a hand(s) or arm(s).

h. Grips the pole above the top hand-hold band.

i. Touches or catches the pole preventing it from dislodging the crossbar.

PENALTY: An unsuccessful trial is charged.



You Make the Call:

Local Chapter Interpreter's Choice



LAST MEETING

- A. Call to Order.
- B. Chapter business.
 - 1. Election of Officers.
 - 2. Prepare 2025 schedule of meeting dates.
 - a. Chapter secretary will enter the meeting schedule into the PIAA website using instructions provided by PIAA office.
 - b. Note: **A minimum of six (6) chapter meetings must be scheduled by each chapter and all chapter members must attend a minimum of four (4) meetings to remain active. Chapter members may only receive credit for two (2) meetings prior to the first play date.**
 - 3. 2026 State Officials' Convention (August 7-8).
 - 4. Other.
- C. Consideration of rule revision/modification.
 - 1. To request a change to a NFHS Rule go to www.nfhs.org/RuleChangeProposal
 - 2. Complete the form and click "Submit."
 - 3. You will be required to provide a rationale for your suggested change and any other Rules the change might affect.
 - 4. Once submitted it will be forward to the PIAA for their endorsement.
 - 5. Chapter endorsement of the requested change is recommended.
 - 6. The deadline for potential changes to be submitted is May 1st.
 - 7. Recommended changes to the PIAA Modification need to be submitted to Vince Wojnar by June 1st.
 - 8. The PIAA Board of Directors adopts the **Track & Field Rule Book** annually (with approved modifications) at the July Board meeting.
- D. **Discuss any Procedures, Concerns or Staffing of your upcoming League/Conference and District Championship Meets.**



- E. **You Make the Call- Local Chapter Interpreter's Choice**
- F. Other discussion
- G. 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.

Any coach and/or adult Team Personnel removed, ejected or disqualified from a Contest who refuses to leave the competition area (out of sight and sound) as directed by the Contest Official will result in a forfeiture of the Contest. This policy has been adopted by the PIAA Board of Directors in an effort to address poor acting adults who refuse to abide by the applicable rules book and to show support of PIAA officials. Officials who encounter situations that involve this policy must report the occurrence to the PIAA Officials Department the next business day

PIAA registered officials who observe contestants simulating the firing of a weapon at another person are strongly recommended to consider these actions as unsportsmanlike and enforce associated penalties. Actions directed toward a person should be treated more severely than those that are not. Officials are to use discretion in addressing actions which are intended to embarrass, ridicule or demean others. With that said please review the following rules as they could relate to these acts. Many of these acts could be handled during the pre-game meetings with the head coaches and captains or during the contest with the issuance of a technical foul. PIAA recommends that this be a pre-game topic of conversation with the crew, so enforcement is consistent during that contest.



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
- Non-contested 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 December 20, 2022)**

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 HEAD COACHES AND OFFICIALS

The following are NFHS Track and Field Rules relevant to pole vault safety:

NFHS Track and Field Rule 6-8-15: 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 6-8-16: 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 6-8-17: Prior to warm-up, the field referee or head field judge shall inspect each pole to be used in the competition to verify that the poles are legal equipment, per NFHS 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 6-8-24: 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 6-8-27h: It is a foul if the competitor grips the pole above the top hand-hold band. **PENALTY: An unsuccessful trial is charged.**



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:

| | Boy | 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 | 3 kg | 3 kg |
| Discus throw | 1 kg | 1 kg |
| Javelin throw | 600 g | 600 g |

NOTE: The 1 kg discus and the 600 g javelin are the standard implements for able bodied girls in their respective events. Therefore, each should be available at a contest under normal conditions. As a 3 kg shot is required in both boys and girl's competition, the wheelchair athletes competing in that event must ensure that a proper size shot is present.

This information can be found on the PIAA Website (PIAA.org) under Resources – Handbook – Part II Policies and Procedures starting on page 99.

CHAPTERS/LOCAL ASSOCIATIONS EVALUATIONS



All chapters/local associations are encouraged to evaluate their membership. Many groups have already established such a program and have been very successful in critiquing and providing feedback to all chapter/local association members.

A copy of the track & field sport specific evaluation instrument for chapters/local associations can be used when they are evaluating their members. This instrument is provided as a template and may be modified or changed to meet the goals and desires of the chapter/local association. This evaluation instrument is provided as a service to chapters/local associations and is a sample of the instrument that will be used to evaluate post-regular season officials in inter-district events. The evaluation instrument is not a popularity document or a number exchange. Points awarded by section should be justified by comment or general comments as part of their performance.

If chapters/local associations would desire assistance in developing an evaluation program, assistance may be provided by contacting your local district officials' representative(s) and/or Patrick B. Gebhart, PIAA Chief Operating Officer, 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**

1 **D** All of the above. 5-14-1

2 **A** 1 6-2-2d

3 **A** The withdrawing competitor is awarded second place and is allowed to compete in future events at the meet. 6-3-2b

4 **A** May have tape on the hand given no fingers are taped together and all fingers can move independently. 6-4-1

5 **D** All of the above. 5-7-4

6 **C** Within 30 minutes after results have been announced or made official for that event. 2-3-3

7 **A** 164-3. 6-5-4

8 **B** The injured competitor. 4-6-5g

9 **B** Red, yellow and blue directional flag markings. 8-1-3d

10 **D** 5 6-8-2

11 **B** Verify that the pole is rated weight-appropriate and permit the athlete to participate. 6-8-24

12 **D** All of the above. 6-8-22

13 **D** All of the above. 6-9-15, 16, 17

14 **A** 1 minute as the athlete is just entering the competition and has not won yet. 6-2-2d

15 **B** Raise white flag for all clear. 5-3-3, 5-10-9



- 16 **C** Meet referee. 3-4-4
- 17 **B** Grant the request and move the standard to the requested setting. 6-8-20
- 18 **D** Meet referee. 3-4-3
- 19 **C** The competitor shall forfeit all individual places and points and shall be disqualified from further competition in that meet. In a relay event, the team's relay points and place(s) shall also be forfeited. 4-2-1, 4-2-2
- 20 **D** All of the above. 4-6-1
- 21 **D** Long jump. 7-1-3
- 22 **A** 132.5mm and 130 mm. 10-1-7
- 23 **B** 10 seconds. 10-2-3
- 24 **C** 2.2 10-2-5
- 25 **D** Coaches may not add names once the relay card is submitted. 5-10-2
- 26 **C** Eight. 5-10-2
- 27 **D** All of the above. 5-7-4
- 28 **A** 1. 2-1-1
- 29 **D** All of the above. 3-2-3
- 30 **A** 48 hours. 3-5-3b
- 31 **D** A significant turn on the course at 25 meters from the start. 8-1-2
- 32 **A** Immediately disqualified from the event. If the incident recurs, the competitor will be disqualified from further competition in the meet. 4-3-3
- 33 **B** The clerk of the course. 3-7



- 34 **B** Warns the athlete they are not able to compete using the wrap with the artificial aid and informs the athlete the wrap needs to be removed before the competition begins. 6-5-1
- 35 **A** Has no issues with the different uniforms as they are school-issued. 4-3-1
- 36 **B** The points for second, third and fourth places are added together and divided by 3. 2-2-4
- 37 **C** false starts. 3-4-4
- 38 **D** All of the above. 4-6-6
- 39 **B** 50 5-7-6
- 40 **D** All of the above. 5-13-4
- 41 **C** Steps on the inside lane line for three or more consecutive steps with either or both feet, but does not interfere with the runner to their left. 5-12-1a
- 42 **C** 3 minutes. 6-2-2f
- 43 **A** The athlete's second best performance. 6-3-2
- 44 **D** All of the above 6-7-4
- 45 **D** None. 6-2-8
- 46 **D** Games Committee. 6-2-4
- 47 **C** Long Jump, Javelin Throw, 800-meter Run. 7-1-3
- 48 **A** Three teams competing, 6-4-3-2-1. 2-1-2
- 49 **B** 39 inches. 9-4-2
- 50 **D** All of the above. 4-3-1,2

