

2015-2016 TRACK AND FIELD BULLETIN
(LAST EDITED January 20, 2016 @ 11:37:32 AM)

INTRODUCTORY NOTE: The rules interpretations will be presented and viewed online. As in the past, time does not permit coverage of all the rules. This information has been prepared to assist you in your personal study of the rules by noting **SOME** of the rules that deserve special attention. If you have further questions upon reviewing this document, or viewing the online rules meetings, please contact Assistant Executive Director Ron McGraw at the IHSA Office.

It is important to make sure your Schools and Officials Center is up-to-date with contact information. Please double check:

Coaching & IHSA Member School Staff Compliance (click on “Staff Responsibilities & Logins”, click on “Staff Compliance”): This IHSA Schools Center staff page will display all coaches and whether or not they are in compliance. is very important because if any information is missing from the coaching profile, the coach (head and/or assistant) will not be able to add his/her name to their list of coaches on their List of Participants and will not be issued credentials at the State Final. This page indicates:

- a. Who has been listed as coaches for your school (information in the Schools Center must be current/updated by School Administrator)
- b. How each coach on your staff is certified to coach (information in the Schools Center must be current/updated by School Administrator only)
- c. If the coach has completed the PES Exam (one time requirement) (Coach)
- d. STATE OF ILLINOIS REQUIREMENT: If the coach/athletic director has passed the Concussion Exam (every two years) (Coach/Athletic Director)**

(To make changes to this information, the School Administration should click on the “Staff Logins & Roster” link and click “Jobs” next to the name of the staff member that needs to be updated and make necessary changes.)

To Complete the PES and Concussion Exams: Coaches must log in using their USER ID and PASSWORD and click on the appropriate Link in the Activity Tracker.

Coaches: Login to the Schools Center to make sure you are listed as the coach for your school and your email address is current. If you are receiving emails and your school is not going to participate in the Track & Field State Series, this is a “Red Flag” that the IHSA believes that your school is entered and planning to participate. To avoid penalties, you must have your official representative withdraw your school by emailing tcraig@ihsa.org by the Online List of Participants deadline.

A notification system will be put into place to contact coaches in the event of an emergency or impending severe weather decisions at the State Meet. In order to contact you, we must have current contact and cell phone information posted in the IHSA Schools Center. **Maintain your personal site with cell phone number** to ensure you will receive notifications.

Officials: Login to the Officials Center to make sure your email address is current.

This information is required for IHSA to effectively communicate with its coaches and officials. If you are receiving notifications from our office, please do not ignore them. You are receiving communications because you are entered into the state series and we require/expect for you to meet all deadlines to remain eligible.

Rules Meeting Deadline: Begins December 1, 2015-Ends March 1, 2016
Please put this date in your phone notifications calendar.

IMPORTANT NOTICES:

Schools and Official’s: All Track & Field Head Coaches and officials must review and interact with the online rules meeting presentation and follow the instructions at the conclusion of the presentation to get credit for a Rules Meeting. This is a yearly requirement to be completed by the deadline to prevent a probationary or suspension status. To avoid a penalty fee of \$50.00 to have the probation or suspension lifted please complete by the deadline. If you have trouble getting credit issued through the School and Officials Center, please contact Cheryl Lowery at the IHSA Office before viewing again.

To receive credit for the Rules Meeting: You **must** login to the IHSA School's & Officials Center **by the deadline. DO NOT VIEW THE RULES PRESENTATION WITHOUT LOGGING INTO YOUR SCHOOL OR OFFICIALS CENTER SITE.**

YOU WILL NOT GET CREDIT FOR WATCHING THE PRESENTATION ON THE PUBLIC SITE (it doesn't require login information)!!!!

2015-16 IMPORTANT DATES/DEADLINES FOR GIRLS AND BOYS TRACK & FIELD:

First Date of Officials Promotion applications	7/1/2015
Online Rules Meeting Presentation begins (Tue.)/RM Bulletin Posted	12/1/2015
First Date of Officials Online Part 1 testing (Tues.)	12/1/2015
Manual for Schools with T & C's posted Online	12/1/2015
Manual for Managers with T & C's posted Online	12/1/2015
Only New Officials Rule Books mailed	Upon receipt from NFHS
Season begins (Mon.)	1/18/2016
1st Contest (Mon.)	2/1/2016
Officials Availability Deadline (Thurs.)	2/18/2016
Last Date of Officials Part 1 testing/Online Rules Meeting Deadline	3/1/2016
Probation/Suspension Calculated (Tues.)	3/2/2016
Last date of Officials Promotion applications	3/11/2016
First Date of Officials Online Part 2 Exams	3/15/2016
Last Date of Officials Online Part 2 Exams	3/22/2016
Officials Assignment Process Begins-Calendar should be updated (Fri.)	3/25/2016
State Final Vol. Official Deadline (Mon.) - Contact IHSA	3/28/2016
New Officials Licensing Period Ends	4/15/2016
First Date of Officials renewal/licensing period	5/01/2016
Girls Online List of Participants (Mon.) – Noon	5/09/2016
Girls Sectional Seeding Mtg. (Tue.)	5/10/2016
Girls Sectionals (Wed., Thurs. or Fri.-Check Assignment page)	5/11-5/13, 2016
Girls State Final (Thurs.-Sat.)	5/19-5/21, 2016
Boys Online List of Participants (Mon.) – Noon	5/16/2016
Boys Sectional Seeding Mtg. (Tue.)	5/17/2016
Boys Sectionals (Wed., Thurs. or Fri.-Check Assignment page)	5/18-5/20/2016
Boys State Final (Thurs.-Sat.)	5/26-5/28/2016
Season Ends (Sat.)	5/28/2016
Officials Assignment History Updated	6/18/2016
Last Date of Officials renewal/licensing period	6/30/2016
T&F Advisory Meeting following the 15-16 season	9/7/2016

Pole Vault: All schools conducting the pole vault MUST have in place a box pad meeting the ASTM Standard approved by the NFHS. YOU MAY NOT POLE VAULT WITHOUT THE PAD!

Free Pole Vault Skills Course Now Available Through NFHS Coach Education: Please click on the link from the IHSA Track & Field Webpages.

Track and Field and Cross Country Rules Changes - 2016

By NFHS on August 17, 2015t

3-6-4 New, 3-19-3: Changes the responsibility of checking the starting blocks from the implement inspector to the head starter.

Rationale: Placing the responsibility of inspecting all starting blocks is more appropriate with the starter, who has this expertise, rather than with the implement inspector who has expertise with throwing implements.

3-10-7 New: Head event judges may use white and red flags to signal fair or foul for a field event trial.

Rationale: The use of flags will assist with efficient administration of the field events. Communication between officials, coaches and fans is enhanced by the visual signal, similar to the use of flags by umpires.

6-1-1 thru 5, 6-2-9: Expands and clarifies definitions of trial/attempt, flight, round, pass, foul and what determines the initiation of purposeful action of completing the specific throwing event.

Rationale: Expands the definitions for throwing events for greater clarity in application of the throwing rules and updates to accepted current sport terminology.

6-5-2 New: Establishes a maximum diameter for the boys and girls indoor shot puts to account for the synthetic cover.

Rationale: To account for the thickness of the synthetic covering of an indoor shot, which is not present on the outdoor implement, a maximum diameter is needed in the specifications for the implement.

6-6-1: The javelin shall be constructed of metal or other suitable material, which could be wood or newer materials, with a metal point or rubber tip.

Rationale: Updates the current javelin specifications by eliminating reference to wood, which is no longer a commonly used material. The change will permit use of newer materials, such as carbon fiber, in the construction of the javelin.

7-1-1 thru 7, 7-2-1: Expands and clarifies definitions of trial/attempt, flight, round, pass, foul and what determines the initiation of purposeful action of completing the specific jumping event.

Rationale: Expands the definitions for jumping events for greater clarity in application of the jumping rules and updates to accepted current sport terminology.

7-6-3: Updates size of takeoff board to accepted sport specifications by recommending it be 8 inches wide, but permits up to 24 inches.

Rationale: Updates to accepted current sport equipment specifications for the takeoff board while not resulting in existing boards becoming non-compliant.

7-2-2, 6-2-5: Clarifies language regarding when the order of competition may be changed for consistency in all field events and removes duplicate language.

Rationale: Removes duplicate language contained elsewhere in existing rules and adds language regarding when the order of competition may be changed for consistency in all field event rules.

9-1-3b New: Permits the use of double boundary lines marking both the inside and outside boundaries of the cross country course.

Rationale: The use of the double painted line provides additional guidance to the runners, better defines the race course for spectators, and allows for natural barriers (grasses, hedges, etc.) which appear on many of the newer courses.

9-3-3a, b New: Recommends the use of a video/photograph back-up system for cross country when transponders are used for place finish with a review activated when the timing system indicates a one-tenth second or less differential.

Rationale: Recommends the use of a video/photograph back-up system when order of finish in cross country is determined using a transponder system. Transponders can read early or late, come off the runner etc. The video back-up can confirm close finishes and also assist if other problems arise using the transponder system at the finish line.

9-3-4, 5 New, 9-4-6, 8, 9, 10: A finish corral is recommended at cross country meets in which the transponder system is used for the order of finish.

Rationale: The finish line is opened to its full width when using transponders for order of finish allowing competitors to race through the line. The use of a chute may restrict running space therefore, the corral should be used with transponder place finish. The corral enhances competitors' ability to perform administrative tasks as directed by meet management and then progress in an orderly fashion out of the corral culminating all race activity.

IHSA/NFHS Rule Variations: These variations are well documented in the IHSA required online Rules Video. Officials, please review the online rules video prior to taking the required part I online examination.

1. **Uniform – In Illinois** the uniform and undergarments worn by cross country teams and track and field RELAY TEAMS must be SIMILAR, NOT IDENTICAL.

Undergarments do not need to be of a single, solid color and need not be unadorned. An athlete may wear multiple undergarments and those undergarments may be of different colors, For example; it would be legal to wear a red long sleeve tee shirt with a green short sleeve tee shirt over it. In cross country and on T&F relay teams only, if more than one team member chooses to wear undergarments ,then his/her undergarments must be similar in style and color. In the example above, any team member also choosing to wear undergarments would also need to wear the red long sleeve and the green short sleeve tee combination. Not all of the team members would be required to wear undergarments, but if they do, then they must match in style and be similar. COACHES, in order to guarantee that the officials interpreting your teams uniforms share your interpretation of “SIMILAR, it is highly recommended that you make certain that your cross country team members and T&F relay teams match exactly. Again, this is recommended and not required. Obviously if they match exactly there is no need for an officials interpretation.

The uniform rule in Illinois is interpreted to provide some flexibility for schools under the pressure of tight budgets. When interpreting uniforms for cross country teams and track and field relay teams consider the following: Are the uniforms being worn similar enough so that a person standing at the finish line can easily determine that the competitors running for the same school are team mates? Ultimately, this is a judgement call that will be made by the meet referee, common sense should prevail.

2. **Chips vs Torso – In Illinois** we determine the finish order of competitors by the position of the torso and NOT the order provided by chip timing **when video is used to determine places..**

3. **Uniform DQ** – In Illinois, we do not disqualify a competitor for a uniform first violation after they have passed through the clerks inspection and are racing or have finished their race (unless alterations are made after the competitor passes inspection). In this case they would be disqualified for unsporting conduct.
4. **Legal in Illinois:** Jewelry, watches, Removeable Arm Sleeves, Calf Sleeves, Wrist Sweat Bands, Bi-Cep bands

IHSA State Series T&F Qualifying Standards:

Recommendation: To adopt the following qualifying standards. Sectional Qualifying Standards for the Boy's and Girls State Finals will be determined in the following manner. The Qualifying Standards for each individual and relay event will be calculated by determining the 21st place time from all sectionals. Then that time will be used to obtain an average of the last FIVE years average times in each event. Using this process, the proposed qualifying standards for the 15-16 seasons are:

Event	Class 1A Girls		Class 2A Girls		Class 3A Girls	
	2015	2016	2015	2016	2015	2016
Long Jump	16-4	16-3	16-11	16-11.5	17-6	17-5
Pole Vault	9-3	9-4	9-9	9-7	10-6	10-3
High Jump	5-2	5-1	5-2	5-1	5-3	5-3
Shot Put	35-6	35-7	37-0	37-11	37-8	38-0
Triple Jump	33-8	33-6	34-8	34-9	35-8	35-10
Discus Throw	108-0	107-6	112-3	112-2	117-6	116-8
4X800 Relay	10:22.24	10:20.72	9:58.04	9:52.80	9:38.24	9:36.75
4 X 100 Relay	:51:94	:51.99	:50.84	:50.40	:49.44	:49.50
3200 Meter Run	12:12.24	12:10.37	11:40.04	11:37.20	11:16.04	11:12.45
100 M-HH	:16.64	:16.62	:15.94	:15.90	:15.34	:15.57
100 M. Dash	:13.04	:12.97	:12.74	:12.80	:12.54	:12.64
800 M. Run	2:26.64	2:27.52	2:23.34	2:23.30	2:19.74	2:20.07
4 X 200 M. Relay	1:50.34	1:51.33	1:48.04	1:47.50	1:45.74	1:45.82
400 M. Dash	1:02.04	1:01.84	:59.90	1:00.00	:59.44	:59.29
300 M. LH	:49.04	:48.81	:47.84	:47.70	:46.94	:46.78
1600 M. Run	5:35.14	5:33.69	5:24.24	5:20.90	5:14.24	5:11.50
200 M. Dash	:27.04	:26.94	:26.64	:26.30	:25.94	:25.95
4 X 400 M. Relay	4:14.34	4:16.89	4:10.04	4:09.10	4:04.24	4:03.37

Event	Class 1A Boys		Class 2A Boys		Class 3A Boys	
	2015	2016	2015	2016	2015	2016
Long Jump	21-0	20-11	21-8	21-5	22-3	22-1
Pole Vault	13-0	12-7	13-6	13-1	13-9	13-7
High Jump	6-3	6-2	6-3	6-3	6-5	6-3
Shot Put	48-0	47-8	50-11	50-11	52-11	52-8
Triple Jump	42-3	41-7	43-10	43-4	44-10	44-2
Discus Throw	143-0	143-2	149-0	145-11	156-6	157-11
4 X 800 M. Relay	8:26.24	8:32.45	8:15.24	8:11.20	7:58.04	7:59.34
4 X 100 M. Relay	:44.54	:44.29	:43.54	:43.30	:42.64	:42.70
3200 M. Run	10:04.0	10:11.70	9:49.24	9:44.80	9:29.04	9:24.72
110 M. HH	:15.54	:15.84	:15.24	:15.3	:14.74	:14.98
100 M. Dash	:11.14	:11.32	:11.04	:11.10	:10.94	:11.00
800 M. Run	2:01.24	2:02.26	1:59.04	1:59.20	1:57.24	1:57.27
4 X 200 M. Relay	1:33.74	1:33.24	1:31.74	1:30.90	1:29.64	1:29.34
400 M. Dash	:51.74	:51.68	:50.84	:51.00	:49.94	:50.13
300 M. Int. Hurdles	:42.00	:41.57	:40.44	:40.20	:39.84	:39.69
1600 M. Run	4:37.24	4:38.49	4:30.44	4:27.70	4:22.04	4:21.42
200 M. Dash	:22.94	:23.09	:22.54	:22.50	:22.24	:22.30
4x400 M. Relay	3:31.74	3:31.52	3:27.44	3:27.50	3:23.74	3:23.15

Rationale: The advisory committee feels that changing to this system is appropriate at this time. A study has been conducted implementing this process and using state qualifier and sectional data from the previous 2 years. That study supports the implementation of this process. We will use a five year average. Other associations and IHSA swimming and diving use a method similar to the objective method proposed in this system. Using an objective system will be easier to use, easier to defend and provides fair standards for competitors. If necessary in the future, the system is adjustable by using a different average state qualifier place or a different average (i.e. 4 years instead of 5 years). The Assistant Executive Director responsible for IHSA track and field will have the responsibility and authority to modify any standards that would project an unreasonable standard performance or potentially qualify an unacceptable number of athletes. This authority would be exercised in order to protect the integrity of the meet.

The committee approved that the concept be adopted and implemented for all classes for this season. They did approve the qualifying standards as seen in the charts above for classes 1A and 3A. However, the results from the data for our newest class, 2A, left the committee interested in seeing additional numbers before approving the actual standards. Ron McGraw will reorganize the 2A data but look at a three year period instead of five. The committee unanimously believed this would be a reasonable step to take prior to approving a recommendation to adopt specific 2A standards. An addendum to these minutes will be posted once the data has been processed and reviewed by the T&F advisory committee. Passed 9-0

AMENDED 2A Qualifying Standards

Please note that following the T&F advisory committee recommendation to perform additional research relative to the 2A qualifying standards, the list seen in the chart above was developed. This list reflects a 3 year average of 16th place of all state qualifiers. The list was supported by the majority of the advisory committee and the IHSA staff. The entire set of 2016 qualifying standards will be presented to the IHSA Board of Directors at the October 14th Board Meeting.

OFFICIALS INFORMATION:

◆ **2016 State Final Volunteer Licensed and Non-Licensed Officials (Deadline: March 28, 2016):**

Volunteers who are IHSA licensed officials at the State Meets: You must go online through the officials' center to accept or decline working as a volunteer at the State Girls and/or Boys Track Meet(s) online as well as indicate the day(s) you will volunteer as well as your shirt size. You will not receive a form in the mail. We will post a request for you to volunteer at the State Meets.

Volunteers who are non-licensed officials at the State Meets: All non-licensed officials who volunteered at last year's meet(s) will be sent an email in early January. If your email address has changed from last year, please notify Cheryl Lowery clowery@ihsa.org of your new email address.

People who have never volunteered at the State Track Meets: If you would like to volunteer this year at either the girls or boys state final, contact Cheryl Lowery (clowery@ihsa.org) to supply your email address, day(s) you are available to volunteer and shirt size.

◆ **State Final Housing:** All persons who work the respective state final meets are responsible for their own housing. Eastern Illinois University will make dormitory rooms available both weekends. Reservations for University Residence Halls must be made in advance. For reservations, please contact University Housing & Dining at 217-581-5111 visit www.eiu.edu/~ihsa. **The discounted rates are for consecutive nights only.**

◆ **2016 Housing Costs – per person not per room (Tax included, Double room rates assume two people in the room):**

\$40.00 per person in a Double Room for 3 nights

\$30.00 per person in a Double Room for 2 nights

\$20.00 per person in a Double Room for 1 night

\$60.00 per person in a Single Room for 3 nights

\$45.00 per person in a Single Room for 2 nights

\$30.00 per person in a Single Room for 1 night

Housing Check In Location

Team Check In: Lawson Hall

Officials and Spectator Check-in: Stevenson Hall

◆ **OFFICIALS HOUSING LOCATION AND OFFICIALS BREAKFAST MEETING:** Officials will be housed in Stevenson Hall and the officials breakfast will be in the University Union Ballroom. Officials will use the same parking lot as in previous years...they will have to walk across 4th street for breakfast...five minute walk from Stevenson Hall...Signs will be posted on the sidewalk directing you to breakfast.

◆ **Officials Breakfast and Packet Pick-up:** Packet pick up for officials will be done during a breakfast meeting in the University Ballroom each day on both weekends (Thursday: 7:45 a.m., Friday: 6:30 a.m. and Saturday: 6:30 a.m.) Officials will park in the Stevenson parking lot...officials will walk across 4th street for packet pick-up and breakfast. Signs will be posted on the sidewalk directing you to breakfast. If you will not come to breakfast, contact Cheryl Lowery at the IHSA Office to make arrangements for your shirt and wristband to be picked up at O'Brien Stadium (west side, at the South Ticket window).

◆ **Officials Uniform**

1. A starter's sleeve must be a solid color: red, yellow or orange.
2. White collared shirts, short or long sleeved.
3. Blue, black, khaki or gray pants, no jeans or sweat pants.
4. Blue jacket with a red, yellow, or orange sleeve customized to the coat, or a plain blue jacket with a separate starter's sleeve.
5. Blue or red sport coat may be worn, tie is optional.
6. If not acting as the starter or referee, wear apparel provided by the meet management or white shirt with pants as in No. 3.
7. Officials patches must be worn according to VI-A patches in the current IHSA Sports Officials Handbook.

◆ Major officials are licensed with the IHSA. Only IHSA Athletic Officials licensed in Track and Field may receive pay to officiate boys and/or girls interscholastic track and field meets, including expenses. (Major officials include the Referee, Starter, Referee-Starter.)

SECTIONAL HOSTS, TRACK COACHES AND/OR ATHLETIC DIRECTORS INFORMATION:

- ◆ List of Participants due on **MONDAY at noon** the week of the sectional meets.
- ◆ Sectional seeding meetings will be conducted on **TUESDAY** the week of the sectional meets.
- ◆ Sectional T&F meets must be conducted on **WEDNESDAY, THURSDAY OR FRIDAY.**
- ◆ Prior to a track and field meet, all competition areas, facilities and equipment must be inspected and prepared in adherence to proper safety measures that insure the safety of competitors, officials, coaches and fans.
- ◆ **F.A.T. must be used at all Sectional Meets.**
- ◆ **Order of Events:** This will serve as a reminder that if the competing schools (or conference) do not mutually agree to use the same Order of Events used in the state meet series or some other mutually agreeable Order of Events, the Order of Events included in Rule 1 of the Track and Field Rules shall be used.
- ◆ **Sectional Managers are required to use the Computer Data File supplied by the IHSA Office for use in their Seeding Meeting/Sectional Meets. Managers should not request information from schools assigned to their Sectional and schools should not respond to the request of a Sectional Manager to provide such information.**
- ◆ The following are available:
 - (a) F.A.T system
 - (b) Starting blocks
 - (c) Official implements for each event;
 - (d) One tape measure for each field event; and,
 - (e) Official score sheets including flight cards and heat cards.

TRACK & FIELD STATE FINAL TIME SCHEDULE:

- Wednesday, 4:00 p.m. – 7:00p.m. – Track opens for 1A practice
- Thursday, 11:00 a.m.– 1A prelims
- Friday, 9:00 a.m. – 2A and 3A prelims
- Saturday, 10:00 a.m. – 1A, 2A, 3A finals
- **State Final Time Schedules will be released after the number of heats have been determined from the Sectional Winners. A tentative Time Schedule is included in the Terms and Conditions in your school and manager's manuals.**
- Look below for additional details relative to practice times at O'Brien Stadium.

Team Packet Pick-up will be at the South Ticket window on the west side of O'Brien Stadium (parking lot side)

IHSA Staff will be available during the following times for packet pick up. Scratches should be reported at this time. Class 2A and 3A teams who plan to attend the 1A state final, must pick up their team packets (bib numbers are the competitors ticket for free access to O'Brien Stadium):

Wednesday: 4:00 p.m.-7:00 p.m.

Thursday: 8:00 a.m. - 6:00 p.m.

Friday: 8:00 a.m. – 1:00 p.m.

IMPORTANT NOTICE REGARDING USE OF THE E.I.U. FACILITY FOR PRACTICE FOLLOWING THE MEETS:

Schools may use the track and field facilities at O'Brien Stadium for practice and warm-up. These practice sessions are not the responsibility of the IHSA nor of EIU. Athletes and coaches use the facilities to practice at their own risk. Coaches will be responsible for the safety of their athletes/staff. Coaches must be aware of the weather and react according to IHSA severe weather safety guidelines. If it rains, go indoors!

Practice Schedule (State Final):

On **Wednesday afternoon**, **1A competitors** will be permitted to warm-up on the track from **4:00 p.m. until 7:00 p.m.**, and between **8:00 a.m. and 10:00 a.m.**, on **Thursday morning**. On **Thursday night** from approximately **5:00 p.m. until 7:00 p.m.** (following the 1A meet), the track will be open for **2A and 3A competitors** for practice. On **Friday morning** the track will be open for **2A and 3A** competitors from **7:00 a.m. until 8:30 a.m.** On **Friday evening** the track will be open following the 2A/3A meet from approximately **6:30 p.m. – 7:00 p.m.** prior to the start of the Race Under the Lights event. On **Saturday morning** the track will be open from **7:00 a.m. until 8:45 a.m.** for warm ups. The track will be cleared after these special warm-up times. Contestants shall not use the space inside O'Brien Field for warm-up or practice on the days of the **State Final** except at the above designated times. The track will be cleared promptly at 7:00 p.m. on Wednesday and Thursday after all special warm-up times.