

**2017-2018 TRACK AND FIELD BULLETIN
(LAST EDITED December 4, 2017 at 2:45 PM)**

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 Kraig Garber at the IHSA Office.

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

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.

Meet management will use Twitter as the source of communication at the State Meet. Coaches can follow meet announcements through @IHSAweather and @KraigGarber.

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 5, 2017-Ends February 27, 2018
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)!!!!

2017-18 IMPORTANT DATES/DEADLINES FOR GIRLS AND BOYS TRACK & FIELD:

First Date of Officials Promotion applications	7/1/2017
Only New Officials Rule Books mailed	Mid-September
Online Rules Meeting Presentation begins/RM Bulletin Posted	12/5/2017
First Date of Officials Online Part 1 testing	
Manual for Schools with T & C's posted Online	
Manual for Managers with T & C's posted Online	
Season begins	1/15/2018
1st Contest	1/29/2018
Officials Availability Deadline	3/22/2018
Last Date of Officials Part 1 testing/Online Rules Meeting Deadline	2/27/2018
Probation/Suspension Calculated	3/7/2018
Last date of Officials Promotion applications	3/9/2018
First Date of Officials Online Part 2 Exams	3/13/2018
Last Date of Officials Online Part 2 Exams	3/20/2018
Officials Assignment Process Begins-Calendar should be updated	3/23/2018
State Final Vol. Official Deadline - Contact IHSA	3/23/2018
New Officials Licensing Period Ends	4/15/2018

First Date of Officials renewal/licensing period	5/01/2018
Girls Online List of Participants – Midnight	5/06/2018
Girls Sectional Seeding Mtg.	5/08/2018
Girls Sectionals Check Assignment page)	5/9-5/11, 2018
Girls State Final	5/17-5/19, 2018
Boys Online List of Participants – Midnight	5/13/2018
Boys Sectional Seeding Mtg.	5/15/2018
Boys Sectionals (Wed., Thurs. or Fri.-Check Assignment page)	5/16-5/18/2018
Boys State Final	5/24-5/26/2018
Season Ends	5/26/2018
Officials Assignment History Updated	6/19/2018
Last Date of Officials renewal/licensing period	6/30/2018
T&F Advisory Meeting	9/05/2018

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!

Track and Field and Cross Country Rules Changes - 2018

By NFHS on July 27, 2017

4-3-1, 4-3-1b, 4-3-1c: Clarifies that for a track and field as well as cross country uniform to be considered legal, the singlet and bottom or one-piece uniform shall be school-issued or school-approved. This change for school approval addresses the need for athletes to purchase a part of their uniform, but such individual apparel shall be approved by the school coach to be certain it meets all rule requirements.

Rationale: Clarifies that the school may issue or approve an individually purchased item as part of the official school uniform.

6-2-14 PENALTY (NEW), 6-2-10, 6-2-13: Several prohibitions regarding competitors' actions were included but had no associated penalty should the rule not be followed which created confusion for enforcement. The appropriate penalty of disqualification from the event has been added.

Rationale: This rule was absent the necessary penalty.

6-5-11: The requirements for the length of the pole vault crossbar has become more flexible as it can now be within a range in length like the high jump.

Rationale: Creates consistency in establishing a range for the length of the crossbar in pole vault. Provides flexibility in the length of the crossbar, like the high jump crossbar.

8-6-1 (NEW), 4-3: Duplicate language regarding the uniform has been removed from Rule 8, Cross Country, and all rules regarding the uniform for individuals, relay team members and cross country teams are now all contained in one rule, Rule 4.

Rationale: Eliminates duplicate language. These two rules are identical except for the rule on the soles of the shoes allowing for one-inch spikes in cross country.

Major Editorials

4-6-1 NOTE 2, 3-1 NOTE: Establishes consistent NFHS language within the rules prohibiting the use of tobacco products and similar items and alcohol by participants, school personnel or officials.

5-3-1: Provides greater flexibility by expanding the professional positions which are qualified to survey and measure a track.

6-7-2: Corrects clerical error in maximum diameter for the boys indoor shot put.

6-8-9: Removes duplicate language which is covered in Rule 6-2-10 regarding broken javelin.

6-9-8: Removes duplicate language which is covered in Rule 6-2-3 regarding excused competitors.

2017-18 Track and Field Editorial Changes

3-10-2, 4-3-1b(4), 5-2, 6-1-8, 6-2-6 PENALTY, 6-2-15, 6-2-16, 6-2-17, 6-6-5, 8-7

2017-18 Track and Field Points of Emphasis

1. Uniforms-Waistbands, Trim, Accents and Compliance
2. Providing Fluids to Competitors at Cross Country Competitions
3. Entry Limits for Individual Contestant
4. Officials Safety and Recommendations in the Long Throws

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. **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.
3. **Legal in Illinois:** Jewelry, watches, Removeable Arm Sleeves, Calf Sleeves, Wrist Sweat Bands, Bi-Cep bands

IHSA State Series T&F Qualifying Standards:

To adopt the following qualifying standards. Using the same process as last year, the 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 for classes 1A and 3A 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. For class 2A, a THREE-year average of the 16th place time in individual events and relays was used. Using this process, the proposed qualifying standards for the 17-18 seasons are:

Event	1A Girls		2A Girls		3A Girls	
	16-17	17-18	16-17	17-18	16-17	17-18
LJ	16-2	16-3	17-1	17-1	17-6	17-6
PV	9-1	9-0	9-6	9-7	10-3	10-3
HJ	5-1	5-0	5-1	5-1	5-3	5-2
SP	35-9	35-8	38-0	37-2	38-0	38-2
TJ	33-6	33-7	34-9	34-11	35-11	36-0
DISC	107-6	108-8	112-2	112-10	116-11	117-6
4 X 800	10:23.87	10:25.50	9:53.97	9:58.52	9:34.47	9:35.97
4 X 100	:52.01	:52.03	:50.28	:50.03	:49.45	:49.39
3200	12:12.49	12:12.84	11:35.71	11:37.38	11:08.33	11:08.94
100 HH	:16.60	:16.52	:15.86	:15.73	:15.59	:15.53
100	:12.96	:12.97	:12.74	:12.66	:12.61	:12.60
800	2:27.62	2:27.21	2:22.12	2:21.82	2:19.88	2:19.77
4 X 200	1:51.28	1:51.42	1:47.57	1:47.13	1:45.69	1:45.52
400	1:02.15	1:02.19	1:00.19	1:00.36	:59.28	:59.28
300 LH	:48.72	:48.70	:47.72	:47.52	:46.91	:46.82
1600	5:33.95	5:35.45	5:21.00	5:19.32	5:10.01	5:09.66
200	:26.99	:27.00	:26.23	:25.97	:26.01	:25.98
4 X 400	4:17.57	4:18.16	4:09.20	4:09.24	4:04.48	4:04.53

Event	1A Boys		2A Boys		3A Boys	
	16-17	17-18	16-17	17-18	16-17	17-18
LJ	20-11	20-10	21-4	21-7	22-1	22-1
PV	12-5	12-2	13-1	13-0	13-7	13-6
HJ	6-1	6-1	6-3	6-3	6-3	6-2
SP	47-9	47-9	49-2	49-6	52-7	52-7
TJ	41-5	41-2	42-7	42-8	44-4	44-4
DISC	142-10	141-6	144-6	145-10	157-9	154-7
4 X 800	8:33.80	8:34.97	8:10.64	8:12.81	7:58.96	8:01.67
4 X 100	:44.33	:44.44	:43.39	:43.48	:42.66	:42.73
3200	10:10.98	10:08.33	9:42.98	9:47.82	9:26.72	9:29.48

110 HH	:15.91	:15.96	:15.29	:15.24	:15.02	:15.00
100	:11.38	:11.38	:11.08	:11.12	:10.99	:10.95
800	2:02.66	2:02.79	1:59.94	2:00.05	1:57.31	1:56.92
4 X 200	1:33.47	1:33.76	1:30.81	1:31.37	1:29.30	1:29.43
400	:51.80	:52.01	:51.10	:51.05	:50.10	:50.16
300 IH	:41.57	:41.58	:40.43	:40.68	:39.74	:39.78
1600	4:39.11	4:39.53	4:27.65	4:28.06	4:20.94	4:21.67
200	:23.11	:23.12	:22.55	:22.63	:22.26	:22.12
4 X 400	3:32.37	3:33.66	3:27.17	3:27.92	3:23.31	3:24.07

Rationale: The advisory committee feels that we are on the right track by using this system. Using an objective system should be easier to use, easier to defend and provides fair standards for competitors. If necessary, the system is adjustable by using a different average sectional time, a different average (i.e.: 4 years), or simply by maintaining the prior year's standard for one or more events. The Assistant Executive Director working with the Track & Field advisory committee has reserved the right to make changes if it is obvious that this would be necessary in order to protect the integrity of the meet.

OFFICIALS INFORMATION:

◆ **2018 State Final Volunteer Licensed and Non-Licensed Officials (Deadline: March 23, 2018):**

Volunteers who are IHSA licensed officials: You must go online through the officials' center to 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 official: 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.

◆ **2018 Housing Costs – per person not per room (Tax included, Double room rates assume two people in the room):**

Residence Halls: Discounted room rate only applies to consecutive nights.

Double Room(s)	Single Room(s)
3 Nights: \$40.00 per person	3 Nights: \$65.00 per person
2 Nights: \$30.00 per person	2 Nights: \$50.00 per person
1 Night: \$20.00 per	1 Night: \$35.00 per person

Lodging check-in begins at 3:00 p.m. on Wednesday and 11:00 a.m. on Thursday & Friday

◆ **Housing Check In Location: Teams:** 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. (after this time, packets will be available at the EIU ticket window (parking lot side of O'Brien Stadium))

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.