

2020-2021 IHSA GIRLS and BOYS TRACK & FIELD RULES BULLETIN

(Last Revised May 3, 2021)



INTRODUCTORY NOTE: This bulletin has been prepared to give you a quick reference guide of changes for the upcoming Girls and Boys Track & Field Seasons. Coaches must refer to their IHSA Schools Center and the Track Manual for Schools for complete instructions and any Coaching Deadlines to remain eligible to compete this school term. Please email IHSA Assistant Executive Director Kraig Garber (kgarber@ihsa.org) with any questions about official rule interpretations or recommendations for rule changes for next year.

INFORMATIONAL TOOLS FOR COACHES AND OFFICIALS

1. Keep your **personal information** current in the IHSA Schools and Officials Center. This is how IHSA communicates with you during the season. You must check the IHSA Schools & Officials Center frequently during the season to complete IHSA coaching and official's requirements.
2. Officials must view the online Rules Interpretation Presentation (Schools & Officials Center). If you have trouble getting credit after viewing, contact Cheryl Lowery (clowery@ihsa.org) at the IHSA Office before viewing again. For this season, head coaches are highly encouraged to view the Rules Interpretation Presentation, but they are not required. We will resume this requirement for head coaches with the 2021-22 season.
3. Read the Track Manual for Schools that can be found in the "Resources" section of the Track & Field page of the IHSA website (www.ihsa.org). This manual, along with many other resources found in this section, provides an abundance of information pertaining to the track & field season.
4. **Do Not Ignore emails YOU RECEIVE from the IHSA Office.** If you are receiving email notifications from our office, do not ignore them. You may be risking your eligibility. As a coach and official we require/expect for you to meet all deadlines to remain eligible.

NFHS TRACK & FIELD RULE CHANGES

To view changes, please use the following link: <https://nfhs.org/sports-resource-content/track-and-field-cross-country-rules-changes-2020/> **NFHS Rules posted on July 9, 2019. Rules from 2019-2020 Season are being used in this year's season.**

IHSA TRACK & FIELD TERMS & CONDITIONS CHANGES

To view changes, please review the Track & Field Advisory Committee Minutes through the following link: <https://www.ihsa.org/documents/adv%20minutes/20-21/20-tr-minutes.pdf> **IHSA Track & Field Advisory Committee Meeting on September 2, 2020**

IHSA IMPORTANT REMINDERS

1. **Athletic.net** – The IHSA has developed a partnership with Athletic.net to help streamline and simplify the IHSA Track & Field State Series entries and results. All schools are required to have an Athletic.net account beginning with this year's track & field season. During the regular season, meet hosts must upload official results to Athletic.net in order for those results to be applied to seed performances for the IHSA Sectional Meets. For more information on how to complete various functions using Athletic.net (i.e. creating an account, establishing your roster, creating an event, uploading official results, etc.) please reference the Athletic.net Tutorials page in the Manual for Schools and Managers.
2. **Measuring Metric in Field Events** – During the IHSA State Series, we will measure all field event performances using metric measurements. Although measuring in metric is not required during the regular season, we highly encourage hosts to begin this practice so that student athletes, coaches, and spectators are able to adjust to the change prior to this year's state series meets. For more information pertaining to metric measurements, please reference the IHSA Metric Manual for Field Events through the following link: <https://www.ihsa.org/documents/tr/metric%20manual.pdf>.

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- How to Determine if Timing Apps are Manual or FAT** – Per NFHS interpretation, for any system to be considered fully automated timing, the system must be started automatically at the triggering of the gun. A person manually starting or stopping the app or the system being started by the sound of the gun is still considered manual timing.
- 4x100 and 4x200 Relay Exchange Zone Rule Change** – Please reference the following regarding the relay exchange zone changes for the 4x100 and 4x200 relays: <https://www.ihsa.org/documents/tr/2019-20/Track%20&%20Field%20Exchange%20Zone%20Rule%20Change.pdf>
- Uniform** – 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. The uniform rule is intended 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.
- Uniform DQ** – In Illinois, we do not disqualify a competitor for a uniform first violation after they have passed through the clerk's 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.
- Legal in Illinois:** Jewelry, watches, Removable Arm Sleeves, Calf Sleeves, Wrist Sweat Bands, Bi-Cep bands
- Video Replay and Television Monitoring Equipment:** Use of video replay or television monitoring equipment from sources other than the equipment approved by the IHSA (or meet manager) WILL NOT be used to make decisions related to the state series meets. Only IHSA state meet officials, including the games committee (when called upon by the meet referee to do so), will have the authority to review ONLY the IHSA official video results.
- 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!** Additionally, variable weight poles are not permitted in IHSA track and field.
- Throwing Events:** The safety of participants, coaches, spectators, and officials is of utmost importance during throwing events. Please use the following link to view safety guidelines for the throwing events: https://ihsaorg-my.sharepoint.com/personal/kraig_ihsa_org1/_layouts/15/guestaccess.aspx?docid=06c945855be8841909a78ec3051c7e88&authkey=AaD5Ec-3bsJkTbzCB6m95Xw

IHSA TRACK & FIELD IMPORTANT DATES

Manual for Schools and Manager's with T & C's posted Online	Mid-May
Season begins (Mon.)	4/5
1st Contest (Mon.)	7 dates after 1 st practice
Officials Availability Deadline (Thurs.)	2/18
Officials Assignment Process Begins-Calendar should be updated (Fri.)	4/12
State Final Vol. Official Deadline (Fri.) - Contact IHSA	5/21
Girls Sectional Entries Due in Athletic.net (Sun.)	5/30
Girls Sectional Seeding Mtg. (Tue.)	6/1
Girls Sectionals (Wed., Thurs. or Fri.-Check Assignment page)	6/2-4
Girls State Final (Thurs.-Sat.)	6/10-12
Boys Sectional Entries Due in Athletic.net (Sun.)	6/6
Boys Sectional Seeding Mtg. (Tue.)	6/8
Boys Sectionals (Wed., Thurs. or Fri.-Check Assignment page)	6/9-11
Boys State Final (Thurs.-Sat.)	6/17-19
Season Ends (Sat.)	6/19
T&F Advisory Meeting following the 2020-2021 season	9/02

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IHSA BOYS/GIRLS ABLE-BODIED & WHEELCHAIR ATHLETES QUALIFYING STANDARDS

To adopt the following qualifying standards, the following process will be used: The Qualifying Standards for each individual and relay event will be calculated for classes 1A and 3A by determining the FIVE-year average of the 21st place time/distance/height from all sectionals. For class 2A, a FIVE-year average of the 16th place time/distance/height in individual events and relays was used. Using this process, the proposed qualifying standards for the 2020-21 season are:

Event	1A Girls	1A Boys	2A Girls	2A Boys	3A Girls	3A Boys
LJ	16-5 (5.00m)	20-10 (6.35m)	17-1 (5.20m)	21-7 (6.57m)	17-7 (5.35m)	22-2 (6.75m)
PV	9-0 (2.74m)	12-2 (3.70m)	9-9 (2.97m)	13-0 (3.96m)	10-3 (3.12m)	13-8 (4.16m)
HJ	5-0 (1.52m)	6-1 (1.85m)	5-1 (1.54m)	6-2 (1.87m)	5-3 (1.60m)	6-3 (1.90m)
SP	36-0 (10.97m)	47-11 (14.60m)	36-7 (11.15m)	48-7 (14.80m)	38-7 (11.76m)	52-5 (15.97m)
TJ	33-11 (10.33m)	41-3 (12.57m)	34-11 (10.64m)	42-10 (13.05m)	36-5 (11.09m)	44-8 (13.61m)
DISC	111-8 (34.03m)	141-3 (43.05m)	112-3 (34.21m)	145-2 (44.24m)	119-1 (36.29m)	153-3 (46.71m)
4 X 800	10:31.77	8:33.28	10:09.59	8:16.81	9:36.93	8:02.59
4 X 100	:51.70	:44.54	:50.07	:43.50	:49.20	:42.77
3200	12:19.89	10:12.64	11:45.93	9:53.65	11:07.39	9:29.30
100 HH	:16.53	:16.00	:15.97	:15.29	:15.49	:15.15
100	:12.95	:11.37	:12.69	:11.12	:12.49	:11.00
800	2:27.56	2:02.83	2:23.23	2:00.80	2:19.49	1:57.75
4 X 200	1:50.82	1:33.90	1:47.64	1:31.24	1:44.87	1:30.04
400	1:02.04	:52.06	1:00.26	:51.10	:59.18	:50.29
300 LH	:48.74	:41.79	:47.69	:40.71	:46.69	:39.97
1600	5:36.90	4:39.80	5:24.45	4:31.13	5:08.14	4:23.68
200	:26.89	:23.11	:26.13	:22.57	:25.72	:22.33
4 X 400	4:17.79	3:33.91	4:10.59	3:28.84	4:04.32	3:25.13

Event	Wheelchair Athletes	
	Boys	Girls
SP	1.83m (6-0)	1.22m (4-0)
DISC	4.75m (15-0)	2.44m (8-0)
100	:40	:45
800	6:00	6:30
400	3:00	3:15
200	1:25	1:35

Note: The field event qualifying standards above show both the metric distances/heights along with the English distances/heights in parenthesis. The metric measurements will be used in determining qualifying marks for all field events. The English measurement conversions in parenthesis are only listed for convenience and are not necessarily exact conversions. Therefore, at the sectional meets, the

metric distances/heights are what will be used to determine if a qualifying standard has been met by a competitor. In other words, the English conversions listed in parenthesis will not be used or considered to determine if a qualifying standard was met.