

2022-2023 IHSA GIRLS and BOYS TRACK & FIELD RULES BULLETIN

(Last Revised January 12, 2023)



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. Head Coaches and 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.
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.
5. **Sectional On-Line List of Participants Declarations and Coaching Staff:** If a school does not submit all or part of the Sectional Online List of Participants by the deadline, the IHSA administrator for Track & Field may permit late LOP entries with a \$100 penalty fee. The IHSA administrator for Track & Field may waive the \$100 penalty fee for extenuating circumstances. Other penalties for failing to complete the Sectional Online List of Participants by the deadline could include, but not be limited to being ruled ineligible to coach and/or athletes being ruled ineligible to compete in the State Series. Entered schools that do not submit their Sectional Online List of Participants are consequently ruled ineligible for the State Final Series and will be withdrawn from the state series. A \$100.00 penalty fee will be assessed for failure to withdraw before the LOP deadline, and the school will be locked out from entering through the School's Center during the next school term.

NFHS TRACK & FIELD RULE CHANGES

To view changes, please use the following link: <https://www.nfhs.org/sports-resource-content/track-and-field-rules-changes-2023/>

IHSA TRACK & FIELD TERMS & CONDITIONS CHANGES: IHSA Track & Field Advisory Committee Meeting on August 31, 2022

To view changes, please review the Track & Field Advisory Committee Minutes through the following link: <https://www.ihsa.org/documents/adv%20minutes/22-23/22-tr-minutes.pdf>

IHSA IMPORTANT REMINDERS

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 apply to the uniform rule. 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 teammates? 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 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.

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3. **Legal in Illinois:** Jewelry, watches, Removable Arm Sleeves, Calf Sleeves, Wrist Sweat Bands, Bi-Cep bands
4. **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.
5. **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!**
6. **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=06c945855be8841909a78ec3051c7e888&authkey=AaD5Ec-3bsJKTbzCB6m95Xw

IHSA TRACK & FIELD IMPORTANT DATES

2022 T&F Advisory Meeting	8/31
First Date of Officials Promotion applications	7/01
Officials Rule Books mailed	Mid-October
Online Rules Meeting Presentation begins/RM Bulletin Posted	12/6
First Date of Officials Online Part 1 testing	12/6
Manual for Schools and Manager's with T & C's posted Online	12/6
Season begins	1/16
1st Contest	1/30
School Entry Deadline for Teams and Individuals to be assigned to Sectionals	2/1
School Team & Ind. Assignments Posted (If Hosts are secured)	2/15
Coaches Data Form Opens in the IHSA Schools Center	2/15
Athletic.net List of Participant Opens	2/15
Officials Availability Deadline	2/18
Last Date of Officials Part 1 testing/Online Rules Meeting Deadline	2/28
Officials Assignment Process Begins-Calendar should be updated	3/25
Probation/Suspension Calculated	3/1
Last date of Officials Promotion applications	3/11
First Date of Officials Online Part 2 Exams	3/14
Last Date of Officials Online Part 2 Exams	3/21
State Final Vol. Official Deadline- Contact IHSA	3/23
2022-2023 New Officials Licensing Period Ends	4/15
2023-2024 First Date of Officials renewal/licensing period	5/01
Girls Online List of Participants & Coaches Data Form Deadline – Midnight Sun.	5/7
Girls Sectional Online Seeding Mtg.	5/9
Girls Sectionals (Wed., Thurs. or Fri.-Check State Series Information/Results)	5/10-5/12
Girls State Final	5/18-5/20
Boys Online List of Participants & Coaches Data Form Deadline – Midnight Sun.	5/14
Boys Sectional Online Seeding Mtg.	5/16
Boys Sectionals (Wed., Thurs. or Fri.-Check State Series Information/Results)	5/17-5/19
Boys State Final (Thurs.-Sat.)	5/25-5/27
Season Ends	5/27
Officials Assignment History Updated	6/20 (approx.)
2023-2024 Advisory Committee Meeting	8/30

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

Qualifying Standards: The Qualifying Standards for each individual and relay event will be calculated for classes 1A and 3A by determining the 5-year average of the 21st place time/distance/height from all sectionals. For class 2A, a 5-year average of the 16th place time/distance/height in individual events and relays was used. Using this process, the proposed qualifying standards are:

2022-2023 Proposed IHSA State Qualifying Standards						
Event	1A Girls	1A Boys	2A Girls	2A Boys	3A Girls	3A Boys
LJ	5.00m (16-5)	6.35m (20-10)	5.15m (16-11)	6.50m (21-4)	5.35m (17-7)	6.75m (22-2)
PV	2.76m (9-1)	3.70m (12-2)	2.97m (9-9)	3.96m (13-0)	3.12m (10-3)	4.16m (13-8)
HJ	1.52m (5-0)	1.85m (6-1)	1.54m (5-1)	1.85m (6-1)	1.57m (5-2)	1.90m (6-3)
SP	10.79m (35-5)	14.60m (47-11)	10.79m (35-5)	14.80m (48-7)	11.40m (37-5)	15.97m (52-5)
TJ	10.18m (33-5)	12.54m (41-2)	10.56m (34-8)	12.95m (42-6)	11.09m (36-5)	13.36m (43-10)
DISC	33.65m (110-5)	43.05m (141-3)	33.83m (111-0)	43.94m (144-2)	35.56m (116-8)	46.71m (153-3)
4 X 800	10:35.87	8:33.28	10:13.76	8:20.63	9:43.60	8:04.23
4 X 100	:52.20	:44.63	:50.59	:43.66	:49.34	:42.99
3200	12:26.55	10:12.64	11:47.44	10:01.23	11:09.13	9:35.94
100 HH 110 HH	:16.73	:16.26	:16.48	:15.54	:15.92	:15.40
100	:12.95	:11.35	:12.70	:11.13	:12.46	:11.04
800	2:28.15	2:02.82	2:25.63	2:01.83	2:20.60	1:59.36
4 X 200	1:51.76	1:33.99	1:48.52	1:31.98	1:45.77	1:30.85
400	1:01.87	:52.18	1:00.71	:51.13	:59.36	:50.77
300 LH 300 IH	:49.47	:42.37	:48.55	:41.22	:47.17	:40.84
1600	5:36.90	4:39.80	5:26.27	4:35.35	5:11.78	4:23.68
200	:26.96	:23.08	:26.29	:22.59	:25.75	:22.33
4 X 400	4:19.68	3:35.17	4:13.85	3:31.31	4:05.00	3:28.30

Athletes with Disabilities Wheelchair Track & Field Qualifying Standards:

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.