

Diocese of Pittsburgh
Track and Field Rule Book

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Rule 1

Order of Events

SECTION 1 TRACK AND FIELD MEET

ART. 1 . . . A track and field meet consists of races of different lengths, called track events, and of contests in jumping and throwing called field events. Competition is by individuals, except in the relays, which involves competition among relay teams consisting of four individuals.

ART. 2 . . . A track and field team consists of coaches and other associated school personnel.

SECTION 2 ORDER OF RUNNING EVENTS

ART. 1 . . . The order of events listed shall be conducted unless changed by the meet director.

ONE-SESSION MEETS

A. When no preliminary flights or heats are required, the following is the order of events**:

Begins with a group prayer – Host Team to Choose Prayer

BOYS	GIRLS
50-meter Dash (Novice)	50-meter Dash (Novice)
100-meter Dash	100-meter Dash
1600-meter Run	1600-meter Run
4x100-meter Relay	4x100-meter Relay
400-meter Dash	400-meter Dash
100 meter FINAL	100 meter FINAL
800-meter Run	800-meter Run
200-meter Dash	200-meter Dash
3200-meter Run*	3200-meter Run*
4x400-meter Relay	4x400-meter Relay

*3200-meter Run to be run at the discretion/placing of the Head Timer.

- The 3200 meter will count in the scoring in the Varsity Championship race
- The 3200 will be run, but will NOT count toward the scoring. Awards will still be given to individual competitors

**Inclusion/Exclusion of any event (besides the Championships) will be up to the meet director and notified in advance of the meet as well as order of events.

SECTION 3 Field Events

The following events may be conducted unless changed by the meet director:

BOYS	GIRLS
Javelin Throw	Javelin Throw
Long Jump	Long Jump
Shot Put	Shot Put

Rule 2

Scoring

SECTION 1 MEET SCORING

ART. 1 . . . Team points are awarded to place winners according to the order in which competitors finish a given event. For scoring purposes, a team is made up of one or more competitors representing a single school. The team winner is determined by totaling the points won by the individuals and relay teams representing that school.

ART. 2 . . . The number of places to be scored for each event, unless otherwise announced by the meet director, shall be according to the accompanying table:

Number of Teams Competing in the Meet	Individual Scoring	Relay Scoring
2	5-3-1	5
3	5-3-2-1	5-3
4	6-4-3-2-1	6-4-2
5	8-6-4-2-1	8-6-4-2
6	10-8-6-4-2-1	10-8-6-4-2
7 or more (6 scoring)	10-8-6-4-2-1	10-8-6-4-2-1
7 or more (7 scoring)	10-8-6-4-3-2-1	10-8-6-4-3-2-1
*7 or more (8 scoring)	10-8-6-5-4-3-2-1	10-8-6-5-4-3-2-1

*Diocesan Championship Scoring

Championship Awards/Recognition:

TEAMS – TOP 3 BOYS AND GIRLS TEAMS IN EACH MEET WILL RECEIVE TROPHIES (NOVICE K-4, JV, VARSITY)

INDIVIDUAL CHAMPIONSHIP AWARDS

- TOP 3 BOYS AND GIRLS NOVICE (K-2), NOVICE (3-4), JV, and VARSITY COMPETITORS WILL RECEIVE MEDALS IN EACH EVENT.
- PLACES 4, 5 and 6 will receive ribbons (K-2), (3-4), JV, VARSITY
- For K-2 Grades, while they will be recognized individually in their group, their team score will be the result of their overall place (K-4)

SECTION 2 SCORING OF TIES

ART. 1 . . . A tie in a running event occurs when two or more competitors cross the finish line simultaneously, or when two or more competitors or relay teams running in separate sections, finish with identical times.

ART. 2 . . . A tie in the field events occurs when two or more competitors finish with the same distance or height.

Rule 3

Meet Officials and Their Duties

SECTION 1 FINISH JUDGES AND TIMERS/MANUAL TIMING

ART. 1 . . . The head timer shall have general jurisdiction over the timers. Each track event shall be timed by the head timer and as many assistants as needed.

The head timer shall designate one of the assistant timers to announce the lap times in distance races.

ART. 2 . . . The official time of a race starts with the firing of a starting device (including possibly a horn). When a pistol is used as the starting device, it shall be a closed-barrel starter's pistol. If two watches agree and the third disagrees, the time indicated by the two is considered the official time. If all watches disagree, the time indicated by the watch showing the middle time is official. When only two watches record a winning time, the slower time shall be recorded.

ART. 3 . . . Electric or digital timers which measure one one-hundredth of a second will preferably be used. However, unless it is a fully automatic system, times registered in one one-hundredth of a second shall be rounded up to the next tenth of a second.

ART. 4 . . . Immediately after the finish of the race, timers shall present their watches to the head timer who will record the official time.

ART. 5 . . . At the conclusion of a race, the head timer shall certify the order in which the competitors finish.

SECTION 2 FIELD JUDGES

ART. 1 . . . The head field judge shall have jurisdiction over all judges in the field events; shall oversee the measuring, weighing and inspection of the implements and apparatus; check records; and see that the field events start on time and continue without delay.

ART. 2 . . . The head field judge is responsible for checking and certifying event cards for all field events before the cards are given to the scorer and shall report any irregularity to the referee for a final decision.

ART. 3 . . . The head field judge may change the order of competition by any method in the preliminaries and finals to accommodate those who may be excused to participate in other events.

ART. 4 . . . The head field judge may choose to permit a competitor to take preliminary and final trials in succession.

ART. 5 . . . The head field judge shall be responsible for the judging and measuring of each legal trial of a competitor in all field events. The head event judge signs the event card, indicating the place winners of each event.

ART. 6 . . . The head field judge's decisions, shall be final and without appeal except for possible action taken by the referee or by the jury of appeals.

SECTION 3 SCORER

The scorer shall keep a record of the competitors, the point winners in each event and complete team scores, and shall deliver these records to the meet director and referee at the end of the meet.

SECTION 4 MEET ANNOUNCER

ART. 1 . . . The announcer shall be responsible for giving proper announcements to assist competitors in reporting to the clerk of the course or to the field event

judges on time.

ART. 2 . . . It is recommended the first call be given 15 minutes before the event, the second call 10 minutes before the event and the final call five minutes before the event.

Rule 4 Competitors and Competition

SECTION 1 COMPETITORS

ART. 1 . . . A contestant is any athlete entered in the meet.

ART. 2 . . . Contestants who fail to report prior to the head timer closing the entries in the running events or after the head field judge starts competition in the field events shall not be allowed to participate in that event.

ART. 3 . . . Each contestant shall be responsible for obtaining a contestant number, if used, and knowing the time schedule. Each contestant is solely responsible for promptly reporting for each event entered and at the location designated. Understanding that the Competitors are elementary and middles school aged contestants, the real responsibility belongs to the coaches of the particular teams.

SECTION 2 PARTICIPATION AND ENTRY LIMITATIONS

ART. 1 . . . **ALL LEVELS: In Championship Meets a competitor shall not compete in more than four events, plus relays. In non-championship meets there is no limit to the number of events in which a Competitor can compete.**

- **RUNNING UP: At the coaches discretion: Novice Runners may “run up” on the JV Team, provided that a) they did not participate in the same event at the Novice Championships, this includes relays.**
 - **JV Runners may “run up” only to help complete Varsity relay teams and only if they have not competed in the same event as a JV. JV runners are not permitted to run at the Varsity Level in individual events.**

ART. 2 . . . **PENALTY:** A competitor who participates in more events than allowed by rule 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.

SECTION 3 COMPETITOR’S UNIFORM

ART. 1 . . . The competitor’s uniform shall be issued by the school, worn as intended by the manufacturer, and have the following restrictions:
Each competitor shall wear shoes.

1. Shoes shall be worn on both feet and shall have an upper and definitely recognizable sole and heel.
2. The (shoe) upper must be designed so that it can be fastened securely to the foot.
3. The use of slippers or socks does not meet the requirements of the rule.

SECTION 4 BRACES, CONCUSSION MANAGEMENT AND MODIFICATIONS

NOTE: Each state association may, in keeping with applicable laws, authorize exceptions to these rules to provide reasonable accommodations to individual participants with disabilities and/or special needs, as well as those individuals with unique and extenuating circumstances. The accommodations should not fundamentally alter the sport, allow an otherwise illegal piece of equipment, and create risk to the athlete /others.

ART. 1 . . . If a guard, cast, brace, splint, etc. (hard or unyielding items) is worn

and determined by the meet director that padding is required, such padding shall be no less than 6" thick. Knee and ankle braces which are unaltered from the manufacturer's original design/production do not require any additional padding.

ART. 2 . . . Any competitor who exhibits signs, symptoms, or behaviors consistent with a concussion (such as loss of consciousness, headache, dizziness, confusion, or balance problems) shall be immediately removed from the meet and shall not return to the meet until cleared by an appropriate health-care professional. (See Appendix).

ART. 3 . . . A competitor who is bleeding, has an open wound, has any amount of blood on his/her uniform, or has blood on his/her person, may complete the running or field event trial. He/she shall be directed to leave the activity until the bleeding is stopped, the wound is covered, the uniform and/or body is appropriately cleaned, and/or the uniform is changed before returning to competition. (See Appendix)

SECTION 5 QUALIFICATION

ART. 1 . . . To qualify is to win the right to participate in the next level of competition by meeting certain standards in an earlier race or flight.

ART. 2 . . . A preliminary flight or heat is the first level of competition in any event which qualifies competitors for the next level of competition.

ART. 3 . . . A semifinal race or flight is designed to eliminate all competitors except those who qualify to participate in the finals.

ART. 4 . . . If there is a tie in any heat or flight which affects qualification for the next level of competition, the tying competitors shall qualify if lanes or positions are available. If they are not available, the tying competitors shall compete again for the available lane or position.

SECTION 6 DISQUALIFICATION

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.

NOTES:

1. The Diocese disapproves of any form of taunting that is intended or designed to embarrass, ridicule or demean others under any circumstances including on the basis of race, religion, gender or national origin. **WE ARE A CHRISTIAN ORGANIZATION – DO NOT FORGET THIS!**

2. No coach, contestant or other school personnel shall use any form of tobacco product beginning with arrival at the site of competition until departure from the site following completion of 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 or any action which could bring discredit to the individual or his/her school.

PENALTY: Disqualification from that event.

ART. 3 . . . If interference occurs in a preliminary heat, the head timer may allow the offended competitor or relay team to start in a subsequent heat in the same

round of heats if a lane is available, or in the next round of heats, the same as if the offended competitor or relay team had won a place.

ART. 4 . . . If interference occurs in the final heat or section, the head timer may order a new race between all those in the finals, or between those who, in the referee's opinion, are entitled to the privilege.

PENALTY: (Arts. 3, 4) Disqualification from event.

ART. 5 . . . 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. 6 . . . 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. Competitor using an aid during the race.
- e. Communicating with a competitor through the use of any device.
- f. Coaching a competitor from a restricted area.

NOTES:

1. The use of an atomizer 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 verbally instruct a competitor provided the coach is positioned in an unrestricted area.

PENALTY: (Arts. 6, 7) Disqualification from the event.

SECTION 7 EVENT START/CONCLUSION

ART. 1 . . . A running event or heat begins when the competitors report to the starting line, and is considered to be official and concluded when places have been determined and the results have been recorded at the finish line.

ART. 2 . . . A field event begins at a time designated by the games committee and is considered official and concluded when the places have been determined and the field event judge has recorded the results.

ART. 3 . . . The referee shall approve the official scorer's final results and record the time the meet was officially concluded.

SECTION 8: PITTSBURGH DIOCESAN TRACK ELIGIBILITY:

ART 1: ATHLETE ELIGIBILITY RULE: An athlete may compete in the Pittsburgh Diocesan Track and Field Program if:

- **They are registered on a School-Approved Track and Field Team and abide by the rules/regulations of that team. This school team (or joint school team) must also be recognized by the Pittsburgh Track and Field Coaches Group as a member.** *Currently, the schools registered to participate in the Diocesan Track and Field in 2017 are listed in the most recent 2017 Coaching Directory (attached below).*

- **Or if they belong to a Pittsburgh Diocesan Catholic School that does not have an official team, they may compete for a neighboring school (described above) that fields a Track and Field Team, provided:**
 - *The neighboring school Athletic Association is willing to accept athletes from other schools, including the risks and liabilities associated with having that athlete on their roster (eg. have the appropriate waivers signed, physician release secured, and insurance verification that they would for all athletes in their program).*
 - *That athlete goes through the official registration process of the team they will be joining. The athlete will compete as a member of that team and accept the rules, restrictions and expectations that arise from being part of that team*

ART 2: In addition, parishoners at a Diocesan Church who are not enrolled in a Diocesan school are NOT eligible to compete on a Diocesan school team

Rule 5

Running Events

SECTION 1 TRACK CONSTRUCTION

ART. 1 . . . A 400-meter track is standard. It has two straight sides and two curved ends. The length of the track and the radius of the curve is often influenced by the available space. The radius of tracks may differ, depending on the configuration for activities inside the oval.

ART. 2 . . . The direction of running in lap races shall be such that the inner edge of the track is to the left of the runners.

SECTION 2 TRACK MARKINGS

ART. 1 . . . When races are run in lanes around a turn or turns, the starting lines shall be staggered so that each competitor will run the same distance. When the start is on a turn or when relay exchanges are made on turns, the staggered distances should be determined by the current track markings (or reasonable estimate by the Head Timer).

ART. 2 . . . An alley is a combination of two or more adjoining lanes which are utilized when three or more runners start from the same stagger. The lane line of the innermost lane of the alley becomes the lane boundary for all competitors running in that alley.

ART. 3 . . . An exchange zone is designated for exchanging the baton during relay races. It is an area the width of one lane and 20 meters (22 yards) long. The lines marking the limits of the exchange zone are included in the 20-meter (22-yard) measurement.

ART. 4 . . . The acceleration zone is that distance in each lane, 10 meters (11 yards) preceding the exchange limit line in relay races in which the incoming competitor is running 200 meters (220 yards) or less. A distinctive mark shall be made on the track to denote this extended running limit, and the line marking the limit of the acceleration zone is included in the 10-meter (11-yard) measurement.

NOTE: When using staggered starting lines, if the starting line in Lane 1 is not located on the straightaway, all starting lines shall be located by measuring the distance from the finish line back to the starting line in each lane.

SECTION 3 TRACK EQUIPMENT

ART. 1 . . . Starting blocks are not permitted.

ART. 2 . . . The relay baton shall be a reasonably sized hollow tube, made in one piece of wood, metal or other rigid material. Tape shall not be used to wrap the baton.

SECTION 4 FORMING HEATS

ART. 1 . . . For regular season meets, **Forming heats, drawing lanes and determining the number of competitors to qualify in each heat shall be done by the Head Timer. All efforts should be made by the Head Timer and the team coaches to group the faster runners in the last couple of heats.**

ART. 2 . . . **Runners who are known to have the best times should be placed in different the last one or two heats and given the preferred lane assignments.**

ART 2a. DIOCESAN CHAMPIONSHIPS: We will make additional attempts to ensure that the final heats (and especially the last heat) will have the fastest runners included. The race

director and coaches will make every attempt beforehand to work together to ensure that their fastest runners are included

- **100 meter FINAL: We will run one additional final heat for the 100 meter dash at the Varsity and JV Levels. This will consist of the top 7 runners (or whatever number of lanes the track holds) from the preliminary round.**

ART. 3 . . . If times for qualifying contestants are not available, the Head Timer and individual coaches shall work together.

SECTION 5 THE START

ART. 1 . . . All races shall be started with the firing of a closed-barrel pistol (starter's pistol), which provides smoke or a flash visible to the Timers or a horn. A misfire does not indicate a start.

ART. 2 . . . The starting commands for races or opening relay legs "On your marks." At this signal, the competitors will immediately take their proper positions behind their starting lines. After they have taken their positions and are steady on their marks, the starter then shall instruct them, "Set." At this command, all competitors shall at once, and without delay, assume their full and final set position in such a manner that no part of their person touches on or over the starting line. When all competitors are set and motionless, the starter shall fire the starting device. The interval between the set command and the firing of the starting device is usually one to two seconds. After a starter gives the order "Set," if any competitor is in motion, the starter shall not fire the starting device.

ART. 3 . . . 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. Failure to remain motionless after assuming the set position prior to the starting device being fired.
- d. Repeated use of disconcerting acts.

PENALTY: A competitor who commits a false start after a false start has already been called and after the contestants have been called back to the starting line shall be disqualified.

ART. 4 . . . For an unfair start, the starter or assistant starter shall recall the contestants by firing the starting device.

ART. 5 . . . A race shall be recalled in the first 100 meters when a competitor falls due to contact with another competitor in the following situations:

- a. The race is not started in lanes (waterfall start) or;
- b. Two or more competitors are assigned to a single lane.

SECTION 6 THE FINISH, BREAKING TIES

ART. 1 . . . The finish line shall ideally be painted white, shall be marked on the track just outside the measured distance so that its edge nearer the start is identical with the exactly measured and true finish line. The competitors place in the order in which any part of their bodies, i.e., "torso" as distinguished from head, neck, arms, legs, feet or hands, reaches the edge of the finish line first crossed by the competitor.

ART. 2 . . . For the purpose of aiding the timers, but not as a finish line, soft wool yarn or other soft breakable material not wider than 2 inches may be stretched across the track above the finish line 4 feet above the ground. It shall ideally not be held by the judges, but fastened to the finish post on each side of the track so that it

is always at right angles to the course and parallel to the ground. A finish line tape in white, yellow or orange is recommended.

ART. 3 . . . A tie in a running event occurs when two or more competitors cross the finish line simultaneously, or when two or more competitors or relay teams running in separate sections, finish with identical times.

ART. 4 . . . If there is a tie by any number of competitors for any scoring places, the points for tied places shall be added together and divided by the number of competitors who are involved in the tie.

SECTION 7 INFRACTIONS FOR ALL RACES

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 9 RELAYS

ART. 1 . . . Relays are races between teams of four competitors, each running only one distance (leg). An individual leg of the race is finished when the incoming competitor passes the baton to the succeeding or outgoing competitor.

ART 1a. Relays held at regular season meets can use 3 runners if necessary to provide athletes an opportunity to run, but they will not be included in the scoring. Relays at the Diocesan Championships (either) must have 4 athletes to count toward team scoring.

ART. 2 . . . Relays can be made up of mixed gendered teams but in all cases the mixed gender team shall be grouped with the boys events.

ART. 3 . . . In relay races which are run the entire distance in lanes, teammates of each starting competitor shall occupy the same lane or corresponding position at each exchange mark, and the baton may be exchanged only in such lane or position.

ART. 4 . . . The baton is the implement which is used in a relay race and is handed by each competitor to a succeeding teammate. Gloves are not permitted in relay events.

ART. 5 . . . Each competitor shall carry the baton by hand throughout the race and shall pass it to the succeeding teammate. The first competitor shall start with the baton, and the last competitor shall carry the baton until he/she has finished the race. The baton must be passed while the baton is within a 20-meter (22-yard) exchange zone. A baton that inadvertently leaves a runner's hand must be retrieved immediately without interference to other runners.

ART. 6 . . . The baton shall be handed from the incoming runner to the outgoing runner within the exchange zone. The passing of the baton commences when the baton is first touched by the outgoing runner and is completed when the baton is solely in the possession of the outgoing runner. If the baton is dropped in the exchange zone, in a legitimate attempt to hand it, either competitor may retrieve it, even from another lane, provided the competitor does not interfere with an opponent and the baton is retrieved within the limits of the original exchange zone extended across the track. If the baton is dropped outside the exchange zone, it must be retrieved by the competitor who dropped it.

ART. 7 . . . After passing the baton, the relieved competitor should stand still or jog straight ahead and step off the track when clear.

ART. 8 . . . An acceleration zone may be used in relay races where the incoming competitor is running legs of 200 meters (220 yards) or less in the assigned lane. When this is permitted, competitors electing to use this option shall be positioned entirely within the limits of the acceleration and exchange zones. The outgoing competitors for each team may take their positions on the track and commence running not more than 10 meters (11 yards) outside the exchange zone, but the baton shall be passed while it is in the 20-meter (22-yard) exchange zone. A distinctive mark shall be made on the track to denote the beginning of the acceleration zone.

ART. 9 . . . In relay races where acceleration zones are not permitted, each outgoing competitor, while waiting for the baton, shall take a position entirely within the passing zone and must complete the exchange while the baton is within the 20-meter (22-yard) exchange zone.

ART. 10 . . . In relays of 400 meters or longer and which are not run in lanes, the head timer shall determine the method of exchanging batons at each station. At each station, competitors shall line up in the same relative lane position as that of their teammate who started the race, but there may be movement to a position better suited to meeting the passer of the baton. Each passer shall keep a straight course to the exchange zone. The responsibility for taking a position which corresponds to that which the passer is entitled is on the outgoing competitor.

SECTION 9 RELAY INFRACTIONS

ART. 1 . . . A relay team shall pass the baton in accordance with the rules. The track rules relative to fouling, coaching or interference apply identically to relay races. Also, incoming competitors may not assist teammates by pushing them.

ART. 2 . . . The baton shall not be thrown following the finishing of any relay.

PENALTY: (Arts. 1, 2) Disqualification of the relay team from the event.

SECTION 10 INFRACTIONS FOR RACES RUN IN LANES

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 their lanes on a straightaway or in the lane to their outside on a curve are not in violation provided they do not interfere with or impede 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 or impedes another competitor.
- c. While running around a curve, runs over the outside lane line and interferes with or impedes another competitor.
- d. He/she 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. He/she 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 pylon 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 12 INFRACTIONS FOR RACES RUN IN LANES

ART. 1 . . . Any competitor shall not deliberately run on or inside the track curb (or painted line), and thereby gain an advantage by improving position or shortening the course. A competitor may leave the track to retrieve a dropped relay baton provided no interference occurs and no advantage is gained.

ART. 2 . . . In a race involving a curve where lanes are not specified, a competitor may move toward the inside or outside of the track provided he/she 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's stride. 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: (Arts. 1, 2) Disqualification from the event.

Rule 6

Throwing Events

The Diocese does not perform scientific tests on any specific items of equipment to determine if the equipment poses undue risks to student-athletes, coaches, officials or spectators. Such determinations are the responsibility of equipment manufacturers.

SECTION 1 DEFINITIONS

ART. 1 . . . A trial is an attempt in a throwing event. Each competitor is allowed a specified number of trials.

ART. 2 . . . A flight is a round of trials for a group of competitors in a throwing event.

ART. 3 . . . To qualify is to earn the right to participate in the finals.

ART. 4 . . . A foul throw is one that is counted as a trial but that is not measured because of some violation of the rule.

SECTION 2 GENERAL RULES FOR THROWING EVENTS

ART. 1 . . . Each competitor shall be allowed three preliminary trials. In the finals, each qualifier is allowed three additional trials. Competitors shall be credited with their best performance regardless of whether it occurs in the preliminaries or finals. To place in a throwing event, a competitor shall have had at least one legal throw.

ART. 2 . . . The three preliminary trials shall be taken in flights of no less than five in the order in which the competitors are listed for competition. This order shall be determined by lot or by the games committee.

ART. 3 . . . One or more competitors than there are scoring places shall qualify for the finals. All competitors tying for the last position shall be finalists. To be eligible to participate in the finals, a competitor shall have had at least one legal throw in the preliminaries. If a qualifying competitor withdraws from competition in the finals, no substitute may replace the withdrawn competitor.

ART. 4 . . . The order of competition in the finals shall be the reverse of the best performance in the preliminaries, i.e., the competitor having the best preliminary performance will be the last in order.

ART. 5 . . . To accommodate those competitors who may be excused to participate in other events, the head judge may change the order of competition by any method. Successive trials is but one such method. Excused competitors shall inform the head event judge upon their return.

ART. 6 . . . If weather or other conditions might result in unfairness to any competitor, the referee may alter any established order of trials and shall alter a plan for successive trials by prescribing single trials in the preliminaries and in the finals.

ART. 7 . . . In meets with limited entries, the games committee may allow all competitors' just four total trials, replacing the preliminaries and finals format.

ART. 8 . . . Contestants shall report promptly to the head event judge at the designated location when the event is announced.

ART. 9 . . . A competitor shall initiate a trial that is carried to completion within one minute after being called for a trial. Failure to initiate a completed trial within the prescribed time limit, after being called, shall result in an unsuccessful trial

being charged. Competitors excused to participate in another event shall not be called for a trial.

ART. 10 . . . The time at which the preliminaries in each throwing event must be concluded or completed may be set by the games committee. Any competitor who does not complete all preliminary attempts within the time specified shall forfeit any remaining preliminary trials.

ART. 11 . . . Time limits for competitors excused to compete in another event shall be determined by the games committee.

ART. 12 . . . In two-session meets, it is recommended all competitors in the throwing events be conducted in one session.

ART. 13 . . . For any conference or championship meet, the games committee may provide implements for the throwing events and require all competitors to use them.

ART. 14 . . . Warm-ups shall not be allowed unless supervised by an event official or the contestant's coach. At the conclusion of any field event, there shall be no further practice and implements shall be removed from the area.

PENALTY: Warming up without the contestant's coach or event official at the venue shall lead to a warning and, if repeated, disqualification from the event. If the incident recurs, the athlete will be disqualified from the meet.

ART. 15 . . . Declination from the throwing area to the landing area shall not exceed 1:100 (1 percent).

NOTE: It is recommended the landing sector be cordoned off with rope, fence or flags placed well outside the sector lines to enhance the safety of spectators and athletes.

ART. 16 . . . To obtain a better grip, competitors are permitted to use chalk or an adhesive or similar substance such as rosin on their hands during competition.

NOTE: The games committee has the authority to restrict the use of adherents or other foreign materials on hands if the host school is supplying all the throwing implements.

SECTION 3 BREAKING TIES

ART. 1 . . . A tie in a field event occurs when two or more competitors finish with the same height or distance.

ART. 2 . . . For places in throwing events, the second best performance from either preliminaries or finals of the competitors tying shall resolve the tie. Then, if necessary, the third best, and so on.

ART. 3 . . . If there is a tie by any number of competitors for any scoring places, the points for tied places shall be added together and divided by the number of competitors who are involved in the tie.

SECTION 4 SHOT PUT

ART. 1 . . . The shot shall be constructed so its body is a solid sphere made of any metal or suitable material not softer than brass, or a shell of such metal filled with lead or other material. The shot shall not have indentations other than a weight marking which must be manufactured in such a manner that no advantage is gained by the grip. For indoor meets only, a shot consisting of a shell of rubber or plastic with a center filled with lead pellets may be used.

ART. 2 . . . The shot shall meet the following specifications:

	Boys Competition	Girls Competition
Weight - Varsity	8 lbs.	6 lbs.
Weight - Junior Varsity	6 lbs.	4 lbs.

ART. 3 . . . The putting circles shall have an inside diameter of 7 feet. The circumference shall be marked with a metal, wood or plastic band which shall not rise more than 1.9 centimeters above the level of the circle or, if the circle has a surface of asphalt, concrete, wood or other hard material, a painted line 2 inches wide may be substituted for the band. A concrete surface with a 1/64 inch roughness is recommended.

ART. 4 . . . A stopboard, constructed of concrete, fiberglass, metal, wood or other hard-surfaced material in the shape of an arc, so that the inner edge coincides with the inner edge of the circle, shall be firmly fixed in this position. It shall be 4 feet in length along the inside surface, 4 inches in height and 46 inches in width. The inside edge of the line or band is the limit of the putting circle.

ART. 5 . . . A 34.92-degree sector shall be marked on the ground. Radial lines 2 inches wide shall extend from the center of the circle to form an area into which legal puts must be made. The inside edges of these lines shall mark the sector and the lines shall be placed equidistance from the ends of the stop board.

ART. 6 . . . Projecting lines, 2 inches wide and 8 inches long, lying on the diameter extended and outside the circumference, shall be used to designate the back half of the throwing circle.

ART. 7 . . . Taping of any part of the throwing hand or fingers shall not be permitted unless there is an open wound that must be protected by tape. Taping of the wrist is permissible. Gloves are not permitted; however, a support belt may be worn.

ART. 8 . . . A legal put shall be made from the shoulder, with one hand only, so that during the attempt, the shot does not drop behind or below the shoulder. A competitor must start from a stationary position inside the circle. No harness or mechanical device attached to the hand or arm shall be used. The put shall be made from inside the circle.

ART. 9 . . . It is a foul if the competitor:

- a. Fails to initiate a trial that is carried to completion within 1 minute after being 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 the put is marked.
- f. Puts the shot so it does not fall within the sector lines.
- g. Is not under control before exiting the back half of the circle.
- h. Leaves the circle before the implement has landed and the judge calls "Mark."
- i. Does not exit the back half of the circle.
- j. Uses the "cartwheel" technique of shot putting.

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

ART. 10 . . . The measurement shall be recorded from the nearest edge of the first mark made by the shot to the inside edge of the stop board nearest such mark, measured along the extended radius of the circle.

ART. 11 . . . Measurements shall be recorded to the nearest inch. Measurements shall be made with non-stretchable tape such as fiberglass, nylon, steel or certified scientific measurement device (laser). The judges shall hold the tape in such a way that the readings will be at the circle.

SECTION 5 JAVELIN THROW

ART. 1 . . . The javelin shall be a turbo javelin with the following being used:

	Boys Competition	Girls Competition
Size - Varsity	600 gram turbo	600 gram turbo
Size - Junior Varsity	300 gram turbo	300 gram turbo

ART. 2 . . . The runway for the throw should have a minimum length of 120 feet and shall be marked by two parallel lines, 13 feet, 16 inches apart and terminated by a foul-line arc with a radius of 26 feet, 3 inches. The foul-line arc shall be marked with white marking material or a white metal, plastic or wood band 2. inches in width. If using a band, the top surface shall be level with the throwing surface. The line or band shall be in the throwing sector with the edge toward the runway coinciding with the foul-line arc. A line 2. inches in width and 2 feet, 56 inches in length shall be placed or painted on each side of the runway perpendicular to the side boundaries at the intersection of the foul-line arc and the inside of the side boundary lines. The athlete must exit behind the intersection of the arc and the foul line.

ART. 3 . . . The throwing sector into which the javelin must fall is that area defined by extending radii through the two intersections of the arc with the runway lines and a point midway between the runway lines and 26 feet, 3 inches from the foul line.

ART. 4 . . . The foul line is the hairline which is used to mark the limit of a competitor's run during a trial.

ART. 5 . . . Taping of any part of the throwing hand or fingers shall not be permitted unless there is an open wound that must be protected by tape. Taping of the wrist is permissible. Gloves are not permitted; however, a support belt may be worn.

ART. 6 . . . If the javelin breaks during the throw or in the air, it shall not count as a trial provided the throw is in accordance with the rules. A replacement throw shall be awarded

ART. 7 . . . The point of contact shall be within the sector made by extending radii of the foul-line arc through the intersection of the arc with the runway lines. The lines which mark the throwing sector are outside the limits of the sector.

ART. 8 . . . It is a foul if the competitor:

- a. Makes a 360-degree turn before the javelin is released.
- b. Uses a delivery other than an over-arm, above-the-shoulder motion of the throwing arm.
- c. Throws the javelin so it does not fall within the sector line.
- d. Touches on or over either the runway lines or on or over the foul-line arc before the throw is marked.
- e. Exits the runway before the implement has landed and the judge calls "Mark."
- f. Fails to exit the runway under control behind the foul-line arc and the perpendicular side extensions after the javelin has landed.
- g. Fails to initiate a trial that is carried to completion within 1 minute after being called.

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

ART. 9 . . . The measurements shall be from the nearest edge of the first point of contact made by the javelin to the point on the inside edge of the circumference of the arc nearest such contact and in line with the center of the circle 26 feet, 3 inches behind the arc.

ART. 10 . . . Measurements shall be recorded to the nearest lesser inch or even

number (e.g., 0-2-4-6-8). Measurements shall be made with nonstretchable tape such as fiberglass, nylon, steel or certified scientific measurement device (laser). The judges shall hold the tape in such a way that the readings will be at the foul line.

Rule 7

Jumping Events

The Diocese does not perform scientific tests on any specific items of equipment to determine if the equipment poses undue risks to student-athletes, coaches, officials or spectators.

SECTION 1 DEFINITIONS

ART. 1 . . . A trial is an attempt in a jumping event. Each competitor is allowed a specified number of trials in the long jump.

ART. 2 . . . A flight is a round of trials for a group of competitors in jumping event competition.

ART. 4 . . . A foul jump is one which is counted as a trial but which is not measured or declared successful because of some violation of the rule.

SECTION 2 GENERAL RULES

ART. 1 . . . The Head Field Judge has final say on how many jumps a competitor may take but in general each competitor shall be allowed three preliminary trials. In the finals, each qualifier is allowed three additional trials. Competitors shall be credited with their best performance regardless of whether it occurs in the preliminaries or finals. To place in a jumping event, a competitor shall have had at least one successful jump.

ART. 2 . . . If a qualifying competitor withdraws from competition in the finals, no substitute may replace the withdrawn competitor.

ART. 3 . . . The time at which the preliminaries in each long jump event must be concluded or completed should be set by the Head Field Judge. Any competitor who does not complete all preliminary attempts within the time specified shall forfeit any remaining preliminary trials.

ART. 4 . . . To accommodate those competitors who may be excused to participate in other events, the head judge may change the order of competition in the preliminary or final rounds of any jumping event by any method. Successive trials is but one such method. Excused competitors shall inform the head field judge upon their return.

ART. 5 . . . If weather or other conditions might result in unfairness to any competitor, the Head Field Judge may alter any established order of trials and shall alter a plan for successive trials by prescribing single trials in the preliminaries and in the finals.

ART. 6 . . . Warm-ups shall not be allowed unless supervised by an event official or the contestant's coach. At the conclusion of any field event, there shall be no further practice.

PENALTY: Warming up without the contestant's coach or event official at the site 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.

SECTION 3 BREAKING TIES

ART. 1 . . . A tie in a jumping event occurs when two or more competitors finish with the same distance.

ART. 2 . . . When there is a tie at any distance in the finals of a jumping event, places and points scored shall be awarded as follows:

1. If the distance resulting from the best performance of competitors is identical, the higher place is awarded to the tying competitor whose second best performance is better from either the preliminary trials or the finals.
2. If after (a1) the tie remains, the higher place is awarded to the tied competitor whose third-best performance is better than the third-best performance of any tied competitor, etc.

ART. 3 . . . If there is a tie by any number of competitors for any scoring places, the points for tied places shall be added together and divided by the number of competitors who are involved in the tie.

SECTION 4 LONG JUMP

ART. 1 . . . The runway ideally should have a minimum length of 130 feet and, where conditions permit, it should be 147 feet, 6 inches measured from the long jump foul line. The runway ideally should be between 42 inches and 48 inches wide.

ART. 2 . . . Equipment shall meet the following standards: The takeoff area ideally shall be marked by a rectangular shaped takeoff board, manufactured from wood or synthetic material which provides a firm base, 8 inches to 24 inches wide and 42 inches to 48 inches long. The takeoff board shall be set firmly in the ground level with the runway and the surface of the landing pit. If the takeoff board is 8 inches wide, an additional 8 inches of firm, resilient material may be placed so that it abuts against the edge of the takeoff board farthest from the foul line. On hard surfaced runways, a painted foul line of a contrasting color and with the same size specifications may be used in lieu of a takeoff board.

ART. 3 . . . The landing pit shall be filled with sand or other soft material to a depth that will ensure a safe landing. The surface shall have the same elevation as that of the takeoff board.

ART. 4 . . . The landing pit shall have a minimum width of 9 feet and a minimum length of 15 feet.

ART. 5 . . . The foul line is the hairline which is used to mark the limit of a competitor's run during a trial.

ART. 6 . . . The foul line shall be located by measuring from the nearer edge of the landing pit a distance of approximately:

	BOYS	GIRLS
Long Jump	8 feet	8 feet

NOTE: Distance from foul line or takeoff board may be adjusted to accommodate different levels of competition. Meet directors may change which foul line or takeoff board they are using during competition, but only with the prior notification of the event judge. **EACH MEET DIRECTOR WILL NOTIFY YOU OF THEIR RULES HERE**

ART. 7 . . . Each competitor shall be allowed three preliminary trials. In the finals each qualifier is allowed three additional trials. In meets with limited entries, the games committee may allow all competitors just four trials. Competitors shall

be credited with their best performance regardless of whether this occurs in the preliminaries or finals.

ART. 8 . . . In finals, to accommodate those competitors who may be excused to participate in other events, the head field judge may change the order of competition by any method where the competitor being excused jumps earlier than the spot at which he/she qualified. Successive trials is but one such method.

ART. 9 . . . A marker shall not be placed on the runway or in the landing pit. A competitor may place one or two markers (supplied or approved by the games committee) alongside the runway to assist in the run-up and takeoff.

ART. 10 . . . It is a foul if the competitor:

- a. Allows his/her shoe to extend over the foul line or make a mark in front of it on the takeoff.
- b. Runs across the foul line, or foul line extended.
- c. In the long jump, does not keep his/her head in the superior position, i.e. no somersault.
- d. In the process of landing or leaving the pit, touches the ground outside the landing nearer the foul line than the nearest mark made in the landing pit.
- e. Fails to initiate a trial that is carried to completion within 1 minute after being called.

PENALTY: An unsuccessful trial is charged but not measured.

ART. 11 . . . 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 or apparel of the jumper which is nearest the foul line or its extension.

ART. 12 . . . The judges shall hold the tape in such a way that the readings will be at the takeoff board.

ART. 13 . . . Measurements shall be recorded to the nearest lesser $\frac{1}{2}$ inch. Measurements may be made with non-stretchable tape such as fiberglass, nylon, steel or certified scientific measurement device (laser).

ART. 14 . . . Breaking ties for places:

- a. If the distance resulting from the best performance of competitors is identical, the higher place is awarded to the tying competitor whose second-best performance is better from either the preliminary trials or the finals.
- b. If after (a) the tie remains, the higher place is awarded to the tied competitor whose third-best performance is better than the third-best performance of any tied competitor, etc.

Appendix A

Suggested Guidelines for Management of Concussion

A concussion is a traumatic brain injury that interferes with normal brain function. An athlete does not have to lose consciousness (be “knocked out”) to have suffered a concussion.

Common Signs and Symptoms of Concussion Include:

- headache
- fogginess
- difficulty concentrating
- easily confused
- slowed thought processes
- difficulty with memory
- nausea
- lack of energy, tiredness
- dizziness, poor balance
- blurred vision
- sensitive to light and sounds
- mood changes – irritable, anxious or tearful
- appears dazed or stunned
- confused about assignment
- forgets plays
- unsure of game, score or opponent
- moves clumsily
- answers questions slowly
- loses consciousness
- shows behavior or personality changes

Suggested Concussion Management:

1. No athlete should return to play (RTP) or practice on the same day of a concussion.
2. Any athlete suspected of having a concussion should be evaluated by an appropriate health-care professional that day.
3. Any athlete with a concussion should be medically cleared by an appropriate healthcare professional prior to resuming participation in any practice or competition.
4. After medical clearance, RTP should follow a step-wise protocol with provisions for delayed RTP based upon return of any signs or symptoms.

Appendix B

General Guidelines for Sports Hygiene, Skin Infections and Communicable Diseases

Proper precautions are needed to minimize the potential risk of the spread of communicable disease and skin infections during athletic competition. These conditions include skin infections that occur due to skin contact with competitors and equipment. The transmission of infections such as Methicillin-Resistant Staphylococcus aureus (MRSA) and Herpes Gladiatorum, blood-borne pathogens such as HIV and Hepatitis B, and other infectious diseases such as Influenza can often be greatly reduced through proper hygiene. Outlined and listed below some general guidelines for the prevention of the spread of these diseases.

Universal Hygiene Protocol for All Sports

- Shower immediately after every competition and practice.
- Wash all workout clothing after each practice.
- Wash personal gear (knee pads and braces) weekly.
- Do not share towels or personal hygiene products (razors) with others.
- Refrain from full body (chest, arms, and abdomen) cosmetic shaving.

Infectious Skin Diseases

Strategies for reducing the potential exposure to these infectious agents include:

- Athletes must be told to notify a parent or guardian, athletic trainer and coach of any skin lesion prior to any competition or practice. An appropriate health-care professional should evaluate any skin lesion before returning to competition.
- If an outbreak occurs on a team, especially in a contact sport, all team members should be evaluated to help prevent the potential spread of the infection.
- Coaches, officials and appropriate health-care professionals must follow NFHS or state/local guidelines on “time until return to competition.” Participation with a covered lesion may be considered if in accordance with NFHS, state or local guidelines and the lesion is no longer contagious.

Blood-Borne Infectious Diseases

Strategies for reducing the potential exposure to these agents include following Universal Precautions such as:

- An athlete who is bleeding, has an open wound, has any amount of blood on his/her uniform, or has blood on his/her person, shall be directed to leave the activity (game or practice) until the bleeding is stopped, the wound is covered, the uniform and/or body is appropriately cleaned, and/or the uniform is changed before returning to activity.
- Athletic trainers or other caregivers need to wear gloves and take other precautions to prevent blood or body fluid-splash from contaminating themselves or others.
- In the event of a blood or body fluid-splash, immediately wash contaminated skin or mucous membranes with soap and water.
- Clean all contaminated surfaces and equipment with disinfectant before returning to competition. Be sure to use gloves when cleaning.
- Any blood exposure or bites to the skin that break the surface must be reported and immediately evaluated by an appropriate health-care professional.

Other Communicable Diseases

Means of reducing the potential exposure to these agents include:

- Appropriate vaccination of athletes, coaches and staff as recommended by the Centers for Disease Control (CDC).
- During times of outbreaks, follow the guidelines set forth by the CDC as well as State and local Health Departments.

For more detailed information, refer to the "Infectious Disease and Blood-borne Pathogens" and "Skin Disorders" sections contained in the NFHS Sports Medicine Handbook.

Appendix C

Guidelines on Handling Contests During Lightning Disturbances

The purpose of these guidelines is to provide a default policy to those responsible for making decisions concerning the suspension and restarting of contests based on the presence of lightning. The preferred sources from which to request such a policy for your facility would include your state high school association and the nearest office of the National Weather Service.

Proactive Planning

1. Assign staff to monitor local weather conditions before and during events.
2. Develop an evacuation plan, including identification of appropriate nearby shelters.
3. Develop criteria for suspension and resumption of play:
 - a. When thunder is heard, or a cloud-to-ground lightning bolt is seen, the thunderstorm is close enough to strike your location with lightning. Suspend play and take shelter immediately.
 - b. Thirty-minute rule. Once play has been suspended, wait at least 30 minutes after the last thunder is heard or flash of lightning is witnessed prior to resuming play.
 - c. Any subsequent thunder or lightning after the beginning of the 30-minute count, reset the clock and another 30-minute count should begin.
4. Hold periodic reviews for appropriate personnel.

For more detailed information, refer to the "Guidelines for Lightning Safety" contained in the NFHS Sports Medicine Handbook.

Appendix D

Coaches Code of Ethics

The function of a coach is to educate students through participation in interscholastic competition. An interscholastic program should be designed to enhance academic achievement and should never interfere with opportunities for academic success. Each student should be treated with the utmost respect and his or her welfare should be considered in decisions by the coach at all times. Accordingly, the following guidelines for coaches have been adopted by the NFHS Board of Directors.

The coach shall be aware that he or she has a tremendous influence, for either good or ill, on the education of the student and, thus, shall never place the value of winning above the value of instilling the highest ideals of character.

The coach shall uphold the honor and dignity of the profession. In all personal contact with students, officials, athletic directors, school administrators, the state high school athletic association, the media, and the public, the coach shall strive to set an example of the highest ethical and moral conduct.

The coach shall take an active role in the prevention of drug, alcohol and tobacco abuse.

The coach shall avoid the use of alcohol and tobacco products when in contact with players.

The coach shall promote the entire interscholastic program of the school and direct the program in harmony with the total school program.

The coach shall master the contest rules and shall teach them to his or her team members.

The coach shall not seek an advantage by circumvention of the spirit or letter of the rules.

The coach shall exert his or her influence to enhance sportsmanship by spectators, both directly and by working closely with cheerleaders, pep club sponsors, booster clubs, and administrators.

The coach shall respect and support contest officials. The coach shall not indulge in conduct which would incite players or spectators against the officials. Public criticism of officials or players is unethical.

The coach should meet and exchange cordial greetings with the opposing coach to set the correct tone for the event before and after the contest.

The coach shall not exert pressure on faculty members to give students special consideration.

The coach shall not scout opponents by any means other than those adopted by the league and/or state high school athletic association.

Appendix E

Officials Code of Ethics

Officials at an interscholastic athletic event are participants in the educational development of high school students. As such, they must exercise a high level of self-discipline, independence and responsibility. The purpose of this Code is to establish guidelines for ethical standards of conduct for all interscholastic officials.

Officials shall master both the rules of the game and the mechanics necessary to enforce the rules, and shall exercise authority in an impartial, firm and controlled manner.

Officials shall work with each other and their state associations in a constructive and cooperative manner.

Officials shall uphold the honor and dignity of the profession in all interaction with student-athletes, coaches, athletic directors, school administrators, colleagues, and the public.

Officials shall prepare themselves both physically and mentally, shall dress neatly and appropriately, and shall comport themselves in a manner consistent with the high standards of the profession.

Officials shall be punctual and professional in the fulfillment of all contractual obligations.

Officials shall remain mindful that their conduct influences the respect that student athletes, coaches and the public hold for the profession.

Officials shall, while enforcing the rules of play, remain aware of the inherent risk of injury that competition poses to student-athletes. Where appropriate, they shall inform event management of conditions or situations that appear unreasonably hazardous.

Officials shall take reasonable steps to educate themselves in the recognition of emergency conditions that might arise during the course of competition.

Officials shall maintain an ethical approach while participating in forums, chat rooms and all forms of social media.