



# 2014 OSAA Track & Field Plan



## GENERAL TRACK INFORMATION

### 1. SEASON DATES

March 3..... Practice Starts  
 March 17..... First Contest Date  
 May 17 ..... Cutoff Date  
 May 22-24..... State Championships

### 2. STATE CHAMPIONSHIPS INFORMATION

- a. **Athletic Directors, Coaches and Spectators** – Detailed information regarding the 2014 Track and Field State Championships will be posted on the OSAA website (<http://www.osaa.org/activities/spring>) by April 30. It is essential that participating teams and individuals access this information prior to the state championships. Included will be information regarding ticket prices, parking, maps, souvenir merchandise, etc.
- b. **District Meet Directors** – Detailed information regarding District Meet Director responsibilities, including the state championship entry form, will be posted on the OSAA website (<http://www.osaa.org/activities/spring>) by April 30. Each District Meet Director must submit all state championship entries electronically.

### 3. STATE CHAMPIONSHIPS LOCATIONS AND TIMES

Hayward Field  
 University of Oregon  
 Eugene, OR 97401

### 4. QUALIFICATION FOR STATE CHAMPIONSHIPS

- 1. All District Meets will follow 2014 NFHS Track and Field Rule 4-2-4(c) – “In meets which involve four or more schools, not more than three contestants from a given school shall be allowed to enter an individual event.
- 2. Individual Qualifying:
  - a. **6A Meet Qualification:** First and second place District Meet winners for each event, including relays, automatically qualify for the State Championships. All ties for second place, if the performance does not meet the Qualifying Standard for the event, must be resolved at the district level.
    - a. A minimum of fourteen (14) competitors will qualify at the 6A classification level. Twelve (12) participants per event will be automatic qualifiers. The remaining qualifying spots will be filled in order of the following method:
      - i. All athletes meeting the adopted qualifying standard in that event – regardless of number.
      - ii. If application of (i) does not produce at least fourteen (14) then a “wildcard” qualifier(s) will be added. Wildcard qualifiers will have the next best time/mark in that event from a combination of all times/marks from all District Meets.

- b. **5A, 4A, 3A, 2A, 1A Meet Qualification:** First and second place District Meet winners for each event, including relays, automatically qualify for the State Championships. All ties for second place, if the performance does not meet the Qualifying Standard for the event, must be resolved at the district level.
- 3. Qualifying Standard:
  - a. Any additional participants meeting the Qualifying Standard for an event in the District Meet may qualify for the State Meet.
  - b. Qualifying Standards must be met in the District Meet finals only. (**EXCEPTION:** If met in one of the three preliminary attempts in the Shot Put, Discus, Javelin, Triple Jump or Long Jump, the performance shall count.)
  - c. No performance mark in sub-district or qualifying heats shall count for qualification to the State Championships.
- 4. High Jump and Pole Vault:
 

Suggestion for State qualifying: In the rare case where Rule 7-3 does not break a tie for second place, equal team points shall be awarded to those tied for second place. If those tied for second place are below the Qualifying Standard, it is suggested that the second qualifier from that district be determined by Rule 7-4-17 or 7-5-30.

## **5. AWARDS**

- a. **Trophies** – Trophies will be presented to the champion through fourth place teams in each classification.
- b. **Medals** – Medals will be presented to the champion through eighth place finisher in each event.

# **NATIONAL FEDERATION OF STATE HIGH SCHOOL ASSOCIATIONS** **2014 TRACK & FIELD RULES**

Order a 2014 NFHS Track and Field and Cross Country Rules Book at <http://www.osaa.org/docs/forms/13-14RulesBookOrderForm.pdf> or contact OSAA at 503.682.6722 for more info.

For more information about NFHS Track and Field Rules visit [www.nfhs.org/track.aspx](http://www.nfhs.org/track.aspx).

## **1. 2014 NFHS RULES REVISIONS**

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|---|---|
| <b>3-1-2</b>  | No meet official, including meet referee and jury of appeals, shall set aside any rule.   |
| <b>3-2-8,<br/>3-2-4k,<br/>3-2-7,<br/>4-6-5g</b>                     | The use of electronic communication devices is permitted during meets in unrestricted areas and coaches' boxes; however, they may not be used for any review of a referee's decision or to communicate with an athlete during a race or trial.  |
| <b>3-19-3,<br/>7-5-5</b>  | Removes the requirement that the implement inspector shall inspect vaulting poles and the responsibility rests with the field referee or head field judge.  |
| <b>4-3-1c(7),<br/>NOTES 1,<br/>4-3-2,<br/>9-6-1C(7)<br/>NOTES 2</b> | Any visible undergarment worn underneath the uniform bottom that <b>does not</b> extend below the knees is now considered a foundation garment and not subject to single, solid color rule. An undergarment extending below the knees shall meet all requirements regarding a visible undergarment. |
| <b>6-2-9</b>  | Consistent in all field events for communication, a pass shall be communicated to the event judge before the start of the trial clock.  |

- 6-6-1** Clarifies the diameter restriction for the rubber tip javelin.  
**NOTE**
- 7-2-11,** Adjusts the prescribed time limits for pole vault and places time limits for consecutive trials in the  
**6-2-9** throwing events.
- 7-5-24** Padding meeting the ASTM Specification Standards shall be required for the start of the 2014-15 track  
**NOTES 1,2** season.

### **Major Editorial Changes**

- 4-6-3, 4** These two articles, which address how to order reruns after an act of interference has occurred, have been deleted from Rule 4 and moved to Rule 5-9, which defines interference in running events.
- 5-1-3,** All-weather track surfaces utilizing a painted line to mark the inner edge of the track are now the  
**5-2-6** more commonly-used surface. The order of listing a painted line, followed by a raised curb to designate the inside edge of the track is more appropriate for the construction and design of today's tracks.
- 6-3-1, 2** Clarifies that the tie-breaking procedure in field events applies only for places scoring and  
**7-3-1, 2** removes unnecessary language from the rules.

## **2. POINTS OF EMPHASIS**

- Throwing implements returned to competitors by officials
- Proper coaching requires staying up to date on rules and techniques
- Coaches getting it right with uniforms
- Importance of proper training of volunteers to work the meet

**OTHER EDITORIAL CHANGES** – 3-4-5, 3-8-3, 4-4 NOTE, 4-6-3 PENALTY, 4-6-4 PENALTY, 5-9-2, 5-9-3, 6-2-10, 6-2-12, 6-2-14 PENALTY, 6-4-2, 6-4-3, 6-5-2, 6-5-3, 6-6-2, 7-1-2, 7-2-1, 7-2-6, 7-2-10, 7-2-17, 7-4-1, 7-5-1, 7-5-29, 7-6-1, 8-1-1 NOTE, 8-1-2 NOTE, 9-6-4 PENALTY, Appendix A

## **OSAA TRACK POLICIES**

**1. OSAA ADOPTED RULES AND INTERPRETATIONS** – The NFHS 2014 Track and Field and Cross Country Rules Book will be used.

**2. PARTICIPATION LIMITATIONS** – (OSAA Handbook, Participation Limitations)

- a. **Team** – A school team shall not compete in more than 12 meets at each level of competition, exclusive of the varsity district meet and state championships. A one day meet shall count as one meet and a two day meet shall count as two meets. There is no limitation on the number of schools that may participate in a track and field meet. Any time a student participates representing his/her school, it shall count toward the school's team limitation. (Revised Fall 2007)
- b. **Individual** – A student shall not compete in more than 12 meets, exclusive of the varsity district meet and state championships. A one day meet shall count as one meet and a two day meet shall count as two meets.

A contestant shall not enter or compete in more than two distance races—800m, 1500m, 3000m. If a contestant does enter or compete in all three distance events, that contestant's school shall forfeit the meet. If a contestant violates the Rules Book limit of four events but does not violate the Executive Board distance race limit, then all points earned by that contestant in the meet are forfeited.

**3. INTERRUPTED CONTESTS** – (OSAA Handbook, Interrupted Contests)

Contest shall be continued from point of interruption unless teams mutually agree otherwise or there are athletic district rules that apply.

NOTE: If contest was interrupted during a running event, the event shall be repeated.

**4. CONTESTS – SPORTSMANSHIP – CROWD CONTROL:** (OSAA Handbook, Rules)

**Sportsmanship Responsibility:** The high school principal, coach and other responsible officials of each member school shall take all reasonable measures to insure that the school's students and supporters maintain a sportsmanlike attitude toward all events so that events may be conducted without unreasonable danger or disorder. All cheers, comments and actions shall be in direct support of one's team. No cheers, comments or actions shall be directed at one's opponent or at contest officials. Derogatory and/or unsportsmanlike language is not allowed. No player may be singled out by number, name or position with negative comments of any kind.

When a petition is filed alleging violation of this rule, the Executive Director may, at his/her discretion and with concurrence of any two Executive Board members, postpone any pending event which the Executive Director has reason to believe cannot be conducted without an unreasonable danger of disorder. All such protests shall be referred to the Executive Board, which shall proceed as provided in Rule 4. In addition to any other action the Executive Board may take regarding a protest alleging a violation of this rule, the Executive Board shall have the power to cancel or re-schedule the event involved, or to impose conditions on conducting it.

**5. SPECTATOR CONDUCT AT OSAA EVENTS:** (OSAA Handbook, Board Policies)

In addition to the general expectations included in the OSAA Constitution, Rule 3, that school officials "...shall take all reasonable measures to ensure that the school's students and supporters maintain a sportsmanlike attitude toward all events..." the following specific expectations regarding spectator conduct at all OSAA sanctioned events, including regular and post season competition, are provided:

*(Revised Fall 2008)*

- a. All cheers, comments and actions shall be in direct support of one's team. No cheers, comments or actions shall be directed at one's opponent or at contest officials. Some examples of inappropriate conduct or actions that are not permitted are: turning backs, holding up newspapers or jeering at cheerleaders during opposing team introductions; disrespecting players by name, number or position; negative cheers or chants; throwing objects on the floor. *(Revised Fall 2008)*
- b. Spectators are not permitted to have signs or banners (larger than 8 ½ by 11 inches), confetti, balloons or glass containers. Spectators are required to wear shirts.
- c. Spectators are not permitted to have artificial noisemakers. Some examples of artificial noisemakers are Thunder Stix, cowbells, clappers and air horns.
- d. Spectators shall not be permitted to use vulgar / offensive or racially / culturally insensitive language. Spectators shall not be permitted to engage in any racially / culturally insensitive action. *(Revised Fall 2008)*
- e. Spectators who fail to comply with Association or site management spectator conduct expectations may be expelled from the contest. *(Revised Fall 2008)*

**6. LIGHTNING SAFETY GUIDELINES** – (Excerpts from NFHS Sports Rules Books)

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.

Proactive Planning:

- 1) Assign a staff member 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) Recognition. 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 thirty minutes after the last thunder is heard or flash of lightning is witnessed prior to resuming play.
  - c) Any subsequent lightning or thunder after the beginning of the 30-minute count should reset the clock and another thirty 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.  
*(Revised Fall 2009)*