

# 2015 Notes for Middle School Track Coaches

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Local Rules Interpreter

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- Slides 3 through 9 list violations that can result in the disqualification of an athlete from an event or from the meet.
- Slides 10 through 20 describe the OHSAA uniform rules for track and field (and cross country) as stipulated in the OHSAA Manual for Track and Field Coaches and Officials.

# Running Infractions

- Stepped on/over inside lane line – 3 or more consecutive steps with one or both feet (5-12-1a)
- Interference by a competitor or non-competitor (5-9, 5-12-1b,c, 5-13-2, 4-6-3, 4-6-4, 4-6-5)
- Ran on/over inside track curb (5-12-1a, 5-13-1)
- Illegally ran outside the assigned lane or course (5-12-1)
- Stepped on/over inside lane line before break line (5-12-1e)
- Did not finish in assigned lane (5-12-1d)

# Hurdlers

- 5-14-2
- Did not attempt to clear each hurdle
- Deliberately knocks down a hurdle by hand or foot
- Advanced or trailed a leg or foot alongside of and/or below the hurdle
- Ran over a hurdle not in the assigned lane
- Ran around a hurdle
- Impeded another hurdler

# Unfair Acts

- 4-6-7
- Paced by a teammate or other person
- Joined or grasped hands with another at any time during a race
- Used an aid during the race
- Illegally used a wireless device
- Was coached or assisted from a restricted area
- Viewed videotape or other electronic reproduction prior to completion of competition
- Penalty is disqualification from event

# Relay teams

- 5-10, 5-11
- Violation of substitution rule
- Failure to carry the baton by hand
- Failure to pass the baton in the exchange zone
- Baton not handed between runners
- Threw the baton after the race has ended
- Wore gloves during competition
- Failed to be positioned within the exchange zone
- Failed to be positioned within the acceleration zone

# Uniforms

- 4-3, 4-6-6
- Illegal school uniform or other apparel
- Jewlery is no longer prohibited
- More on these later

# Unsportsmanlike Conduct

- 4-6-1
- Conduct which is unethical or dishonorable
- Disrespectfully addressed an official
- Any flagrant behavior
- Intentional contact
- Taunted an opponent or official
- Criticized an opponent or official
- Used profanity directed at an individual
- Used tobacco ***(includes coaches!)***
- ***Penalty is remainder of that meet plus next 2!***



# Unacceptable Conduct

- 4-6-2
- Failed to follow the directions of an official
- Used profanity not directed at anyone
- Engaged in action which brought discredit to the athlete or school

# Uniforms

- Pages 16 - 18 in OHSAA manual
- Section 11.1. **Shoes**
- The rules require all track and field competitors to wear on both feet shoes with an upper portion and a definitely recognizable sole and heel. The shoes must be fastened securely to the foot with laces, zippers, Velcro or other closures. Slippers and socks do not meet the rule requirements.

- **Section 11.2. Uniform Tops/One-Piece Uniforms**
- Each athlete must wear a full-length track uniform top or a one-piece uniform issued by the school. The uniform top or the top of the one-piece uniform shall be numbered as indicated in 11.5. Track tops must be full-length (i.e., either tucked into the bottoms or hanging BELOW the waistband of the bottoms when the athlete is standing erect). Bare midriff tops are not allowed. The top shall not be knotted or have a knot-like protrusion.
- **Section 11.3. Uniform Bottoms/One-Piece Uniform**
- Each athlete shall wear track bottoms and/or a one-piece uniform issued by the school. The loose fitting boxer style shorts are permitted for boys and girls. The waistband of a competitor's bottom shall be worn above the hips. Waistbands are NOT permitted to be rolled.

- **Section 11.4. Items that are Legal on School Uniforms**
- School identification on the tops and/or bottoms and one-piece uniform;
- athlete's name on the tops/top of the one-piece uniform;
- a single manufacturer's logo/trade name, no more than 2 ¼ square inches with no dimension more than 2 ¼ inches on each item of apparel;
- The American flag, not exceeding 2 x 3 in;
- one commemorative/memorial patch is permitted per uniform subject to the same dimensions as a manufacturer's logo.

- Section 11.5. **Required Numbers on Uniform**
- The OHSAA requires all competitors in high school track and field and cross country to wear a school issued top and bottom or one-piece uniform with the number permanently attached to the back of the top or one-piece uniform. The numerals shall be plain Arabic numerals of a contrasting color with the color of the top and must be a minimum of 4" in height on the back. The numbers must appear in a horizontal fashion on the back of the uniform. Matching numbers may be attached to the front. NOTE: In order to avoid duplication of numbers as much as possible, each school is assigned a range of numbers that may be used. In some cases, duplicate numbers may be necessary and are permitted, but not by members of the same team competing in field events or in the same heat or same section of running events. (See the OHSAA web site for assigned numbers <http://www.ohsaa.org/members.asp>).
- **Does not apply to middle school!**

- **Section 11.6. Visible Undergarments**
- **For girls, the sports bra or crop top that may be visible under the uniform top or top of the one piece** uniform does not have to be a solid color. The rule does require that any visible shirt(s) worn under the top/one-piece uniform by either boys or girls or under the bottom must be unadorned and of a single color. **EXCEPTION: Rule 4-3-1c, 4-3-2b, and 9-6-1c: Any visible undergarment worn under the uniform bottom that DOES NOT extend below the knees is now considered a foundation garment and not subject to the single, solid color rule.** Stitching which is contrasting or of a different color to the single, solid color of the undergarment and which functions as the actual seam is legal. Visible items worn under both the tops and the bottoms of a uniform do not have to be the same color. A single manufacturer's logo/trademark/reference, no more than 2 ¼ square inches with no dimension more than 2 ¼ inches, is permitted on the top AND bottom of the uniform.

- **Section 11.7. Additional Restrictions for Relay Races and Cross Country Competition**
- Each team member shall wear the same color and design of school uniform although the length of the bottom or one-piece uniform may vary. If worn by more than one team member, the apparel must be the same color but not necessarily the same length. Any visible shirts (sports bras for girls exempted) worn under the top/one-piece uniform and other visible apparel worn under the bottom/one-piece uniform must be unadorned and of a single color. Stitching which is contrasting or of a different color to the single, solid color of the undergarment and which functions as the actual seam is legal. Visible garments worn under the top/one-piece uniform and/or the bottom/one-piece uniform do not have to be the same color. **If worn by more than one team member, that apparel must be the same color but not necessarily the same length.**

- **Section 11.8. Headgear**
- Hats and caps are prohibited. EXCEPTIONS – 1) During inclement weather, track and field competitors may wear the Navy Watch-Style knit cap. The cap shall not have a bill, but may have a knit ball on top or a tassel or tail provided the tassel or tail is no longer than 1/2 the depth or length of the cap. Competitors may also wear a headband with or without ear protectors during inclement weather provided the headband is designed for the purpose of protecting the head and ears. If in question, the referee will have the final decision regarding whether or not to allow certain types of headgear. Tassels, bows, pom-poms or streamers attached to the cap, hair or hair control device are not permitted; 2) Pole vaulters are permitted to wear helmets (safety head gear). Any exceptions to the use of headgear for religious purposes **MUST BE** approved by the OHSAA.



- **Section 11.9. Removal of any part of the team uniform**
- Excluding shoes, while in the area of competition as defined by the games committee, is illegal. This shall lead to a warning and if repeated, to disqualification from the event. If the incident recurs, the contestant will be disqualified from further competition in the meet. (OHSAA ejection policy would apply in this case!)
- **Section 11.10. Penalty**
- The penalty for an illegal uniform is as follows: when a violation is observed and noted by the meet official, the competitor shall be required to make the uniform legal before becoming eligible for further competition, and shall be issued a warning that a subsequent violation shall result in disqualification from the event. The referee shall be notified of the violation by the observing official and the referee shall then notify the coach of the offending school of the competitor's violation and warning (Rule 4-3-2).

- Section 11.11. **Jewelry (NEW IN 2015)**
- **Rule 4-3-3 and 9-6-3** formerly stipulated that competitors shall not wear jewelry with the exception of religious or medical medals. **THIS IS NO LONGER IN EFFECT.** The prohibition of wearing jewelry has been removed from the rules for track and field and cross country competition. Rings or bands of any type of material, earrings, necklaces, navel jewelry, any type of body piercing adornment, bracelets of any type of material including rubber commemorative bands are now legal. As in previous years, the wearing of a medical alert visible continues and is encouraged for purposes of risk minimization. Religious and medical alert medals are now legal and are no longer required to be taped to the body. Religious medals may now be worn over the uniform and in full view of officials and other competitors. An official (the referee) may ask a competitor to remove an accessory if it is not properly secured, if it poses a danger to the competitor, or if it could damage equipment. Coaches retain the ultimate responsibility to not allow competitors to wear items dangerous to themselves or to equipment, such as the landing pit in the high jump or pole vault. Coaches are expected to preserve the integrity of the sport by communicating expectations that jewelry, if worn, should not be dangerous and must be secure when worn.

- **Section 11.12. Wristwatch**
- One wristwatch, secured to the wrist, may be worn in competition. This is considered track and field equipment, not jewelry. EXCEPTION: GPS watches are considered an aid and, therefore, illegal.
  
- **Section 11.13. Medical alert or Medical/Religious Medals**
- Rules now permit the wearing of both medical and religious medals. These medals no longer need to be taped to the body of the competitor and may be of a soft or hard substance.
  
- **Section 11.14. Hair control devices**
- Hair control devices and/or hair accessories are now permitted. Pro-wrap is legal if used to control hair, but not as a headband.

- **Section 11.15. Penalty for wearing jewelry**
- The penalty for wearing jewelry is no longer in effect. However, an official may ask a competitor to remove an accessory if it is not properly secured, poses a danger to the competitor, or could possibly damage equipment. Failure to follow an official's instructions to remove jewelry could be deemed unacceptable conduct resulting in the disqualification from that event.

# Points of Emphasis

- Entry limits
  - Dual and triangular – no limit
  - Quads or greater – 4 per event
  - Games committee can lower limits, but not raise them
- Starting commands (Rule 5-7-4)
  - Motionless
  - Come to set position promptly
  - 800m and longer – start from 3 meters back, come to line on starter's command
- Exchange zones
  - Athletes should know where to line up
  - Athletes should know what the acceleration zone is and how to use it
- Athletes in multiple events
  - Communication is key
  - Understand order of events
  - Athletes and coaches are responsible
  - Officials will try to cooperate within the rules

# Some reminders

- No one in Ohio should be using an 8 pound shot for competition. Middle school girls throw 6 pounds, middle school boys throw 4 kilos (8.8 pounds). This was changed several years ago.
- Throwers and long jumpers should be given 4 attempts (or 3 + 3). Scratch lines may be used if there is a large number of entries. In that case, we suggest measuring everyone's first attempt if it is legal, then employ scratch lines. That way every athlete has an **opportunity** to get a mark.