

Unfair Act

- Rule 4-6-5, page 26
- 13. Paced by a teammate or other person **not in the race**
- 14. Provided assistance and gained an advantage
- 15. Received assistance from another person during the race
- 16. Used an aid during the race – **medical notes on inhalers, etc.**
- 17. Used electronic communication in a competition area
- 18. Was coached or assisted from a restricted area
- 19. Viewed video in a restricted area or during a restricted time
- **Joined or grasped hands with another at any time during a race**

Relay teams

- Rules 5-10, 5-11, pages 38-39
- 20. Violation of substitution rule/name not on the relay card
- 21. Failure to carry the baton by hand
- 22. Failure to pass the baton in the exchange zone
- 23. Baton not handed between runners
- 24. Threw the baton after the race has ended
- 25. Wore gloves during competition
- 26. Failed to be positioned within the exchange zone
- **Incoming runner pushes outgoing runner**

Uniforms

- Rules 4-3 and 4-4, pages 22-25
- 27. Illegal uniform (see front of card)
- **Failure to wear the school uniform**
- **Failure of relay team to wear same color and design uniform**
- **Violation of manufacturers logo/trademark/reference restrictions**
- **Failure to wear shoes**
- **Violation of proper wearing of uniform 1st 2nd**
- **Alters contestant number or does not wear assigned number and/or transponder**
- **Warning for removal of uniform**
- **Further discussion later**

Unsporting Conduct

- Rule 4-6-1, page 26
- 28. Conduct that is unethical or dishonorable
- 29. Disrespectfully addressed an official
- 30. Flagrant behavior
- 31. Intentional contact (including fighting)
- 32. Taunting another athlete or official
- 33. Criticizing (another athlete or official)
- 34. Used profanity directed at an individual (**while participating as a contestant**)
- 35. Used tobacco (**includes coaches!**) – **Includes e-cigarettes, per NFHS rule 4-6-12, note 2.**
- **Removal of uniform (2nd offense)**
- **Unsupervised warmup (2nd offense)**
- **Penalty is remainder of that meet plus next 2!**
- **Must fill out form on-line at OHSAA.ORG**

Unacceptable Conduct

- Rule 4-6-2, page 26
- 36. Failed to follow the directions of an official
- 37. Used profanity not directed at anyone
- 38. Engaged in action which brought discredit to the athlete or school

Uniforms

- **Pages 15-18** in OHSAA manual
- **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.
- **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!)

- **Uniform Tops/One-Piece Uniforms**
- Each athlete must wear a full-length track uniform top or a one-piece uniform issued or approved by the school. 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). Shirts are not required to be tucked in unless they obscure a hip number. Bare midriff tops are not allowed. The top shall not be knotted or have a knot-like protrusion. Numbers are no longer required on the back of the uniform top.
- **Uniform Bottoms/One-Piece Uniform** Each athlete shall wear track bottoms and/or a one-piece uniform issued or approved by the school. The loose-fitting boxer-style shorts are permitted for boys and girls. The waistband of a competitor's bottom can be rolled but must be worn above the waist as per Rule 4-3-1b4. 19

- **Legal Items on School Uniforms**
- School identification on the tops and/or bottoms and one-piece uniform; athlete's name on the top of the one-piece or two-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. **NOTE: New in 2022, Rule 4-3-1 now permits logos larger than 2 ¼ or multiple logos on the waistband of a uniform bottom ONLY.** The American flag, not exceeding 2 x 3 in permitted on EACH item of uniform; one commemorative/ memorial patch is permitted per uniform subject to the same dimensions as a manufacturer's logo.
- **Uniform Numbers**
- Uniform numbers are no longer required on the back of contestants' uniforms. It is **NOT** a uniform violation if some members of team have numbers and some do not granted all other aspects of the uniform rule are met.
- **Visible Undergarments**
- Any visible undergarment worn under the uniform top and/or bottom is now considered a foundation garment. FOUNDATION GARMENTS ARE NOT SUBJECT TO LOGO/TRADEMARK/REFERENCE OR COLOR RESTRICTIONS (Rule 4-3-1b7). Visible items worn under both the tops and the bottoms of a uniform do not have to be the same color.

- **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 top, bottom or one-piece uniform may vary.** Any visible undergarment worn under the uniform top and/or bottom is now considered a foundation garment. **FOUNDATION GARMENTS ARE NOT SUBJECT TO LOGO/TRADEMARK/REFERENCE OR COLOR RESTRICTIONS (Rule 4-3-1b7).** 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 does not need to be the same color nor necessarily the same length.
- NFHS Rule 4-3-2: All relay and cross country team members must wear uniforms clearly indicating, through predominant color, school logo and color combination of all outer garments worn as a uniform, that members are from the same team. The official should be able to observe that all members are from the same team. For examples of legal and illegal uniforms, please refer to the state rules interpretation meeting. Manufacturer logos do not need to match.



- **Misc. Uniform Topics**
- Headgear, headbands, socks and shoes are not part of the competitors' uniforms and therefore **DO NOT** need to match.

- **Headgear, Hair Control Devices & Headbands**
- Hats, caps and headbands that are; not offensive or unsporting, not abrasive or hard, properly secured, and do not pose a danger to themselves or other competitors **are allowed**. The referee may ask a competitor to remove a hat, cap or headband if it is not properly secured, if it poses a danger to the competitor/other competitors, or if it could damage equipment. The referee has the authority to decide what is **safe**.
- Section 1. Competitors may wear a Navy Watch-Style knit cap.
- Section 2. Competitors may not wear a hat with a bill. 20
- Section 3. Competitors may wear a headband with or without ear protectors, provided the headband is properly secured to the head and does not interfere with another. The headband does not need to be worn as the manufacturer intended and may include decoration.
- Section 4. Pole vaulters are permitted to wear helmets and safety headgear.
- Hair control devices and/or hair accessories are permitted. Bandanas, pre-wrap, or other items not intended to be used as headbands or hair control devices **are legal** as long as they are not offensive or unsporting, not abrasive or hard, properly secured, and do not pose a danger to themselves or another competitor.

- **Jewelry**
- **The prohibition of wearing jewelry has been removed from the rules for track and field and cross country competitions.** 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.
- **Wristwatch**
- A wristwatch, secured to the person, may be worn in competition. While the wearing of a GPS or Smart Watch is **not** prohibited; the use of use GPS and electronic communication on the watch is prohibited per NFHS Rule 4-6-5.
- **Religious Apparel**
- Any athlete who presents that they need to wear headgear, skirts, pants, etc. for religious purposes should be allowed to participate without delay. No waiver is needed for the wearing of any religious items regardless of if it complies with uniform rules in NFHS Rule 4. Garments worn for religious reasons (e.g. dark skirts or pants) do not need to match the color and design of uniforms worn by other relay/cross country team members.

- **Medical Devices (Track & Field and Cross Country)**
- Medical devices can be utilized by athletes in track and field as it is considered a non-contact sport. These devices include but are not limited to inhalers, EpiPens, insulin pumps and heart monitors.
- Per OHSAA policy, "Such medical necessity shall be specified in writing and signed by the prescribing physician, and the device shall be padded and securely attached to the player's body underneath the uniform. The medical statement shall be shown to the head contest official (referee) prior to the athlete's being permitted to participate."
- No waiver is needed from the OHSAA office.
- The doctor's note should be looked at and returned; it should not be collected.
- Inhalers & EpiPens can be carried by an athlete and do not need to be secured under the uniform. They can be carried in a fanny pack.
- Water cannot be carried in a bottle or camel back pack by an athlete; this is considered an aid.
- Water can be distributed by meet management to all runners as allowed by NFHS rules.
- "No medical appliance and/or medical device shall pose any risk of injury or hazard to the student-athlete, teammates and/or opponents. The head contest official (referee) has jurisdiction to disallow any medical appliance and/or medical device deemed unsafe for athletic competition."
- Headgear worn for medical reasons is **NOT** considered a medical device and **DOES** require a waiver from the OHSAA office if it does not comply with headgear regulations.

Preventive officiating
is one of the main keys
to a successful meet
for athletes, coaches
and officials!

In conclusion...

- Next meeting is Monday, Feb 26 at MCCTC
- Topics will be referee, umpires and marshal
- Don't forget to complete your online state meeting if you have not already done so
- You should have received an email regarding photo ID's. These are not required, if you want one remember the deadline for ordering and paying.