

2019 Notes for Middle School Track Coaches

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- Slides 3 through 8 list violations that can result in the disqualification of an athlete from an event or from the meet.
- Slides 9 through 17 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.

Infractions

- Stepped on/over inside lane line – 3 or more consecutive steps (5-12-1)
- Interference by a competitor or non-competitor
5-10-8: relays after the exchange
(5-9, 5-12-1b,c, 5-13-3, 4-6-3, 4-6-5)
- Ran on/over inside track curb (3 or more consecutive steps)
(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)

The Hurdler

- 5-14-2
- Did not attempt to clear each hurdle
- Deliberately knocked 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 Act

- 4-6-5 – includes interference
- Paced by a teammate or other person **not in the race**
- Joined or grasped hands with another at any time during a race
- Used an aid during the race – medical notes on inhalers, etc.
- Communicating with competitor through use of any device
- Was coached or assisted from a restricted area
- Receives communication electronically during race or trial

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 – warning issued to individual (not team)
- Further discussion later – slides 9 - 17

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

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!*
- *Must fill out form on-line at OHSAA.ORG*

Uniforms

- Pages 18 - 20 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 or approved 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 or approved 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** permitted to be rolled **provided that a second manufacturer's logo is not showing on the band.**
- 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; NOTE: According to National Federation rules, "when an item is selected as a uniform bottom, it is NOT in compliance if the waistband has more than one logo or reference or there is a logo elsewhere.** 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.

- **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>). Inquiries about number sequence can be obtained through the Athletic Administrator's MyOHSAA account and going to the link "School Summary".
- DOES NOT APPLY TO MIDDLE SCHOOL TRACK AND FIELD

- 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. 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).** Stitching which is contrasting or of a different color to 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/OR bottom AND/OR UNDERGARMENT 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 IS NOW CONSIDERED A FOUNDATION GARMENT AND NOT SUBJECT TO LOGO/TRADEMARK/REFERENCE OR COLOR RESTRICTIONS. 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. **(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.**

- Section 11.8. **Headgear**
- Hats and caps are prohibited. EXCEPTIONS – 1) **While the referee has the authority to decide what is appropriate**, 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. **With referee approval**, competitors may also wear a headband with or without ear protectors 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. 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**
- **The prohibition of wearing jewelry has been removed from the rules for track and field and cross country competition.**
- 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**
- **A** wristwatch, secured to **the person**, may be worn in competition. 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)
 - Motionless
 - Come to set position **promptly**
 - 800 m and longer – start from 3 meters back, come to line on starter's command
- Exchange zones – **YOUR RESPONSIBILITY**
 - 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.