

GYTOA Local Rules Meeting

February 11, 2026

What's New
Rules Changes
Points of Emphasis
Ohio Modifications
What to Bring
Games Committee
Seated Athletes

Congratulations!

Jim Fedor was recognized with a Contributor Award From the OTFCCOA – Congratulations to Jim!

State Clinic Review

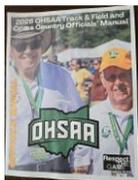
- OT&F&CCOA Web Site – presentations
– <https://otfcco.wixsite.com/ohiotrackofficials>
- Approx. 800 track officials in Ohio
- Approx. 200 are OTFCCOA members
- Approx. 180 attended clinic
- 2 local meeting credits
- State rules interpretation (only face to face presentation in state)
- Dates next year are Jan 22 and Jan 23, 2027

Other OHSAA Track & Field News

- New divisional arrangement THIS YEAR (5 divisions)
details can be found at
<https://www.ohsaa.org/sports/track>
- State meet will be 4 days
- Officiating clinic will be held, details TBD
- Seated athletes will compete at Regionals this year
- State rules meeting online – Jan 29 until Mar 24
- GYTOA.com still providing info about our meetings and other useful info – links to training videos, important documents, etc.

New Documents

- 2026 Rule book (NFHS)
- 2026 Case book (NFHS)
- 2025-26 Officials' Manual (NFHS)
- 2026 OHSAA Officials' Manual (MUCH longer!)



What's New in the Rules?

- 3-2-3k – Games committee determines takeoff board placement
- 3-8-6 – Expands acceptable caliber starting guns
- 4-6-5 – Permits appropriate health-care professional to evaluate a downed athlete with no DQ
- 4-6-6c – No audio or video recording devices during a race, trial, or in restricted area
- 6-2-2 Notes – Clarifies time limit for consecutive jumps
- 6-3-2b4(a) – Incorporates metric measurements
- 6-8-6 – Standardizes warm up time for verticals – 60 minutes
- 6-9-21 – Padding required for hard and unyielding surfaces
- 6-10-5 – Javelin construction
- 9-1-1 – Adds 200 m for indoors
- 9-6-1 – Establishes 20 meter exchange zone for indoor relays

Points of Emphasis

1. Safety in the throws
 - Officials
 - Workers
 - Athletes
 - Spectators
2. Restricted areas
 - Game Committee's responsibility
 - Coaching boxes
 - Enforcement
3. Protest/Appeal Process
 - What can and cannot be appealed
 - Appeals form for tournament
 - No jury of appeals in Ohio (except at State Meet) – referee makes final decision

New to OHSAA Manual

- Additional Allowable Events
 - Specialty Relays
 - Specific events and rules applying to each
 - Mixed Gender Relays
- Sportsmanship and enforcement
 - Specific examples (not all-inclusive) of unsportsmanlike vs not unsportsmanlike
- Notes on the rules changes
- A Mechanics Guide (14 pages) – intent is to provide for consistency
- Ejection Procedure

OHSAA Modifications

- OHSAA Manual – pages 25-26.
- Rule 1-3 Javelin and Hammer Throw are not permitted in competition involving OHSAA member-school teams.
- Rule 3-2-3a In High School, the referee/starter is required to be a Class 1 registered official; in 7th & 8th Grade the referee/starter may be a Class 3 registered official.
- Rule 3-2-6 Conferences may not adopt special rules for interrupted events
- Rule 3-2-1, 3-2-4k, 3-5 No Jury of Appeals in Ohio
- Rule 3-4-1 Referee MUST be Class 1 registered official for high school meets (recommended for middle school)
- Rule 4-1-3 Field event contestants must report before the start of their flight. For events run as "open pit" the start of their flight is the start of competition.
- Rule 4-2-1 PENALTY: When athletes exceed the participation limitation, the team is penalized as if they had used an ineligible athlete
- Rule 4-2-4 OHSAA has established limitations as described in the Track and Field Manual. Schools and Conferences may not put aside these event entry limitations.
- Rule 4-2-4-d Teams CANNOT designate in advance which team will score in relays; however, only one team from each school may score
- Rule 4-3-1a3 Spikes are limited to 3/4" unless the games committee stipulates a shorter length.

OHSAA Modifications

- Rule 4-3 Head gear may be worn, including but not limited to headbands (with or without sequins) and/or ear covers and navy watch style caps.
- Rule 5-3-4 In TOURNAMENT competition, the 4x400 meter relay shall start using a 3-turn stagger, the 4x800 relay and the 800 meter run shall use a 2-turn stagger, and the 1600 and 3200 meter run shall use a 1-turn stagger
- Rule 5-8-2 Finish line aids are NOT permitted
- Rule 6-2-10 In "team field events," each athlete participating in horizontal events shall get 4 attempts with no finals
- Rule 6-3-2b Jump offs for qualifying places in tournaments are NOT tie breakers, and those involved in the jump off shall be allowed a reasonable warm-up after the competition is completed and before the jump off begins. If the tie for the qualifying position(s) is KNOWN to exist before the bar is raised to compete for higher places, those tied for the qualifying place(s) shall be allowed to make their fourth attempt before the bar is raised.
- Rules 6-8-2 In all OHSAA competitions, anytime nine or more participants are active at a given height active flights shall be used.
- Rules 6-8-23 In the event of a broken pole, competitors are allowed one run through without a bar with a
 - & 6-2-13a replacement pole
- Rule 6-8-17 The head pole vault judge who holds a valid OHSAA T&F officiating permit may be designated to certify the legality of poles

OHSAA Modifications

- Rule 7-2-2 1) The 5,000M is an allowable special event per the regulations listed in this document.
 - 2) Decathlon, Pentathlon, Heptathlon, Steeplechase, & Race Walking shall follow USATF Youth rules.
 - 3) Shuttle Relays, Specialty Relays, Team Field Events and Mixed (Gender) Relays shall follow OHSAA Regulations as listed in this document.
- Rule 8-1-41 Starting boxes shall be exactly 5ft wide.
- Rule 8-2-3 The OHSAA has accepted modified scoring as detailed in this document.

What Should You Bring to a Track Meet?

- What should you bring?
 - Rule book, case book, OHSAA Manual
 - Officials' Manual – good to review various roles, mechanics
 - Pen/pencil, notepad, clipboard – write down important info – who, what, where, when
 - Weather protection for writing equipment
 - Appropriate attire: uniform, weather gear
 - Stopwatch, gun & sleeve(s), whistle, shells, flags, tape measure
- What do you need from the host school?
 - Material – yellow (red)/white flags, clipboards, pencils, tape measures
 - Information – order of events, track markings, heat and lane assignments (espec. relays)

Games Committee

- Rule 3-2; pages 12-14
- Rule 3-2-3
 - Order of events (1-2-1)
 - Assign meet officials (a)
 - **Designate restricted areas (b)**
 - Time schedule (or rolling schedule) (c)
 - Number of heats/rounds (d)
 - Assign lanes and heats (seeding) (e)
 - Qualifying procedures (f)
 - Reduce or eliminate use of timers if FAT is used (g)
 - Approve track markings at exchange zones (h)
 - Method of baton exchange for non lane relays (i)
 - Determine starting heights, progression (j)
 - Distance of takeoff boards from pit (k)
 - Designate location of throwing areas (l)
 - Order of competition in jumps and throws (m, n)
 - **Place time limits on warm ups and time excused from events (o, p)**
 - **Designate appropriate health-care professionals (q)**

Games Committee

- Rule 3-2-4
- Spike length (a)
 - Approve jumping surface markings (b)
 - Mark records or scratch lines at side of field events (c)
 - Time for field events to end (open pit) (d)
 - Number of throws or jumps (3/3 or 4) (e, f)
 - Designate and mark coaching boxes, restricted areas (g, i)
 - May provide batons, throwing implements (h)
 - Declare requirement to tuck in jersey (j)
 - Assign assistant or other referees (l)
 - Change order of events and qualifying procedures if necessary (m)
 - Authorize use of photo finish (o)
 - Determine procedure for handling lapped runner (p)
 - Approve use of voice amplification for starter (q)
 - Designate procedure in event of FAT malfunction (r)
 - Specify time limit other than 48 hours for correction of errors (s)
 - Determine method for impounding and releasing illegal implements (t)
 - Provide liquids during competition (u)

Seated Events

- **Contested Wheelchair Events**
- Although only 4 events are currently contested at the State Championships in Columbus (100M, 400M, 800M and the Shot Put), seated athletes may enter **ANY INDIVIDUAL** event offered at a meet or invitational as long as the athletes do not exceed the event maximum established by the OHSAA (3 events on the Junior High level, 4 events on the High School level), and athletes understand that these non-recognized events will have no bearing on his/her state qualifying status. The only events considered for state qualifying status remain the 100m, 400m, 800m, and the shot put.
- Note: A seated athlete cannot participate in a relay as rule 5-10-6 stipulates the baton must be carried by hand and due to the inherently increased risk of injury to the competitors.
- A seated athlete may participate in a team field event with footed athletes at a relay-style meet.
- **Wheelchair Heats/Competing Alone**
- If two or more seated athletes have entered the competition in the same distance (regardless of gender), the seated athletes shall race in a separate heat from the footed athletes. Otherwise, if only one seated athlete is competing in the distance, the seated athlete shall be permitted to race in the same heat as footed athletes; however, they will be scored separately. **At the regional tournament ONLY: when two or more seated athletes have entered the competition in the same distance (regardless of gender), the seated athletes shall race in a separate heat but be scored separately. If there is only one athlete, they shall compete alone.**

Seated Events

- **Scoring for Wheelchair Competitors**
- Prior to each meet, **the games committee** shall confer and decide if and how they wish to score the seated athletes in each of the individual events. **Every reasonable effort** should be made to allow seated athletes to earn points for his/her team (excluding state tournament competition), meaning that, if a seated athlete representing each of the competing schools in a meet enter an event, the results of that event should be scored in the team scoring.
- **Wheelchair Participation at Invitationals**
- Schools hosting Invitational track and field meets are recommended – and strongly encouraged - to include events for seated athletes (unless it is a relay-only invitational). Host schools may select the eligible events (3 or more on the Junior High level, 4 or more on the High School level) and should notify competing schools and/or seated competitors in advance.

Seated Events

- **Racing Regulations**
- **The start**
- The center of the front axle (axle plane) may not extend over the starting line. The starting commands shall be as follows: 100M & 400M – “On Your Marks”, “Set”, firing of starting device. 800M - “On Your Marks”, firing of the starting device. No mention of being “wheelers” is appropriate.
- **The finish**
- The finish of the race occurs when the center of the front axle (axle plane) crosses the finish line.
- **Wheeling in lanes**
- The 100M, 400M, and 800M shall be raced the same as in able-bodied events in regards to “lanes all the way” and/or break lines. Touching or crossing over lane lines for more than 10 consecutive feet is a disqualification. Crossing a lane line for any distance and impeding another competitor is a disqualification.
- **Passing or changing lanes**
- Competitors must have full clearance or another athlete’s front wheel in order to pass or move into another lane. Failure to pass or change lanes correctly will result in disqualification.
- **Obstruction**
- Athletes may not touch or obstruct another competitor during an event. Obstruction of an athlete will result in disqualification.

Seated Events

- **Shot Put Regulations**
- These events shall follow all NFHS and OHSAA rules with the following Modifications.
- All competitors must put the shot from a “chair” (manual wheelchair, throwing chair, power wheelchair). Scooters and “standing chairs” will not be allowed.
- The upper most part of the cushion/seat on any chair may not exceed 75cm (29.5 inches).
- If the frame has a holding bar, it must be fixed (no articulating joints).
- No part of the throwing frame or wheelchair may be outside the circumference of the circle
- The chair will be considered an extension of the athlete’s body. For example: Any part of the chair touching the top of the stop board is a foul.
- A coach (only) may assist the athlete in getting to the competition area.
- A coach (only) may assist the athlete in entering and exiting the circle.
- The school does not have to provide tie-down straps for throwing athletes. A coach (only) may hold the chair during the throwing attempt to prevent excessive movement.
- One buttock cheek must remain in contact with the seat during the throw.
- The size of the shot for wheelchair participants shall be the same as for all other male and female participants.
- Athletes who are in a wheelchair may compete in the same flight as able-bodied athletes but will be placed separately

In conclusion...

- Next meeting is Feb 17 at Fitch – Infractions and uniforms
- Refer to ohsaa.org and gytoa.com for useful info
- Sign up sheets for meets needing officials
- Also on gytoa.com