



## The Hurdler...

- Rule 5-14, page 40
- 7. Did not attempt to clear each hurdle
- 8. Deliberately **displaced** a hurdle by hand or foot
- 9. Advanced or trailed a leg or foot alongside or below the hurdle
- 10. Ran over a hurdle not in the assigned lane
- 11. Ran around a hurdle
- 12. Impeded another hurdler

## 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**
- **Relay uniforms not the same**
- **Illegal uniform**
- **Illegal logo or trademark**
- **Failure to wear shoes**
- **1<sup>st</sup> Offense    2<sup>nd</sup> Offense**
- **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**)
- **Used tobacco (includes coaches!) – Includes e-cigarettes, per NFHS rule 4-6-12, note 2.**
- **Removal of uniform (2<sup>nd</sup> offense)**
- **Unsupervised warmup (2<sup>nd</sup> 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
- 35. Failed to follow the directions of an official
- 36. Used profanity not directed at anyone
- 37. Engaged in action which brought discredit to the athlete or school
- Other
- 38. Infractions not covered in the rules (provide details on the front of the card)

## NEW: Sportsmanship and Enforcement of NFHS Rules 4-6-1 & 4-6-2

- Below is a list of items/actions that shall be considered a violation of NFHS Rules 4-6-1 & 4-6-2. The list is **not all inclusive** and items/actions not on this list may occur. When an item/action not on the list occurs a decision will need to be made by the meet referee on enforcement.
- Items/Actions that **shall be** interpreted as a violation of NFHS Rule 4-6-1 resulting in disqualification from the meet (ejection).
  - ✓ Intentional contact such as but not limited to: punching, slapping, pushing others, as well as hitting with any item such as a baton, block, field event implement, etc.
  - ✓ Vulgar language or profanity directed towards another individual.
  - ✓ Encouraging the crowd to boo/chant at officials.
  - ✓ Encouraging the crowd to boo/chant negatively at other athletes/teams.
- ✓ Continual failure to follow the direction of a meet officials, i.e. a second offense. This shall only be enforced after a disqualification from an event has been issued to the same athlete for the same offense or a coach has been warned previously that the behavior is not allowed.
- ✓ Falsifying identity or information to participate in an event under another person's name or number. Accidentally putting on the wrong number does not constitute falsifying identity; however competing with the wrong number is a violation of NFHS Rules 4-1-4 & 4-3-1b1.

## NEW: Sportsmanship and Enforcement of NFHS Rules 4-6-1 & 4-6-2

- Taunting / Unsporting Conduct.
- Spontaneous celebratory actions such as the below **shall NOT** be considered taunting or unsporting conduct.
  - ✓ High Fives with teammate(s) or competitors.
  - ✓ Jump & chest bumping with a teammate(s) after an event or attempt.
  - ✓ Simulate a cross on their chest at any time.
  - ✓ Pointing to the sky after winning or immediately prior to crossing the finish line.
  - ✓ Pointing their hand/arm in the air indicating # 1 after winning or immediately prior to crossing the finish line.
  - ✓ Yelling aloud (not using profanity or derogatory comments) that is not directed at any person.
  - ✓ Throwing a relay baton, not thrown at someone, even if bounces and hits someone. This, however, would be a violation of NFHS Rule 5-11-n.
  - ✓ Finishing with their arms held horizontally to the ground like they are breaking through a "finish tape". If this action causes interference to other athletes, appropriate penalties shall apply per NFHS Rule 5.
  - ✓ Yelling, cheering, clapping, fist bumping, and any other method of encouraging other competitors both on their team and on other teams.
  - ✓ Celebrations at their team camp.

## NEW: Sportsmanship and Enforcement of NFHS Rules 4-6-1 & 4-6-2

- Actions such as the below **shall be** considered taunting.
- ✓ The use of props of any kind in a celebration such as a wrestling championship belt, sledgehammer, fire extinguishers, etc. when they take place in any area other than their team camp.
- ✓ Turning and running backwards before crossing the finish line.
- ✓ Pointing or gesturing at athletes from other teams or the crowd both during and immediately following the conclusion of the race or trial. Including gesturing at others to be quiet, waving goodbye, etc.
- ✓ The use of vulgar, profane or derogatory language toward another individual.
- ✓ The use of violent gestures or simulations such as a throwing a spear, shooting bow and arrow or gun, sheathing a sword, etc. regardless of if they are directed at another.
- ✓ Back or front flip during or immediately following the race or attempt.
- ✓ Posing as if taking a selfie alone or with a teammate(s).
- ✓ Any choreographed or pre planned celebratory displays.

## NEW: Sportsmanship and Enforcement of NFHS Rules 4-6-1 & 4-6-2

- Items/Actions that **shall be** interpreted as a violation of NFHS Rule 4-6-2 **but NOT** a violation of 4-6-1 resulting in disqualification from the event.
  - ✓ Swearing or the use of vulgar language that is not directed at someone. • Failure to follow the direction of a meet official.
  - ✓ Throwing a baton in anger not at someone. This is also a violation of NFHS Rule 5-11-n.
  - ✓ Intentionally kicking, hitting, or knocking over a cone, pylon, or other crowd control device.
  - ✓ Other items as outlined in NFHS Rule 4-6-2.

## Uniforms

- **Pages 20-22** in OHSAA manual
- **Shoes**  
The shoes must be fastened securely to the foot with laces, zippers, Velcro or other closures. This is the **ONLY** regulation related to shoes.  
In general, the vast majority of Croc Brand "shoes" cannot be securely attached to the foot and, therefore, are not legal. The small movable strap on the back does not attach the shoe firmly to the foot. However, as Crocs is a brand name and not a style of shoe, it is possible that they do/will produce a style that would be legal or that there is another similar brand that can be securely attached. There is no universal one-size-fits-all answer; each official must make a judgment call based on what is worn at that particular meet. Removal of Any Part of the Team Uniform
- **Removal of Any Part of the Team Uniform**  
Excluding shoes, while in the area of competition as defined by the games committee, removing any part of the uniform is illegal. This shall lead to a warning and if repeated, to disqualification from the event.

- **Uniform Tops/One-Piece Uniforms**  
Each athlete must wear a full-length uniform top or a one-piece uniform issued or approved by the school. This can be a hoodie or any other item approved by the school pending it meets all other uniform rules
- **Uniform Bottoms/One-Piece Uniform**  
Each athlete shall wear bottoms and/or a one-piece uniform issued or approved by the school. This can be sweat pants or any other item approved by the school pending it meets all other uniform rules. Rule 4-3-1 permits logos larger than 2 ¼ or multiple logos on the waistband of a uniform bottom **ONLY**.

- **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.
- **Misc. Uniform Topics**  
Headgear, headbands, foundation garments, socks and shoes are not part of the competitors' uniforms and therefore DO NOT need to match.
- **Religious Apparel**  
Any athlete who presents that they need to wear headgear, skirts, pants, etc. for religious purposes must 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.

- **New: Athletes Carrying Cell Phone & Wearing Smart Watches**  
The carrying of a cell phone by athletes is NOT prohibited; no doctor's note or waiver is needed to carry the device. This means that cell phones should be treated much like a smart or GPS watch; the athlete can carry them, however, they cannot use the prohibited technology in the device.
- Things that would be allowed per NFHS Rule 4-6 include:
  - Use of the stop watch or standard watch features in a smart watch.
  - Use of medical apps in the smart watch or cell phone to record and store medical data. The device may transmit this data, however, it cannot be used for immediate coaching.
- Things that would be prohibited per NFHS Rule 4-6 include:
  - The use of GPS functionality.
  - The use of the devices to receive or send communication to a coach or other individual.
  - The use of the device for audio or video recording.

- Referees must be 100% certain that an athlete or coach has used the technology for a prohibited purpose before taking any punitive action. This means an official MUST see or hear it directly. Also, officials MUST NOT ask the athlete to demonstrate the device's capabilities.
- If you encounter an athlete that is carrying a cell phone or wearing a smart watch, remind them that while those items can be carried or worn, the use of the communication and audio/video recording is prohibited.

- **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.
  - 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.

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

### In conclusion...

- Next meeting is Monday, Feb 23 at Crestview HS
- Topics will be referee, umpires and marshal
- Don't forget to complete your online state meeting if you have not already done so