

2010 Major Track/Field Rule Notations

by Wayne McDonald, ATOM Past President

A few general reminders:

1st Practice March 15	1st Contest March 24	Max No of Days/Contests 18 Days
RULES MEETING DEADLINE April 1		Opt-Out Due Date May 17-18

◆ **Tourney sites for track & field:**

DIVISION 1 Rockford HS	Brian Macomber 6230 Kalamazoo Ave SE 49508	union215@aol.com
DIVISION 2 Zeeland East HS	Lew Clingman 3333 96 th Ave 49464	lewcling@yahoo.com
DIVISION 3 Comstock Park	Janet Gillette, AD 150 6 Mile 49321	jjillette@cppschoools.com
DIVISION 4 Jenison HS	Leroy Hackle, AD 2140 Bauer Rd 49428	lhackley@jpsonline.org
Upper Peninsula Kingsford (all div)	Al Unger, AD 431 Hamilton 49802	aunger@kingsford.org

◆ **Order of competition for 2010:**

All running events..... Boys - Girls
HJ, SP, PV..... Girls - Boys
LJ, DT..... Boys - Girls

Boys and girls competition may be run simultaneously if there are multiple pits or if an "open pit" is agreed upon. SP & DT measurements will be made after each successful attempt.

◆ **Uniforms / Jewelry:**

- No jewelry allowed; no "tape-overs;" no watches.

EXCEPTIONS:

- 1) Medical Alert necklace/wristband (must be taped down).
- 2) Traditional wedding band.
- 3) Religious necklace (must be taped down)
- 4) Prescription sunglasses.
- 5) Regular sunglasses. (advance doctor's statement required)

- Stitching on uniforms is not considered "multi-coloring." A manufacturer's logo may be visible, one (1) per garment; a school logo is also permissible, one (1) per garment. Still the sizing is no more than 2 1/4 square inches with the longest dimension no more than 2 1/4 inches.

2 1/4" x 1" = OK; 1" x 1" = OK; 4" x 1/2" = NOT OK.

- "Hoodies" are allowed if part of the uniform or undergarment..
- Knit stocking caps and sweatbands are the only head items allowed. NO 'dew-rags;' NO 'ball caps;' etc.
- A single logo like a "Nike Swoosh" is allowed on knit caps and sweatbands ... IF it meets the size requirements.
- Atomizers, before and after competitions are OK.
During the competition?, (advance doctor's statement required)

◆ **FAT Times:**

HAND times turned in to regional managers must be rounded UP to the next higher tenth. FAT times follow this procedure: subtract 4 tenths, then round UP to the next higher tenth.

HAND 25.12 = 25.2 rounded;

FAT 15.51 (- 0.4) = 15.11 = 15.2 rounded.

◆ **Threatening Weather:**

When lightning or thunder is experienced ...

30-minute suspension ➡ seek shelter

Play may be resumed if neither lightning nor thunder occurs for a period of 30 minutes. Should it reoccur, the "30-minute-clock" starts over from zero.

Game suspension limits due to weather:

Contest begins before 3:00pm 3-hour limit.

Contest begins between 3:00pm and 7:00pm 1 1/2-hour limit.

Contest begins at 7:00pm or later 1-hour limit.

Rain or snow may make track/fields "unplayable."

National Federation Rule Changes:

3-2-4g: If an area for coaches, mostly infield events, is designated, IT WILL BE MARKED clearly for the coaches. Officials should have an awareness of this area PRIOR to the start of a meet NOT DURING it!

Although not required by meet management, IF AN AREA IS TO BE USED by coaches, it needs to be designated and marked in advance!

3-2-7: The only video replay or TV monitoring equipment meet officials will use to review finishes are those APPROVED IN ADVANCE by meet management. Typically, REPLAYS are not shared with coaches, but a referee may do so at his discretion.

3-17-2: At ALL Track Finals (and as many Regionals as possible) a wind gauge will be used for appropriate events. Specifications for use during events may be found in the 2010 Rule book on pages 20 and 70.

4-5-8c: NO COMMUNICATION DEVICES (no phones, no texting, no cameras, no walkie-talkies, etc.) may take place during competition. This means, for example, an athlete who is in Flight #1 of the High Jump may not use any communicating device until the last Flight #4 is over. Too often athletes 'fade into the crowd' after their flight is complete. Can't happen, until that competition for that particular athlete is over!

5-6-3: Different starting commands or procedures from heat to heat are disallowed. For example: There are 25 runners in the 800 and we are using a 9-lane track - the 1st heat has only 9 runners; the 2nd heat has the best 16 runners. It might be tempting to use a lane start for heat 1 and an alley start for heat 2. Don't! Both heats should be run in alleys!

5-13-2b: The National Federation is leaving "no wiggle room" on a call where a hurdle knocked down by a hand of an athlete. A DQ is automatic. The NF doesn't disallow an official's judgment call on an athlete's attempt to clear a hurdle. A judgment call must still be considered. Also, a DQ is in order if any arms, legs or "flying lumber" impedes other hurdlers.

6-5-5: In the shot and discus, 2" lines should be painted from the center of the ring across the discus ring or shot toe board forming a 34.92 degree sector. The inside edges of these lines shall mark the sector. By the way, it will be easier next year to locate your sector lines if done right initially.

7-2-11: A manufactured "cross-bar bungee cord" may be used in warm ups, but schools do not have to purchase them to comply. (i.e. the present fiberglass cross bars for PV or HJ are ok as long as they're not made of triangular or square metal tubing). It is a games committee decision to use or not to use the bungee type cross bars for warm ups.

7-5-4: Pole vaulters may not use variable weight or improperly marked poles. All poles used need to be verified with regard to their compliance, IN WRITING, by his/her coach prior to use by an athlete.

7-5-29g: I'll go out on a limb here and suggest that a clerical error has been made. As printed in the 2010 rule book, letter 'g,' with its discussion of arms and hands steadying a cross bar after an attempt by a competitor should NOT be deleted (as was suggested at both the MHSAA and NFHS levels). Rather, the comparison of vaulters who a) makes a height with improperly positioned standards is a legal vault or b) misses with improperly placed standards and no attempt is charged, allows another attempt. This topic should be placed as a separate article of the rule book. Under Rule 29, which is prefaced by "it is a foul when a competitor ..." these points are inconsistent.

Alley placement for middle distance and distance races:

★ **800m Run:** If 20 or fewer runners, 1 section only.

If 21 to 24 runners, there will be 2 sections with the 12 fastest in the 2nd section and remaining 9-12 runners in the 1st section. If more than 24 runners, then the 16 fastest are in the 2nd section and all remaining runners in the 1st section. I'm not trying to "muddy the waters", but these numbers could possibly be changed from an 8-lane to a 9-lane track - discussion for another day.

★ **1600m Run:** If 24 or fewer runners, 1 heat.

If 25 or more, 2 sections with the 16 fastest (plus ties) in the 2nd heat.

★ **3200m Run:** Regionals & State - ALWAYS 1 section.

★ **4 x 800m Relay:** Regionals - 1 section.

Finals - 1-24 teams = 2 sections, 2nd section has 12 teams plus ties.

25 or more teams = 2 sections, 2nd section has 16 teams plus ties.

Ed. Not. - Many thanks to ATOM Past President (1992) Wayne McDonald for submitting this rules review. Mac has handled the subject of rule revisions for ATOM Newsletter every March issue since 1990.