

2015 NFHS / MHS A TRACK and FIELD RULES

(Information found in the 2015 NFHS Track and Field Rules Book / MHS A Handbook)

NOTE: For the 2015 State Track and Field Meets the participant may wear only one watch during the competition – it must be unadorned and worn only on the wrist.

No headwear, except headbands, will be allowed unless inclement weather is encountered or in special circumstances, such as health conditions or religious considerations. A headband is any item that goes around the head (including elastic strips/bands, pre-wrap, moisture-absorbing terry cloth etc.) If worn, only one headband is permitted. Headbands may be a maximum of 2 inches wide and must be a single, solid color and be non-abrasive and unadorned except for a manufacturer's logo and/or a school logo – (logos must be no more than 2 ¼ square inches with no dimensions more than 2 ¼ inches). The headbands shall have no jewelry attached.

RULE 4 - SECTION 3 – COMPETITOR'S UNIFORM

ART. 1

The competitor's uniform shall be issued by the school, worn as intended by the manufacturer, and have the following restrictions:

- a. Each competitor shall wear shoes.
 1. Shoes shall be worn on both feet and shall have an upper and definitely recognizable sole and heel.
 2. The (shoe) upper must be designed so that it can be fastened securely to the foot.
 3. The use of slippers or socks does not meet the requirements of the rule.
- b. Each competitor shall wear a full length track top or one-piece uniform issued by the school.
 1. When numbers are used, each competitor shall wear his/her assigned, unaltered contestant number.
 2. The top or one-piece uniform may have school identification and the top may have the competitor's name.
 3. The top shall not be knotted or have a knot-like protrusion.
 4. A single manufacturer's logo/trademark/reference, no more than 2¼ square inches with no dimension more than 2¼ inches, is permitted on the top or one-piece uniform.
 5. The American flag, not exceeding 2x3 inches, and either a commemorative or memorial patch (utilized only with prior state association approval), not to exceed 4 square inches, may be worn on the uniform top.

NOTE: Only one American flag and/or commemorative patch may be displayed on the uniform (one or two piece).
 6. Bare midriff tops are not allowed.
 7. The top must hang below or be tucked into the waistband of the bottom when the competitor is standing upright.
 8. Any visible garment(s) worn underneath the uniform top must be unadorned and of a single, solid color. As per NFHS rules, a single, visible manufacturer's logo and/or single school name or insignia no more than 2¼ inches are permitted on the undergarment. Visible items worn under both the top and the bottom do not have to be the same color.

NOTE: If more than one visible garment is worn under the uniform top, all must be the same color. (A visible garment worn under the uniform top displaying contrasting stitching to the single, solid color of the undergarment and functioning as the actual seam for the undergarment's construction is legal).

- c. Each competitor shall wear a track bottom or one-piece uniform issued by the school.
1. The bottom or one-piece uniform may have the school identification.
 2. Loose-fitting, boxer-type bottoms or compression-style bottom are permitted for boys and girls. Closed-leg briefs are acceptable for girls.
 3. French or high-cut apparel shall not be worn in lieu of the uniform bottom.
 4. The waistband of a competitor's bottom shall be worn above the hips.
 5. A single manufacturer's logo/trademark/reference, no more than 2¼ square inches with no dimension more than 2¼ inches, is permitted on the bottom or one-piece uniform.
 6. The American flag, not exceeding 2x3 inches, and either a commemorative or memorial patch (utilized only with prior state association approval), not to exceed 4 square inches, may be worn on the uniform bottom.
NOTE: Only one American flag and/or commemorative patch may be displayed on the uniform (one or two piece).
 7. Any visible garment(s) worn underneath the uniform bottom and extending below the knees shall be unadorned and of a single, solid color. As per NFHS rules, a single, visible manufacturer's logo and/or single school name or insignia no more than 2¼ inches are permitted on the undergarment. Visible items worn under both the top and the bottom do not have to be the same color.
NOTE: If more than one visible garment which extends below the knees, is worn under the uniform bottom, all must be the same color. (A visible garment worn under the uniform bottom displaying contrasting stitching to the single, solid color of the undergarment and functioning as the actual seam for the undergarment's construction is legal).

ART. 2

Additional restrictions for relay races.

- a. 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.
- b. Any visible garment(s) worn by two or more relay team members underneath the uniform top and/or underneath the uniform bottom extending below the knees shall be unadorned and of the same single, solid color, but not necessarily the same length.
NOTE: Visible items worn under both the top and the bottom do not have to be the same color.
PENALTY: (Arts. 1, 2) For the wearing of an illegal uniform, when a violation is observed and noted by a 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 a disqualification from the event. The referee shall be notified of the violation by the observing meet official, and the referee shall then notify or cause to be notified the head coach of the offending school of the competitor's violation and warning.

ART. 3

Jewelry shall not be worn by competitors. (MHSA Handbook Guidelines)

- a. Medical alert medals are not considered jewelry. The alert should be visible. When the medal is attached:
 1. to a bracelet made of metal or an unyielding material, it shall be taped to the body.
 2. to a bracelet made of a pliable material, it is not required to be taped to the body.
 3. to a necklace, it shall be taped to the body.
- b. Religious medals are not considered jewelry and must be worn under the uniform and taped to the body.
- c. A watch may be worn around the wrist.

- d. Unadorned devices, such as bobby pins, barrettes and hair clips, no longer than 2 inches, may be worn to control a competitor's hair.

PENALTY: For the first violation, the competitor shall be required to remove the jewelry before further competition, and be issued a warning that subsequent violation shall result in disqualification from the event. The referee shall be notified of the violation by the observing meet official and he/she shall then notify or cause to be notified the head coach of the offending school of the competitor's violation and the warning.

NOTE: The ultimate responsibility to have each competitor compliant with uniform and jewelry rules is with the coach.

ART. 4

Removing any part of the team uniform, excluding shoes, while in the area of competition, as defined by the games committee, is illegal.

PENALTY: This shall lead to a warning and if repeated, to disqualification from the event. If the incident recurs, the competitor will be disqualified from further competition in the meet.

RULE 4 – SECTION 4 – BRACES, CONCUSSION MANAGEMENT AND MODIFICATIONS

NOTE: Each state association may, in keeping with applicable laws, authorize exceptions to NFHS playing rules to provide reasonable accommodations to individual participants with disabilities and/or special needs, as well as those individuals with unique and extenuating circumstances. The accommodations should not fundamentally alter the sport, allow an otherwise illegal piece of equipment, create risk to the athlete/others or place opponents at a disadvantage.

ART. 1

If a guard, cast, brace, splint, etc. (hard or unyielding items) is worn and determined by the referee that padding is required, such padding shall be closed-cell, slow-recovery foam no less than ½" thick. Knee and ankle braces which are unaltered from the manufacturer's original design/production do not require any additional padding.

ART. 2

Any competitor who exhibits signs, symptoms, or behaviors consistent with a concussion (such as loss of consciousness, headache, dizziness, confusion, or balance problems) shall be immediately removed from the meet and shall not return to the meet until cleared by an appropriate health-care professional. (See Appendix D, NFHS Suggested Guidelines for Management of Concussion on page 85.)

ART. 3

A competitor who is bleeding, has an open wound, has any amount of blood on his/her uniform, or has blood on his/her person, may complete the running or field event trial. He/she shall be directed to leave the activity until the bleeding is stopped, the wound is covered, the uniform and/or body is appropriately cleaned, and/or the uniform is changed before returning to the competition. (See Appendix F, NFHS Communicable Disease Precautions on page 87.)

RULE 4 - SECTION 6 – DISQUALIFICATION

ART. 1

Unsporting conduct is behavior that is unethical or dishonorable. It includes, but is not limited to: disrespectfully addressing an official, any flagrant behavior, intentional contact, taunting, criticizing or using profanity directed toward someone. This shall apply to all coaches, contestants and other team/school personnel.

PENALTY: Disqualification from that event and further competition in the meet. Disqualification of a coach or other school personnel shall be from further involvement in the meet.

NOTES:

1. The NFHS disapproves of any form of taunting that is intended or designed to embarrass, ridicule or demean others under any circumstances including on the basis of race, religion, gender or national origin.

2. No coach, contestant or other school personnel shall use any form of tobacco product beginning with arrival at the site of competition until departure from the site following completion of the meet.

ART. 2

Unacceptable conduct by a competitor includes, but is not limited to: willful failure to follow the directions of a meet official, using profanity that is not directed at someone or any action which could bring discredit to the individual or his/her school.

PENALTY: Disqualification from that event.

ART. 3

If a nonparticipating team member interferes with a competitor during competition, the nonparticipating team member may be disqualified from the meet. The nonparticipant's teammate(s) also may be disqualified from that event.

ART. 4

A competitor shall not compete using an illegal implement.

ART. 5

It is an unfair act when a competitor receives any assistance. Assistance includes:

- a. Interference with another competitor.
- b. Pacing by a teammate not in the race or persons not participating in the event.
- c. Competitors joining or grasping hands with each other during a race.
- d. Competitor using an aid during the race.
- e. Communicating with a competitor through the use of any device, including electronically during a race or trial.
- f. Coaching a competitor from a restricted area.

NOTES:

1. The use of an atomizer during competition containing a prescription drug designed to alleviate the asthmatic condition is not considered to be an illegal aid as long as a physician's statement documenting the need of the athlete to use the prescription is presented to the meet director/referee prior to the beginning of the meet.
2. The use of a watch worn around the wrist is not considered an aid for racing.
3. A coach may instruct a competitor provided the coach is positioned in a designated coaching box or an unrestricted area. (Rule 3-2-8)

PENALTY: (Arts. 4 & 5) Disqualification from the event.

RULE 5-9 INFRACTIONS FOR ALL RACES

ART. 1

Interference is any action by a competitor that unfairly changes the course or natural running rhythm of a competitor during a race. This may include bumping, tripping or running across the competitor's path.

PENALTY: Disqualification from event.

ART. 2

If interference occurs in a preliminary heat, the referee may allow the offended competitor or relay team to start in a subsequent heat in the same round of heats if a lane is available, or in the next round of heats, the same as if the offended competitor or relay team had won a place.

ART. 3

If interference occurs in the final heat or section, the referee may order a new race between all those in the finals, or between those who, in the referee's opinion, are entitled to the privilege.