



# 2023-2024 MINNESOTA STATE HIGH SCHOOL LEAGUE

## Track and Field and Cross Country, Boys & Girls

- A. A competitor may be entered and compete in a total of four events (track and field), but not in excess of three track or field events in arriving at the combination of four. (Modifies Rule 4-2-1, 4-2-2) An athlete that is already entered into 3 individual running events is not eligible to be placed as a runner or alternate in a relay.

### **For Sub-Section, Section, and State Competition**

A contestant becomes officially entered into the first level of competition upon the entry deadline established by the section. If section meet procedures allow for scratches on meet day, this will be allowable at the first level of competition only, these must take place PRIOR to the start of the earliest event of the meet. An athlete that is scratched during this meeting is scratched from ALL events for which they were entered. Additions may not be made for any reason.

Once the first level of competition meet begins and/or the athlete advances and the next level meet begins (i.e.; sub-section to section or section to state), they must compete in ALL events in which they are entered. If the athlete does not compete in all events entered, it will result in disqualification of the participant in ALL events in which the contestant is entered (including events that are final). If the athlete is a member of a relay that is complete (prelims or finals), that relay team shall be disqualified and not eligible for advancement to the next level of competition. If the athlete is a member of a relay team yet to compete in which no alternates are listed or available, that relay is disqualified.

Medical exceptions to this policy will be handled on an individual basis at the meet by the Games Committee.

Relays: Relays advance as a school team. Therefore, the relay team (4 runners and 4 alternates) may change from sub-section to section and from section to state. If a Preliminary event is run, the same team of 8 runners must be used in the Finals event. Runners and Alternates must have an available event to be placed on the relay card.

Example: An individual who is entered in the 100, 200, and 400 is not eligible to be placed on a relay as a runner OR alternate as they are not eligible to run. An individual who is entered in the 100, 200, and 4x400 may be listed as an alternate in the other relays as they could be utilized by not participating in the 4x400.

An athlete that is entered into 3 individual events (100, 200, 400) will be disqualified from ALL events in which they are entered if listed as 1 of the 8 allowable athletes in a relay.

- B. If a student should participate in more than one track meet in a given day, the total participation in both meets must not exceed the above limitations.
- C. A competitor who fails to qualify in a preliminary of any event shall be considered to have participated in the event.
- D. If a competitor competes in three track events, only two events may be 800 meters or longer. The penalty for violation of (A), and (B) is according to the National Federation Track and Field Rules, **(Modifies Rule 4-2-2)**. All individual and team points earned by that competitor shall be forfeited. If a competitor participated in a relay event, all relay points earned by the team shall be forfeited.
- E. A competitor who meets or exceeds the standard established for advancement to the MSHSL State Track & Field Meet in the section meet finals of the 100m, 200m, or 100m/110m hurdle races, or long jump and/or triple jump shall qualify for the state meet if the wind measured during the performance is less than or equal to +4.0m/sec. **(Modifies Rule 10-2-1)**.
- F. Participants must wear helmets during practice, warm-ups, and competition in the pole vault. Helmets shall be unadorned. If the competitor is observed by a meet official to be not in compliance, the competitor shall be issued a warning that a subsequent violation will result in the athlete's disqualification from the event. In addition, it shall be noted by a meet official, and the competitor shall be required to wear a compliant helmet before becoming eligible for further competition in the event.
- G. There are no restrictions for hair control devices. However, baseball caps, scarves, bandanas, etc., shall not be worn during competition. Other prohibited items include face/body paint and/or stickers. Headbands shall not be tied in a knot (see NFHS Track and Field and Cross Country Rules Book 4-3, Art. 1-b-3).
- H. Any visible garments (with the exception of the sports bra and briefs) worn by two or more relay team members or cross country team members underneath the uniform top and /or underneath the uniform bottom, 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. (Modifies Rule 4-3-1b.7)