

## 2016-2017 MSHSL Rules and Policies

### Official Bylaws for Boys' and Girls' Track and Field

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See the MSHSL Official Handbook [Bylaw 501](#) for information regarding:

- Maximum Number of Contests

See the MSHSL Official Handbook [Bylaw 519](#) for information regarding:

- Contests
- Equipment Issued
- Last Date to Join a Team
- Practice Sessions Before First Contest
- Season Begins

**ELIGIBILITY DURING MSHSL TOURNAMENT (subsection, section and state) (refer to Bylaw 206):** A student must be fully eligible under all local school district policies, MSHSL bylaws and Rules & Policies to be in uniform, occupy the bench or playing area, participate and receive individual and/or team awards, including all-tournament honors, in the awards ceremony.

**CONTEST RULES (refer to Bylaw 402):** Except as modified by the League, the National Federation of High School Association rules for the current year shall be the official game rules for all track and field contests in which League members participate.

**MINIMUM REQUIREMENTS FOR PARTICIPATION IN LEAGUE-SPONSORED TOURNAMENTS (refer to Bylaw 405):** A member school must schedule a minimum of three interscholastic varsity games, meets or matches to qualify for League sponsored tournament participation in that sport.

**END OF SEASON (refer to Bylaw 411):**

A. Student Participation on a Non-School Team While the Season is Still in Progress:

- 1) The season shall end when the student or the student's team has been eliminated from further participation in a League tournament series.
- 2) Students who have been eliminated from further participation in a League tournament series may participate as an individual or as a member of a non-school team in that sport.

B. School Team Practice and Competition:

The "end of season" shall be defined to be the last date of the state tournament in that sport.

- 1) Schools may continue to conduct practice and training for all squad members, including the students who have been eliminated from further individual competition in a League-sponsored series, until completion of the state tournament conducted by the League in that activity.
- 2) Dual contests may be schedule after the start of the official League tournament series providing the school does not exceed the maximum number of games/matches/meets permitted in that activity.

C. No school may engage in any meet or meets, practice, training or other activities between the end of the season and the opening of the next season.

D. During the Summer Vacation Period (**Bylaw 208 - Non-School Competition and Training—Team and Individual Sports**) members of a high school team may participate on a non-school team and they may receive coaching or training from a salaried or non-salaried member of the student's sophomore, B-squad, junior varsity or varsity high school coaching staff in that sport provided the school has approved a summer coaching waiver for the coach or coaches of that sport.

### **GENERAL INFORMATION**

See the [General Section](#) of the Athletic Rules and Policies Manual for information regarding the following:

- Athletic Directors Checklist
- Coaches Responsibility: Student Eligibility Checklist
- Multiple Level Teams at Sub-Varsity Levels

- Revenue Sharing
- Substitution in League Tournaments
- Weather Conditions (heat, cold, lightning)

## **RULE MODIFICATIONS**

- 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.
- B. A competitor who fails to qualify in a preliminary of any event shall be considered to have participated in the event.
- C. 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.
- D. 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)**.
- E. Participants must wear helmets during practice, warm-ups and competition in the pole vault.
- F. 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.

## **OFFICIAL MSHSL POLICIES FOR THE CONDUCT OF GIRLS & BOYS TRACK AND FIELD**

### **VIDEO TAPING ANOTHER SCHOOL'S MEET**

It shall be an ethical violation to tape another school's game, meet or contest without their permission. Further it may be a violation of the laws governing copyrights. Each school owns the copyrights to their games, meets and contests. Taping another schools game without permission could constitute a violation of the copyright law.

## **SUB-SECTION, SECTION AND STATE TERMS AND CONDITIONS**

**SECTION MEET INFORMATION:** All information and instructions for Sub-Section and Section Track Meets will come from the Section Meet Manager.

### **ENTRIES AND ADVANCEMENT**

- A. **Class A & AA Section: Not more than three contestants from a given school shall be allowed to enter an individual event (NFHS Rule 4-2-4c). Administrative Regions may adopt a policy that further limits participation. In addition, a section qualifying standard may be utilized to get to the maximum of three entries, however, at no time may the number exceed three entries from a given school. Entries must be submitted by the school. The section entry process may not include a bid-in or filling of lane procedure.**
- B. Entry Policy 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 sub-section or 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 show up for 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).

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 2 alternates) may change from sub-section to section and from section to state. If a Preliminary event is run, the same team of 6 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 6 allowable athletes in a relay.

- C. *Class A & Class AA State:* Each Section, Class A and Class AA, may advance two contestants in each individual event and **two teams** in each relay event to the state meet. In case of a tie the individual contestant or relay team entitled to advance must be determined. In addition, a contestant or relay team will qualify by standard to the State Meet when their performance in the section finals surpasses or equals the established standard. If a malfunction occurs with the fully automatic timing system, hand-held times will be converted for entries advancing by place or by standard.

**STANDARDS FOR TRACK AND FIELD**

Qualifying standards are determined by averaging the 5<sup>th</sup> place performance of the finals at the State Meet over 5 years.

A contestant or relay team may qualify by standard to the State Meet when their performance in the *section finals* equals or surpasses the established standards. The standards will be posted on the League's Web site, in the Track & Field Section at [www.mshsl.org](http://www.mshsl.org). Wind-aided times do not meet the requirements for qualifying by standard (wind-aided means a wind reading greater than +4.0 m/s - see rule modifications, letter G).

**SUBSTITUTIONS FROM SECTION TO STATE**

- A. Individual Events: Substitution will not be allowed for any reason.
- B. Relays: Unlimited substitutions are permitted.

**STATE TOURNAMENT QUALIFYING INFORMATION**

Team packets for all schools who have a qualifying athlete will be distributed at the conclusion of the Section Meet. Additional information for state qualifiers is posted on both the MSHSL Administrative and Public sides of the Web site.

**AWARDS**

	<b>Trophies</b>	<b>Medals</b>	<b>Certificates</b>
Subsection	1st & 2nd place team	1st - 6th place individual	
Section	1st & 2nd place team	1st - 6th place in all events	
State	1st - 3rd place team	1st - 9th place in all events	all participants

## OFFICIAL ORDER OF EVENTS

Track Events	Field Events
4x800-Meter Relay	Pole Vault
100-Meter High Hurdles (33")	High Jump
110-Meter High Hurdles	Long Jump
100-Meter Dash	Shot Put
4x200-Meter Dash	Discus
1600-Meter Run	Triple Jump
4x100-Meter Relay	
400-Meter Dash	
300-Meter Hurdles – Girls	
300-Meter Intermediate Hurdles – Boys	
800-Meter Run	
200-Meter Dash	
3200-Meter Run (Finals Only)	
4x400 Meter Relay	

### RESPONSIBILITY FOR SPECTATOR CONDUCT (8/9/05)

In order to elevate standards of sportsmanship and encourage the growth of responsible citizenship among the students, member schools, fans and school personnel, the MSHSL held a Sportsmanship Summit and asked student participants to identify behavior expectations they felt should be in place at every school event.

These minimum behavior expectations provide a foundation upon which member schools, conferences, administrative regions and the League's Board of Directors can build specific guidelines for activities under their control.

MSHSL Bylaw 409, **RESPONSIBILITY FOR PARTICIPATING TEAMS, STUDENTS AND SPECTATORS**, speaks to this issue, directly, and Bylaw 409-2 specifically states that, **"School officials shall be held responsible for the proper conduct of teams, team members, students and home spectators regardless of where the contest is being held."**

In all MSHSL activities, each participating school shall designate a person or persons from that school to serve as crowd control supervisors or chaperones. MSHSL tournament staff may require school administrators to contact the tournament manager prior to the start of the tournament game so that they can be immediately contacted to respond to behavioral issues regarding their team members, students and/or spectators at the tournament site. Each supervisor or chaperone should be immediately identifiable to the students and to the tournament site ushers and other security personnel. This will help to coordinate crowd control between school supervisors and tournament site personnel.

### MSHSL MINIMAL BEHAVIOR EXPECTATIONS FOR REGULAR AND POST-SEASON TOURNAMENT COMPETITIONS:

- Respect the American flag and the National Anthem.
- Spectators must wear clothing that covers the entire torso. Those who do not comply or who wear clothing that is vulgar, obscene or that in some other way inappropriate, as determined by school/tournament personnel, will be removed from the arena/stadium if they do not cooperate with this behavior expectation.
- The use of appropriate language is expected at all times. Profanity, negative chants, booing, trash talk, name calling, personal attacks or other acts of disrespect are unacceptable and must be immediately addressed by school and/or tournament administrators.
- Respect the game/contest. Under no condition shall anyone other than the members of the official squad enter the playing surface. No one may interfere with the contest in any way.
- Hand held signs, which do not obstruct the view of others, will be permitted provided they are in good taste. Signs, message boards, "white" boards or other similar items contest/tournament officials deem to be in poor taste will be removed.
- Artificial noise makers (i.e. megaphones, cowbells, sirens, whistles, thunder sticks, and other similar items) are not allowed.
- Laser lights are strictly prohibited.

**THANK YOU** for supporting your student athletes and fine arts participants and for providing a positive environment in which educational activities are conducted.