



2024-2025 MINNESOTA STATE HIGH SCHOOL LEAGUE

Boys and Girls Track and Field Rules, Policies, and Bylaws

General Information

See the [MSHSL Handbook Page](#) for information regarding the following:

- Multiple Level Teams at Sub-Varsity Level
- Official Squad Size
- Substitution in MSHSL Tournaments
- Weather Conditions (heat, cold & lightning)

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

- Maximum Number of Contest Chart

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 interscholastic contests in which League members participate.

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 scheduled 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.

VIDEO TAPING ANOTHER SCHOOL'S GAME

It shall be an ethical violation to capture on video 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 school's game without permission could constitute a violation of the copyright law.

RESPONSIBILITY FOR SPECTATOR CONDUCT

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. 8/9/2005

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

These policies "elevate standards of sportsmanship and encourage the growth of responsible citizenship among the students, members schools and their personnel," consistent with the Minnesota State High School League's Founding Purposes and the belief that sportsmanship needs to have a constant presence in all school-based activity programs. The League and its member schools work intentionally to create safe, welcoming and inclusive environments for fine arts activities and sports in our schools and competitions. School officials are responsible for the proper conduct of teams, team members, students, and home spectators regardless of where the contest is being held. ([Bylaw 409](#)).

Behavior Expectations

To create safe, welcoming and inclusive environments in fine arts and sports in our school and competitions, I will:

- Lead by positive example and demonstrate respect and support for others.
- Follow all MSHSL, school and venue expectations.
- Refrain from using profanity or ethnic, racial, religious, ability or gender-based comments, posts or messages directed at participants, directors, coaches, officials, spectators, or team representatives.
- Act as a responsible and respectful digital citizen who positively uses social media platforms.
- Speak or act in support of others when they are harmed by words or actions.
- Honor each contest and all involved, including participants, directors, coaches, officials, spectators, and team representatives.
- Hold high standards for myself, engage positively and demonstrate sportsmanship.

Requirements of Attendees

Prohibited Items

- Flags, whiteboards, large signs on sticks, signs with vulgar, obscene or inappropriate language or images, or that obstruct the views of others or similar items
- Balloons, confetti, glitter, baby powder, pom poms or other similar celebratory items
- Artificial noise makers (i.e., megaphones, cowbells, sirens, whistles, thunder sticks and other similar items)
- Drones and laser lights
- Firearms or other weapons
- Vapes, alcohol, tobacco, cannabis or illicit drugs
- The following are prohibited at MSHSL postseason events. These may be prohibited as determined by the venue during the regular season:
 - Backpacks and other bags
 - Outside food and drink
 - Cameras and tripods
 - Pets

Dress Code/Attire

- Spectators may not wear masks or costumes that limit the ability to identify individuals. Masking for medical purposes is allowed
- Spectators must wear clothing that covers the torso
- Clothing worn must not be vulgar, obscene, or inappropriate

Behaviors

- No one may interfere with the contest in any way
- Only members of the official squad may be on the contest surface
- The use of appropriate language is always expected. Profanity, negative chants, booing, trash talk, name calling, personal attacks or other acts of disrespect are unacceptable
- Respect the Flag and the National Anthem

*Venues may have additional requirements and prohibited items.

Track and Field Information – Regular Season

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

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. 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 Track & Field State 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)

OFFICIAL ORDER OF EVENTS

Track Events

4x800-Meter Relay
100-Meter High Hurdles (33")
110-Meter High Hurdles
100-Meter Dash
4x200-Meter Dash
1600-Meter Run
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

Field Events

Pole Vault
High Jump
Long Jump
Shot Put
Discus
Triple Jump

Track and Field Information – Post Season

ELIGIBILITY DURING MSHSL TOURNAMENT - SUBSECTION, SECTION AND STATE

Refer to [Bylaw 206.4.B.1.d](#): 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/team awards, including all-tournament honors, in the awards ceremony.

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.

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 and AAA 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 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 (four runners and four alternates) may change from sub-section to section and from section to state. If a Preliminary event is run, the same team of eight 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 one of the eight allowable athletes in a relay.

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.

- C. *Class A, Class AA & Class AAA State:* Each Section 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 posted on the MSHSL website.
- 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 website, on the Track & Field activity page at 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 E).

SUBSTITUTIONS FROM SECTION TO STATE

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

STATE TOURNAMENT QUALIFYING INFORMATION

Information for all schools who have a qualifying athlete will be posted Coach and AD Dashboards on the MSHSL website.

AWARDS

Subsection

- Medals: TBD by Region Committees, not to exceed first-ninth
- Trophies: to the first and second place teams

Section

- Medals: to the first-ninth place individuals in all events (first-
- Trophies: to the first and second place teams

State

- Certificates of Participation: are available for printing on the AD's Dashboard
- Medals: to the first–ninth place individuals in all events
- Trophies: to the first-third place teams