



INFORMATION FOR COACHES 2012 NSAA State Track and Field Championships

Games Committee:

Dr. Steve Shanahan	NSAA Executive Director
Nate Neuhaus	Meet Director (NSAA)
Bob Danenhauer	Meet Director (Omaha Public Schools)
Dr. Peg Naylor	Meet Director (Omaha Public Schools)
Jon Dolliver	Meet Director (NSAA)
Tom Hood	Referee
Tim Bond	Head Field Event Judge/Referee
Eric Johnson	Head Girls T&F Coach - Omaha North (A)
Jesse Benda	Head Boys T&F Coach - Boys Town (B)

STARTING HEIGHTS

<i>Boys</i>	<i>Class A</i>	<i>Class B</i>	<i>Class C</i>	<i>Class D</i>	<i>Girls</i>	<i>Class A</i>	<i>Class B</i>	<i>Class C</i>	<i>Class D</i>
High Jump	5' 10"	5' 8"	5' 8"	5' 8"	High Jump	4' 10"	4' 10"	4' 10"	4' 8"
Pole Vault	12' 0"	11' 6"	11' 6"	10' 6"	Pole Vault	9' 0"	9' 0"	8' 0"	7' 6"

*****The State Track and Field Games Committee can adjust the starting heights during the State Meet.***

WARM-UP HEIGHTS

	Boys High Jump				Girls High Jump			
	A	B	C	D	A	B	C	D
1st 15 min.	5' 8"	5' 6"	5' 6"	5' 6"	4' 8"	4' 8"	4' 8"	4' 6"
Next 10 min.	5' 10"	5' 8"	5' 8"	5' 8"	4' 10"	4' 10"	4' 10"	4' 8"
Last 5 min.	Heights determined by the event judge				Heights determined by the event judge			

Games Committee Rulings:

Warm-up –

There shall be a minimum of 30-minute warm-up allowed between classes in the shot put, high jump, and long jump. There shall be a minimum of 45 minutes for the triple jump and discus. A minimum of 60 minutes shall be allowed between classes in the pole vault.

Note: Any athlete who has not entered the competition and has been off of the pole vault runway for one hour or more will be allowed an additional two-minute warm-up but shall enter the competition at that height. The competitor will have choice of bar or not. A bungee cord will not be used for warm-up.

- **Pole Vault** – The first 20 minutes will be without the bar. The next 30 minutes the bar may be placed at the starting height or approximately 12" above or below the starting height. The last 10 minutes the event judge will determine the height(s). A bungee cord will not be used for warm-up.
- **High Jump** – The first 15 minutes the bar will be placed 2 inches below the starting height. The next 10 minutes the bar will be placed at the starting height and the last 5 minutes the height(s) will be determined by the event judge.
- **Discus** – There shall be a minimum of 10 minutes of warm-up in the competition ring prior to the start of each flight.

High Jump –

Only tape may be used for marks on the high jump apron. The competitors shall not be allowed to place tape within the 25' radius of the cross bar. The competitors are responsible for furnishing their own tape and removing it when it is no longer needed. No focal point markers are allowed. The raised metal curb will not be removed.

Height Progression –

The pole vault and high jump will be advanced 6 inches and 2 inches, respectively, until **seven** competitors or less are left in the competition. They will then progress at 4 inch and 1 inch intervals.

Headwear –

The wearing of decorative headwear while competing is prohibited. Adornments on helmets used for pole vaulting are also prohibited. Headbands may be worn by track & field competitors, but must be unadorned (except for the permissible logo and/or school name) and be the following colors; beige, white, black or a single solid school color. All team members must wear the same color. Pre-wrap may be used to control hair under the following conditions:

- If the same size as a headband (2" wide), the color shall conform to the headband guidelines.
- If wider than 2 inches, the pre-wrap shall be considered a decoration and is not permitted.
- If rolled and less than 2 inches wide, it is considered a hair control device similar to a rubber band and may be of any color.

Long / Triple Jump and Pole Vault –

Only tape may be used for marks on the long, triple jump and pole vault runways. The distances in the triple jump from the takeoff boards to the landing pit are 26', 31' and 36'. The take-off boards will be of a textured surface.

Shoes –

Concrete footing will be used for the shot and discus in the state meet. The regular track surface will be used for the runways in the high jump, long jump, triple jump and pole vault.

Spikes –

Shoe spikes are allowed but must not penetrate the running surface more than **one-quarter inch** in all events. The penalty for use of illegal spikes is event disqualification. No spikes are allowed at Boys Town Facilities.

Infield Entrance –

Contestants must enter the track infield through the south or north gates. Pole vaulters are encouraged to use the northeast gate to bring in their vault poles for better accessibility. Only those contestants in uniform with an official number will be allowed onto the infield. Managers' passes are good only for the grandstands.

Direction of Competition –

The Games Committee will determine the direction in which the events will be conducted.

Flights –

Competitors are not allowed to change field event flights. In those field events where competitors are placed in flights, competitors with the best qualifying performance will be placed in the last flight. Within each flight the best performances will be listed first. In the high jump and the pole vault with continuing flights, the best performers will be listed last.

Official Time and Video –

Finish Lynx fully automatic timing system is the official timing device. The timing device operator shall be responsible for the operation of the finish timing device. The chief finish evaluator shall be responsible for evaluation and interpretation of the official pictures/video and determine the finish places and times. This Finish Lynx system is the only video system approved by the Games Committee.

Official "Call" –

There will be only one official call for competitors to report for an event. This call will be approximately 15 minutes prior to the scheduled beginning of the event. The time schedule in the program is approximate; however, no running event will start more than 15 minutes ahead of the printed schedule. Field events will not start ahead of the scheduled time unless approved by the Games Committee. As soon as an event is completed, the next will start. It is the responsibility of the competitor to be present when the event is ready to start.

Acceleration Zones –

Teams may use flat spot markers, not to exceed 12" in diameter. Teams may use their own markers or those provided by the meet administration. Tape or chalk cannot be used.

Aerosol Sprays –

The use of aerosol sprays or other adherent material on implements, shoes, hands, or throwing surfaces is prohibited in all field events, except the pole vault. In the pole vault, they may be used on the hands and the pole.

Announcements –

Only emergency announcements will be made over the public address system.

Electronic Devices Prohibited –

➤ **NFHS Rule 3-2-4k, 3-2-8**

The use of electronic devices and/or wireless communication devices, other than the official communication equipment, shall be prohibited unless approved by the games committee.

Athletes and coaches are reminded that the use electronic devices and/or wireless communication devices such as cell phones, pagers, radios, music devices with headsets (ipods) and any other type of electronic device and/or wireless communication device is prohibited while the athlete is warming-up or competing and/or while they are in the warm-up or competition areas. The competition areas are as follows: Inside the fence that surrounds the track; inside the fence that surrounds the discus areas; inside the fence that surrounds the shot put areas.

The penalty for violation of NFHS Rule 3-2-4k, 3-2-8 will be a warning by a meet official on the first offense, and event disqualification only if they violate the rules a second time.

Raised Curb –

A raised curb will be in place around the inside of the track. Colored discs will be used to mark the alleys on the first curve in races run with alleys at the start. The curb will not be removed for the high jump.

Official Implements (Shot, Discus and Starting Blocks)

Competitors will not be allowed to bring their own shot, discus or starting blocks inside the stadium or into the practice areas. The implements for the shot put and the discus for warm-up and for competition are provided by the NSAA and are the only implements that can be used. No focal point markers are allowed.

Relay Batons –

The NSAA will supply all of the batons for each of the relay races in the State Track and Field Meet. Schools will not be allowed to use their own relay baton for any relay race at the State Meet. Schools may warm-up using their own school relay baton. Warm ups with a baton are not allowed on the running track. Please do not bring your school relay baton to the check-in area.

Medical Statement –

Coaches with athletes that have significant medical problems or concerns should discuss them with the meet physicians prior to competition, so proper considerations are made. Any medical/health care services provided at Burke during the meet needs to be cleared by you.

Girls' Pole Vault Coaches Box –

- Each school that qualifies a vaulter will be permitted one coach in the coaches' box located in the infield during the warm-up period.
- Entrance to the infield coaching area will be at the north gate under the scoreboard. A pass will be issued to you at the gate. No other gates will issue these passes.
- You must wear your pass the entire time you are inside the fence. This will allow us to keep the area clear of people who do not belong.
- Coaches must remain in the coaches' box. If you are coaching from outside the box, you will be removed from the infield.
- All of your coaching should be with your athlete, not the officials.
- Once you are in the box, try to stay until the completion of the warm-up period or until your vaulter is finished warming up. Traffic will need to be kept to a minimum.
- Once warm-ups are completed all coaches will be moved to the designated coaches' box outside the fence at the North end. Your passes will be returned to the person at the gate.

NSAA Track and Field Approved Rulings –

➤ **Scratches -**

Any contestant who qualifies for the state track meet in an individual event may not be scratched from that event to participate on a relay team. Any contestant who does scratch from an individual event will be disqualified from further competition. (Exception is listed under Inclement Weather Procedures)

If, because of injury or illness, which is certified by a doctor, a competitor is forced to scratch from an event in which he/she has qualified, the competitor must have permission from the doctor before taking part in any further competition. Under no circumstances will a competitor be allowed to scratch from an event and compete later in the same session.

➤ **Relay Teams -**

Personnel of relay teams may be changed from those who ran at the District Meet.

- Any other exceptions to the NSAA Track and Field Approved Rulings must be approved by the NSAA in advance.

Jury of Appeals –

The Jury of Appeals shall serve as the final board of appeal and shall consist of three individuals as selected by the State Track and Field Games Committee. Members of the 2012 Jury of Appeals are Randy Cordes, Doug Martin and Bob Polzin.

The referee's decision involving misapplied or misinterpreted application of the rules may be appealed to the jury for a final decision. Decisions involving judgment calls by meet officials MAY NOT BE APPEALED. All appeals must be made on an NSAA Appeals Form. These forms are available at the NSAA building at the south end of the track.

Rules Reminders –

➤ **NFHS Rule 4-5-8**

A competitor will be disqualified if, in the opinion of the referee, the competitor has been aided by a coach, teammate, or anyone connected directly or indirectly with the team concerned. This would include viewing videotape or any other visual reproduction of the competitor's performance prior to the completion of the competition they are entered in. Communicating with a competitor through the use of any device is considered an unfair act.

➤ **NFHS Rule 4-3-3**

Contestants shall not wear jewelry.

- ❖ Medical alert medals are not considered jewelry and must be taped to the body and may be visible.
- ❖ Religious medals are not considered jewelry and must be worn under the uniform and taped to the body.
- ❖ A watch may be worn around the wrist. (Please remind all competitors to remove all jewelry before they check-in for their event).

➤ **NFHS and NSAA**

2012 National Federation of State High School Associations (NFHS) and 2011 - 2012 Nebraska School Activities Association (NSAA) rules and regulations will be used to conduct the State Track and Field Meet.

Field Events –

- When competitors are excused to compete in another event, they must report back to the event judge within 10 minutes after the completion of the athlete's participation in the event they were excused to compete in.
- If the Head Field Event Judge/Referee rules that the delay is reasonable and beyond the control of the competitor, he shall direct the event judge to alter the order of competition to include the competitor when he/she is available.
- The event judge may choose to permit a competitor to take preliminary or final trials in succession before being excused to compete in another event.
- Admission will be charged for the shot put and for the discus venues at the State Meet. Admission will be charged at the Boys Town indoor facility if State Meet field events are moved indoors because of inclement weather.

Track Events –

- In relay races, each team member shall wear a school uniform of the same color and design (top and bottoms). Any visible garment(s) worn under the top or bottom shall be a single color and the same color as those worn by other members of the relay team. Visible garments may vary in length.
- **Qualifying - NFHS Rule 4-5-4.** If there is a tie in any heat or flight, which affects qualification for the next level of competition, the tying competitors shall qualify if the lanes or positions are available. If they are not available, the tying competitors shall compete again for the available lane or position. If two or more competitors are tied for the last qualifying spot, the Referee shall set a time for the run-off of the qualifying position.
- **Uniforms – NFHS Rule 4-3.** Please refer to the attached sheet on the 2012 NFHS Track and Field Rules on Uniforms.

Field Event Locations –

The Discus will be held on the Burke soccer field northwest of the stadium. The Shot Put will be held northeast of the stadium by the Burke tennis courts. The Triple Jump will be held on the infield on the west side. The foul lines to the landing pit are 26', 21' and 36'. The Long Jump will be held on the infield on the east side. The High Jump will be held on the infield on the south end. Boys Pole Vault will be held on the infield on the east side. Girls Pole Vault will be held on the infield on the north end.

Track and Field Facility –

- All races around one or more curves will be run counter-clockwise.
- Races on the straightaway will be run from the north to the south, unless reversed by the Games Committee.
- Team tents are not allowed inside Omaha Burke Stadium. Team tents can be set up on Thursday night and be left up during the duration of the State Track and Field Meet. The NSAA and Omaha Public Schools (OPS) are not responsible for the security of these tents and/or for items lost or stolen.

Inclement Weather Procedures –

- The State Track and Field Meet Games Committee will make all decisions on how to best conduct the State Track and Field Meet in case of inclement weather.
- Coaches, athletes, spectators and meet workers will be notified by the public address announcers as to what the plans are for the State Track and Field Meet events during inclement weather.
- Some field events may be moved to the indoor facility (Palrang Field House) at Boys Town. If this happens, a shuttle will be set up by the south entrance to the stadium to transport the athletes to Boys Town.
- In order to scratch out of an event, if it is moved to Boys Town, the athlete's Head Track and Field Coach must sign off on a scratch card along with the Meet Director. This scratch needs to be done at the NSAA Information Building on the South end of Burke Stadium.

NSAA Information Building –

The NSAA staffed information building is located at the south end of stadium complex. Questions concerning district results, problems with the entries, number assignments, lost numbers, relay cards, or written appeals should be brought to this building. Any questions or problems you might have in regard to the State Track Meet should be brought to the NSAA staff person on duty.

Callam Photography –

The Nebraska School Activities Association has contracted with Callam Photography who will be photographing participating students throughout the State Meet. These action shots will be posted on their website, <http://callamsportsphoto.com>, the week following the state meet. Callam cannot guarantee that they will be able to photograph all participants in action during the NSAA State Track and Field Meet. Callam will also be taking photos of the medalists on the awards stand as well as champion and runner-up team photos.

Awards –

- The NSAA will provide a team trophy to the winner and runner-up of each class. Medals will be provided for the eight place winners in each event. Scoring for both individual and relay events will be 10-8-6-5-4-3-2-1. The coach of the Championship team shall receive an award.
- Gold Medal –After comparing the first place performances in each class (A, B, C and D), the individuals and relay teams with the best winning performances in each event will receive gold medals. If the event winners in two or more classes have identical performances, each will receive a medal.
- All State Champions in an event shall be presented their gold medals at the same time in front of the viewing public. After these presentations, the overall gold medal shall be awarded.



Jewelry / Uniform Rules (1/12)

All Nebraska Schools Shall Follow NFHS Rules 3-4-8 & 4-3

NFHS RULE 3.4.8

Prior to the meet, the referee shall, either by a meeting or written communication, address the following with all head coaches and team captains:

- A. All team members are expected to exhibit good sporting conduct.
- B. The head coach shall verify verbally, or in writing, that all of his/her competitors are properly equipped (uniform, equipment, and no jewelry) in compliance with these rules.
- C. Any special circumstances, procedures and information pertaining to the meet.

NFHS RULE 4.3

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 and with state association approval, is permitted on the top or one-piece uniform.
 5. The American flag, not exceeding 2x3 inches, and either a commemorative or memorial patch, not to exceed 4 square inches and with state association approval, 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.

NOTES:

1. If more than one visible garment is worn under the uniform top, all must be the same color.
2. A visible garment worn under the uniform top displaying contrasting stitching to the single, solid color of the undergarment and functions 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, not to exceed 4 square inches and with state association approval, 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 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.

NOTES:

1. If more than one visible garment is worn under the uniform bottom, all must be the same color.
2. A visible garment worn under the uniform bottom displaying contrasting stitching to the single, solid color of the undergarment and functions 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 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.

PENALTY: (Arts. 1,2) For illegal uniform, the competitor is disqualified from the event.

ART. 3 . . . Jewelry shall not be worn by competitors.

- 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 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 he/she shall then notify 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.

- **This bans all forms of jewelry including plastic, rope and leather bracelets. As an example, the Lance Armstrong "LiveSTRONG" Yellow wristband is considered an adornment and shall be treated like jewelry and must be removed during participation in any track or field event. The penalty for competing while wearing jewelry is event disqualification.**
- **A competitor who competes with jewelry hidden by tape will be disqualified from the meet. (Rule 4-6-1), i.e., unsportsmanlike conduct...unethical.**
- **Coaches aware of navel rings and/or other pierced body parts should not permit athletes to practice/compete without removing.**
- **Headwear: The wearing of decorative headwear while competing is prohibited. Adornments on helmets used for pole vaulting are also prohibited. Headbands may be worn by track & field competitors, but must be unadorned (except for the permissible logo and/or school name) and be the following colors; beige, white, black or a single solid school color. All team members must wear the same color. Pre-wrap may be used to control hair under the following conditions:**
 - ❖ **If the same size as a headband (2" wide), the color shall conform to the headband guidelines.**
 - ❖ **If wider than 2 inches, the pre-wrap shall be considered a decoration and is not permitted.**
 - ❖ **If rolled and less than 2 inches wide, it is considered a hair control device similar to a rubber band and may be of any color.**