

# Track and Field Rules - 2019

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**4-3-1:** Eliminates redundant language and expands definition of foundation garments.

**Rationale:** This change expands the current interpretation of foundation garment to include any item worn under the uniform top and/or bottom as well as eliminate duplicate language in same rule.

**4-3-2:** Clarifies uniform language for relay and cross country team members.

**Rationale:** Slight differences in design of uniform do not negatively impact the identification of a relay or cross country team. The expectation of this rule is that all relay and cross country team members can be clearly identified as representing the same school.

**6-6-11, 6-8-12:** Records measurement in discus and javelin to the nearest lesser inch or centimeter.

**Rationale:** Clarifies measurements when using metric system.

**6-9-4, 6-9-5:** Clarifies pit measurements for long jump and triple jump.

**Rationale:** Ensures pit measurements are within industry standards for safety.

# REGION MEET REGULATIONS

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1. A student must have participated in at least two regular season track meets prior to entering region qualifiers. Exceptions can only be made by the SCHSL Executive Committee.
2. Schools must register their contestants (using both first and last names and grade) by a date set by the region track director. No more than four contestants from any school may be entered in any event in the region meet. A school may enter one team in each relay.
3. A region may qualify four contestants per event unless specified per classification. The region track director should report all contestants to the Upper/Lower or Qualifier meet directors within 48 hour of the region meet. No changes will be allowed by any school after the list has been received.
4. Be sure that everyone clearly understands Rule 5-10-2. Being listed as one of the six members of a relay team does not count as an event unless the competitor actually participates. Remind them that an athlete may not participate in more than **four** events. He or she may be listed in **two** individual events and as a member of **three** relay teams. However, once **this** athlete participates in **two** of these relays he/she is not eligible for the other relay. It is highly recommended that six names be listed for each relay team. (four participants and two alternates).
5. The rules for the pole vault must be enforced. Specifically, the vaulter's weight shall be at or below the manufacturer's pole rating. The manufacturer's pole rating shall be visible with a minimum of  $\frac{3}{4}$  inch in a contrasting color located within or above the top handhold position; a one-inch circular band indicating the maximum top handhold position with the position being determined by the manufacturer. Prior to the competition, the coach of a vaulter must verify that the athlete is utilizing the appropriate pole and must be able to certify the vaulter's actual weight to the event judge. The weight of each vaulter must be supplied to the event judge and entered on the event sheet.
6. All throwing implements will be chosen/designated by the meet director and/or event judge for competition.
7. All non-laned running events will be started with a 1-turn stagger.

# UPPER / LOWER or QUALIFYING MEET REGULATIONS

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1. Each region track director will report all contestants to the Upper/Lower or Qualifier meet track directors within 48 hour of the region meet. No changes will be allowed by any school after the list has been received.
2. The Qualifying Meet Directors will secure competent officials. Meets must have a referee, exchange zone judges and turn judges. The decision of the judges will be final. No protest will be allowed unless violation of track or eligibility rules occurs.
3. An admission of **\$5.00** will be charged for Qualifying State Meets. The meet director must submit a financial statement to the League Office.
4. In all meets that qualify contestants for the State Track Meet, these rules will be followed in the shot put, discus, triple jump and long jump. There will be three sections in each event. They will be seeded by performance for all qualifiers - serpentine. Each competitor will take six jumps. Each section winner and the best five non-winning distances from all the sections will qualify for the state meet. All ties for the eight qualifying positions will be broken according to the National Federation Rule Book. All throwing implements will be chosen/designated by the Meet Director and/or event judge for competition.
5. All non-laned running events will be started with a 1-turn stagger.
6. Contestants must be ready at the scheduled time of their events. If not, the Meet Director will scratch them.
7. The Upper, Lower and Qualifying Meet Directors will report their qualifiers directly to the League Office. **FIRST AND LAST NAMES AND GRADE LEVELS** will be used in reporting all qualifiers. Email to Jan after the meet is complete. [jan@schsl.org](mailto:jan@schsl.org) (no later than 9:00 am Sunday after your qualifying meet). Please call Jan if you are having any problems and cannot report on time 803-240-9820



**South Carolina High School League**

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Coach,

This form applies to the Track & Field State Series. (Region, Upper/Lower, Qualifiers & Finals)

Please read the following carefully, sign in the space provided and return to the referee immediately.

As the head Coach for \_\_\_\_\_ High School Boys/Girls Track team (circle one), I have discussed the following or will discuss the following with all members of my team.

- 1) Soft single color **elastic** hair controlling items, excluding hats, may be worn. Must be non-abrasive. This includes headbands with one single manufacturer's logo. Allows bobby pins, barrettes and hair clips no longer than 2 inches to be worn to control a competitor's hair.
- 2) Only prescription eyewear will be allowed by contestants during the competition.
- 3) No electronic devices (i.e. cell phones, iPods, MP3 players, GPS watches etc) will be allowed by contestants in the competition area.
- 4) My team is in a school issued same color uniform. My relay teams will report with matching uniforms of the same predominant color.
- 5) My athletes have or will be informed of the off-limit areas.
- 6) My athletes have been instructed about the rules and penalties for unsportsmanlike conduct. They will also be respectful to all officials and competitors.
- 7) My athletes understand, they must check out to compete in a running event while participating in a field event. They will have 10 minutes after the conclusion of the running event to check back into the field event. If the event is a vertical jump, the event will continue as if the athlete passed each attempt. The bar will continue to move up and will not be allowed to move back down upon their return.
- 8) My athletes understand that he/she must have competed in at least two regular season track meets prior to entering region qualifying leading to the state meet.
- 9) If I have a vaulter, I certify that his/her weight is at or below the weight specifications of the pole.
- 10) I will inform the meet director (prior to participation) of all athletes with special considerations, i.e., prescription sunglasses, medical bracelets, etc.

Signed \_\_\_\_\_ Date \_\_\_\_\_

This must be returned to the referee before your athletes will be allowed to compete.

## RECOMMENDED TIME SCHEDULE FOR STATE QUALIFYING

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11:00 AM Field Events	12:40 PM 400 Meter Relay
Boys Long Jump followed by Triple Jump	12:55 PM 3200 Meter Relay
Girls Long Jump followed by Triple Jump	1:45 PM 100 Meter Hurdle Finals
Boys Shot followed by Girls Shot	1:55 PM 110 Meter Hurdle Finals
Girls Pole Vault followed by Boys Pole Vault	2:05 PM 100 Meter Dash Finals
Boys High Jump followed by Girls High Jump	2:15 PM 1600 Meter Run
Girls Discus followed by Boys Discus	2:30 PM 400 Meter Run
11:15 AM 100 Meter Hurdle Trials	2:50 PM 400 Meter Hurdle
11:25 AM 110 Meter Hurdle Trials	3:10 PM 800 Meter Run
11:35 AM 100 Meter Dash Trials	3:20 PM 200 Meter Run Finals
12:20 PM 200 Meter Dash Trials	3:30 PM 3200 Meter Run
4:00 PM 1600 Meter Relay	

In the **400-meter hurdles**, the distance from the starting line to the first hurdle is 45 meters. The distance between hurdles is 35 meters and the distance from the last hurdle to the finish line is 40 meters. The number of hurdles is 10. The height for boys is 36 inches and for girls it is 30 inches.

# Participation and Entry Limitations

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Article 2: A contestant shall not be entered in more than four events, excluding relays. If a contestant is entered in more than the allowable number of events, meet management shall scratch the contestant from the excess event(s) by following the listed order of events.

Contestant may officially enter:	
<b>Four individual events</b>	No relays allowed.
<b>Three individual events</b>	May be listed on any number of relays but compete in only one relay.
<b>Two individual events</b>	May be listed on any number of relays but compete in only two relays.
<b>One individual event</b>	May be listed on any number of relays but participate in only three relays.

**PENALTY:** A competitor who participates in more events than allowed by rule shall forfeit all individual places and points and shall be disqualified from further competition in that meet. In a relay event, the team's relay points and place(s) shall also be forfeited.

# ADAPTIVE TRACK AND FIELD PROGRAM

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- All high school students with a permanent, physical disability may be eligible to participate on their school's track and field team. This year these students will have the opportunity to compete in the 100 and/or 200 meter wheelchair race.
- Students who participate must meet all SCHSL eligibility requirements.
- Each athlete's physical disability must be verified by a licensed physician and maintained on permanent file at the school.
- All athletes competing in the Wheelchair competition must compete in a specially designed racing chair.
- Student must compete in their school's team uniform.
- Students must compete in a minimum of four (4) meets to qualify for the State Finals.
- The athlete is responsible for his/her equipment.
- See the AAASP (American Association of Adapted Sports Program) website [www.adaptedsports.org](http://www.adaptedsports.org).
- Contact Nessie Harris at the High School League Office for any questions (803) 798-0120.

## TRACK CHAIR

- The track chair shall have two rear wheels and one front wheel.
- The track chair frame shall not extend in front of the center of the front wheel hub.
- The track chair may have no mechanical gears or levers that could propel the chair.
- The track chair's seat including the cushion shall not exceed 25 inches in height.
- The steering must be hand operated. NO electronic steering is allowed.
- NO part of the track chair or frame may protrude past the furthest point of the rear wheel.
- Athlete's lower limb must be secured to the track chair. Any touch of the ground by the lower limb results in disqualification from the event.
- Competitors are responsible for the proper functioning of the track chair.
- No event shall be delayed or rescheduled for equipment failure prior to the event.
- Athletes may only propel the chair forward by pushing on the wheels or hand rims.
- Manufacturer's logos only---no sponsorship logos are permitted.

## WHEELS

- The maximum diameter of the rear wheel and inflated tire is 28 inches (70cm).
- The maximum diameter of the front wheel and inflated tire is 20 inches (50cm).
- Each rear wheel may have one hand rim.

## HELMET AND GLOVES

- All competitors must wear gloves and a bicycle helmet that meets ANSI standards.

## THE RACE

- **The start:** The center of the front axle (axle plane) may not extend over the starting line. The commands the Wheelchair races shall be, "Wheelers set" followed by the firing of the starting device.
- **The finish:** The finish of the race occurs when the center of the front axle (axle plane) crosses the finish line.
- **Wheeling in lanes:** The 100M shall be raced the same as in able-bodied events in regards to "lanes all the way". Touching or crossing over lane lines for more than 10 consecutive feet result in a disqualification. Crossing a lane line for any distance and impeding another competitor is a disqualification.
- **Obstruction:** Athletes may not touch or obstruct another competitor during an event. Obstruction of an athlete will result in disqualification.

# STATE TRACK MEET REGULATIONS

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1. The State Meet will be held on May 10 & 11. An admission of \$5.00 on Friday and \$8.00 on Saturday will be charged to everyone except those participating in the State Finals.
2. Eight places will score in the State Meet as follows:

First place	10 points	Fifth place	4 points
Second place	8 points	Sixth place	3 points
Third place	6 points	Seventh place	2 points
Fourth place	5 points	Eighth place	1 point

## NOTE:

- During the week of the State Meet, no school may practice at the site of this meet unless the site is on its campus.
- The high jump will begin two heights (four inches) below the lowest qualifying height of the contestants entered in the event.
- The bar for the high jump will be raised 2 inches until a winner is determined.
- The minimum qualifying height in the pole vault event for girls is 7' 0" and for boys 9' 0". The pole vault will begin two heights (one foot) below the lowest qualifying height.
- The maximum starting height in the pole vault event for girls is 9' 6" and for boys 12' 6".
- The bar for the pole vault will be raised 6 inches until a winner is determined.
- In the shot put, discus, triple jump and long jump, each competitor will be allowed six trials.
- All throwing implements will be chosen/designated by the Meet Director and/or event judge for competition.
- Only rubber soled shoes may be used for the shot put and discus. Track flats or spiked that do not exceed 1/4" spikes may be used for the pole vault, high jump, long jump and all running events.
- All non-lane running events will be started with a 1-turn stagger.



# 2019 AAA, AAAA & AAAAA State Track & Field Championships

## Friday Field

5:00	Long Jump	AAAAA	G & B
	Shot Put	AAAAA	Girls
	Discus	AAAAA	Boys
6:00	High Jump	AAA	G & B
	Pole Vault	AAAA	Girls
	Shot Put	AAAAA	Boys
	Discus	AAAAA	Girls
7:00	High Jump	AAAAA	G & B
	Shot Put	AAAA	Girls
	Discus	AAAA	Boys
7:15	Pole Vault	AAAA	Boys
8:00	High Jump	AAAA	G & B
	Shot Put	AAAA	Boys
	Discus	AAAA	Girls

## Friday Running

5:30	4x800m	AAAA	Girls
5:45	4x800m	AAAA	Boys
6:00	4x800m	AAA	Girls
6:15	4x800m	AAA	Boys
6:30	4x800m	AAAAA	Girls
6:45	4x800m	AAAAA	Boys
7:30	3200m	AAAA	Girls
7:45	3200m	AAAA	Boys
8:00	3200m	AAA	Girls
8:15	3200m	AAA	Boys

## Saturday Field

9:00	Long Jump	AAA	G & B
	Pole Vault	AAA	Girls
10:00	Long Jump	AAAA	G & B
	Shot Put	AAA	Girls
	Discus	AAA	Boys
10:15	Pole Vault	AAA	Boys
11:00	Triple Jump	AAA	G & B
11:30	Pole Vault	AAAAA	Girls
	Shot Put	AAA	Boys
	Discus	AAA	Girls
12:00	Triple Jump	AAAA	G & B
12:45	Pole Vault	AAAAA	Boys
1:00	Triple Jump	AAAAA	G & B

## Saturday Running

9:00	4X100m	*	G then B
9:30	High Hurdles	*	G then B
9:55	100m	*	G then B
10:10	1600m	*	G then B
10:50	400m	*	G then B
11:10	400m IH	*	G then B
11:40	800m	*	G then B
12:00	200m	*	G then B
12:15	3200m	AAAAA	Girls
12:30	3200m	AAAAA	Boys
12:45	4X400m	*	G then B

\* Running events order - AAA, AAAA, AAAAA

## 2019 A & AA State Track & Field Championships

Saturday Field			
2:00	Long Jump	A	G & B
2:30	Pole Vault	A	Girls
3:00	Long Jump	AA	G & B
	Shot Put	A	Girls
	Discus	A	Boys
3:45	Pole Vault	AA	Girls
4:00	High Jump	A	G & B
	Shot Put	AA	Girls
	Discus	AA	Boys
5:00	Pole Vault	A	Boys
	Shot Put	A	Boys
	Discus	A	Girls
5:15	High Jump	AA	G & B
6:00	Shot Put	AA	Boys
	Discus	AA	Girls
6:30	Triple Jump	A	G & B
	Pole Vault	AA	Boys
7:30	Triple Jump	AA	G & B

Saturday Running			
2:35	4x100 m	A - AA	G then B
2:55	4x800 m	A - AA	G then B
3:55	100m HH	A - AA	Girls
4:05	110m HH	A - AA	Boys
4:15	100m	A - AA	G then B
4:25	1600m	A - AA	G then B
4:55	400m	A - AA	G then B
5:10	400m LH	A - AA	Girls
5:25	400m IH	A - AA	Boys
5:40	800m	A - AA	G then B
6:00	200m	A - AA	G then B
6:20	3200m	A - AA	G then B
7:20	4x400m	A - AA	G then B

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If there is no athletes for Class A Girls PV, Class A Boys PV will move to 2:30 pm and Class AA PV to 5:00 pm