

HW/Conference/State Track & Field Points of Emphasis for 2026 T/F Season

Created on 4-27-26 by Tim Casper

1. Coaches/athletes are responsible for all NFHS and SDHSAA Track and Field rules and regulations
2. Uniform rule: **Top and bottom** Reference rule 4.3.1-3 in the NFHS rule book
 - a. Athlete must show up/compete in legal uniform for all events under the uniform rule 4.3.1-3 and the SDHSAA rules
 - i. Reference the SDHSAA web page, Specific Field Event Procedures
 1. Sweat outfits, when worn in competition, shall have **no markings** other than that of the school the contestant represents. Sweat outfits should only be **worn under adverse weather conditions**
 - b. Uniform warning is at our mandatory rules meeting with coaches. Uniform violations during the meet = DQ
 - i. Definition of a uniform – Top and Bottom that meets all NFHS 4.3.1 regulation + SDHSAA regulations
 - c. Make sure your 4 relay uniforms have a **PREDOMINANT COLOR** & all 4 are legal, do not risk a DQ – must be the same
 - d. Make sure your athletes have coach/school approved top, bottom, sweat outfits (Must be NFHS/SDHSAA legal)
3. Field Event procedures listed on the SDHSAA website:
 - a. <https://www.sdhsaa.com/activity/track-field/>
 - b. 6.7.1 No marker shall be placed on the runway (between white lines) or in landing pit, read all of 6.7.1, a-b
 - i. Games Committee decision on approved markers along with warm up time on the track and for field events. Most typical markers are chalk, ½ tennis ball, tongue depressor sticks, small flags. Typical warm up time for Field Events = 1 hour before event and 5 minutes between flights/finals, however all these decisions are up to the Games Committee. Never warm up at the event without an event judge or coach present
 - c. “Five Alive” for PV and HJ (RB 6.8.2 = When the # of competitors remaining at a given height is **FEWER than 9**, all competitors will be in a single rotation flight)
 - d. Starting heights, progression, how to finish to 1st place. 3 throws/jumps in prelims and 3 throws/jumps in finals (take 9 + all ties for 9th place into finals) * know the progression of throws and jumps in each specific field event
 - i. Rotation of jumps for LJ/TJ = single rotation, worst to best all day, 1-2-3-4-5-6-7-8, 3 times in prelims and 9-8-7-6-5-4-3-2-1, 3 times in finals, add #10 if a tie for 9th, best qualifier will compete last (count all 6 jumps for placing)
 - ii. Rotation of throws for Shot Put/Discus/Javelin = rotation of two throws in prelims then single rotation for the last throw, single rotation in the finals, best qualifier will compete last (count all 6 throws for placing)
 - iii. Shot/Discus/Javelin = 1-2-3-4, 1-2-3-4, 5-6-7-8, 5-6-7-8, 1-2-3-4-5-6-7-8. 9-8-7-6-5-4-3-2-1 = 3 times for finals, add #10 if a tie for 9th. If 9 competitors are in a flight = 1-2-3-4-5, 1-2-3-4-5, 6-7-8-9, 6-7-8-9 and so on...
 - iv. Javelin – Safety. Measure where the javelin first breaks the ground to the foul line. 6.6.7 RB and CB (furthest point, rearmost point, or cord grip)
4. Hurdles: Must attempt to clear the hurdle, if the athletes hurdle goes into another lane, subject to disqualification if interfere
 - a. Reference rule 5-14, article 1 and 2 of the NFHS rule book
5. Interference:
 - a. Reference rule 5-9, article 1-3 of the NFHS rule book
6. Baton Passing/Lane Exchanges: Must finish with the same baton you started with
 - a. Reference rule 5-10-13, all articles within the NFHS rule book
 - b. Note some D/Qs happen in the front of the zones *must start within **both feet inside** the exchange zone (know the diff. between 20/30-meter zones) Common 20-meter zone = start/finish – make sure both feet in the zone
 - c. Note that a relay team (incoming runner 100 or 200 meters, 4x100, 4x200 and first two legs of the Medley relay) must start their acceleration within the 30-meter zone and pass the baton within the 30-meter zone, they cannot step out of the front/beginning of any exchange zone or pass the baton past the end of the exchange zone
 - i. Reference situation 5-10-9 of the NFHS case book
7. Jury of Appeals: Is it Appealable? Most misunderstood rule in Track and Field... **YELLOW FLAGS ARE NOT APPEALABLE**
 - a. Reference rule 3.5, article 1-4 of the NFHS rule book
8. Make sure your Pole Vault Poles have the appropriate manufactured mark on the end of the pole – can we read it? Weight and length must be visible before the pole can be certified, if not, athlete cannot utilize the pole – Don't forget your weight sheets
9. One coach per field event within the coach's box, if venue provides two coaches box... still only one coach
10. No coach on the infield at the HW-State meet unless the Games Committee-SDHSAA-Meet Referee requests = -1pt. deduction
11. Coaches/Officials/Umpires, please discourage athletes from using their cell phones/I-Pods/AI Glasses in the competition area
12. Coaches, please be patient when you see a yellow flag. It takes time for Meet Officials/Referees to make decision
13. Read over Casper's Clarifications on our Officials Web page
 - a. [Casper's Clarifications – SDHSAA](#)
14. Read through the Track and Field Handbook from the SDHSAA website
 - a. <https://www.sdhsaa.com/activity/track-field/>