

Spike Length - Check before your event – line them up and also do random checks throughout event if needed

8:12 📶 📶 🔋 85

✕ Curve Signs Dakota R... 🏠 ↗

NO

| START LINES | | HURDLE LOCATIONS | | | | |
|-------------|----------|------------------|-------------|----------------|--------|--------|
| COLOR | STAGGER | | MAIN FINISH | REVERSE FINISH | HEIGHT | WEIGHT |
| █ | 1 - TURN | 100m HS Girls | █ | ▲ | 33" | Front |
| █ | 2 - TURN | 110m HS Boys | █ | ▲ | 39" | Back |
| █ | 3 - TURN | 300m HS Girls | █ | | 30" | Front |
| █ | 4 - TURN | 300m HS Boys | █ | | 36" | Back |

EXCHANGE ZONES

| | 400M 100-100-100-100 2-TURN | 800M 200-200-200-200 4-TURN | 1600M 400-400-400-400 4-TURN | 3200M 800-800-800-800 4-TURN | 1600M (Medley) 200-200-400-800 2-TURN | 4000M (Medley) 1200-400-800-1600 1-TURN | 800M (Medley) 100-100-200-400 1-TURN |
|--------------------------|-----------------------------------|-----------------------------------|------------------------------------|------------------------------------|---|---|--|
| 1 st Exchange | ▲ | ▲ | ▲ | ▲ | ▲ | ▲ | ▲ |
| 2 nd Exchange | ▲ | ▲ | ▲ | ▲ | ▲ | ▲ | ▲ |
| 3 rd Exchange | ▲ | ▲ | ▲ | ▲ | ▲ | ▲ | ▲ |

HOWARD WOOD DAKOTA RELAYS

Errors

100H and 110 hurdles - I want all 8 umpires at flights 2-9, Mark at 10th and I will be at 1st

300H – I want all 8 at each flight 1-8, Mark and I will either be at start of finish

ATHLETE

5.10.3 SITUATION: During the preliminaries of the 4x100-meter relay, Team A is disqualified for a false start. When the race is restarted, Team B is required to change the order of running or (b) substitute one of its alternates for the runner who is disqualified. **RULING:** Legal in (a) provided it does not delay the start. Illegal in (b). **COMMENT:** If the four runners who reported to the start of the course may complete when the race is recalled, the race is rerun at a later time because of disqualification, improper track markings, etc., the relay team must again report to the clerk and could designate any four of the runners listed on its original entry form to participate in the rerun. The referee could grant an exception in (b) if a competitor was injured during the false start. (5-10-2)

USES WRONG EXCHANGE ZONE

5.10.4 SITUATION: Team A is disqualified in the 4x100-meter relay because the third runner started in the wrong exchange zone. Team A's coach contends that the umpire should have placed the competitor in the correct exchange zone. **RULING:** Team A is disqualified. **COMMENT:** While most umpires will check to be sure all competitors have correctly identified the correct exchange zones, the responsibility for being in the correct exchange zone is that of the competitor. Prior to the race, the clerk of the course will assign lanes and announce the first exchange will be from blue to blue, yellow to yellow, etc. If the competitor is in doubt, the competitor should ask the umpire.

GLOVES PROHIBITED IN ALL RELAYS

5.10.5 SITUATION: With temperatures hovering around the freezing mark, one or more members of Team A's relay team appear at the starting line wearing gloves and the starter or clerk of the course directs the competitor(s) to remove the gloves as gloves are not permitted in relays. A member of the relay team protests that the gloves are worn strictly for protection against the cold weather and do not contain any material that would appreciably increase the gripping capabilities of the runners. **RULING:** The decision to remove the gloves stands. **COMMENT:** There is no need for officials to judge whether the gloves do or do not provide any extra gripping surface to the baton. Gloves are prohibited.

DROPPED BATON

5.10.6 SITUATION A: In the 4x100-meter relay A1 drops the baton before crossing the finish line. After crossing the line, A1 goes back to pick up the baton. When is A1 considered to have finished the race? **RULING:** A1 is considered to have finished the race when the baton crosses A1's feet while the finish line is still in possession of the baton.

5.10.6 SITUATION B: The anchor runner for a relay team falls approaching the finish line so that the upper torso is across the line but the hand holding the baton is not across the line. Must the baton be carried across the line to legally finish a relay event? **RULING:** It is not necessary for the hand carrying the baton to cross



HW and State providing batons

4.6.3 SITUATION B: In the 400-meter dash final, A1 is leading when a nonparticipating contestant of Team B interferes with A1. (a) Team B has one or more competitors in the race, or (b) Team B has no competitors in the race. **RULING:** In (a), all members of Team B will be disqualified if the interference affected the placing of A1 or any other competitor. The referee may order the race rerun without members of Team B. In (b), because the action by a member of Team B would probably affect the outcome of the race, the referee will order the race to be rerun after a sufficient rest period. In both (a) and (b), the nonparticipating contestant from Team B also will be disqualified from the meet. (3-4-3)

4.6.3 SITUATION C: The 4x400-meter relay is run in sections as a timed final event. In the second section, Team A finishes first. As A4 crosses the finish line, teammates A1, A2 and A3 run onto the track to congratulate A4. In doing so, the runners pass across the finish line and this action, while not intended to interfere with the race, will be considered an interference. **RULING:** Team A will be disqualified from the race and the race will be rerun without Team A participating. (3-4-3)

4.6.2 SITUATION B: A1 finishes the 100-meter dash and out of frustration, utters a profane comment. The head finish judge reports the infraction to the referee. The referee disqualifies A1 from the event for unacceptable conduct. The coach of Team B protests that A1 should be disqualified for the entire meet for unsporting conduct. **RULING:** Protest denied. Profanity not directed toward another person is not deemed to be unsporting conduct. However, if in the judgment of the referee, the comment was directed toward someone, such action would be considered unsporting conduct.

4.6.2 SITUATION C: In a dual meet, A1 and B1 begin warming up for the javelin event without supervision of their coaches or any official. The referee/starter tells the athletes to stop until proper required supervision is available. B1 continues to throw and is subsequently disqualified from the event by the referee/starter. B1's coach protests on the grounds that competition had not begun and, therefore, B1 should not be disqualified. **RULING:** Protest denied. **COMMENT:** No practice should be taken without proper supervision or from any place other than from the throwing sector. Since B1 failed to follow an official's directive, B1 shall be disqualified from the event. (6-2-6)

4.6.2 SITUATION D: A1, whose discus event in the invitational meet scheduled for Saturday, is observed practicing on Friday between preliminary sessions of the running events. After a number of throws, attention is called to an official. When the official confronts A1, the athlete is courteous and leaves the area immediately. B1's coach verbally protests to the referee and later files a written appeal for the jury. The games committee's pre-meet instructions clearly stated that practice in the discus throw area would begin one hour before the event on Saturday and under the supervision of officials. A1 created a dangerous situation which is unacceptable conduct. A1 has gained an advantage by not following instructions and should be disqualified from the event. **RULING:** Protest is denied. The meet marshals are assigned to monitor all activities at the facility. A1 was not disrespectful to the official when confronted. **COMMENT:** The games committee is advised to post "EVENT CLOSED" signs at all field events when an official is not present during the meet. The intent of 6-2-6 is to ensure safety and it applies to field events before and after competition without an official or the contestant's coach present.

INTERFERENCE BY NONPARTICIPATING CONTESTANT

4.6.3 SITUATION A: Just as A4 crosses the finish line, an obvious winner in the 4x400-meter relay, teammate A5 runs onto the track to congratulate A4, and in doing so interferes with the finish of B4. **RULING:** Team A will be disqualified from that event, and A5 also will be disqualified from further participation in the meet. If the interference with B4 affected the placing of Team B, the referee may order the race rerun without Team A participating. (3-4-3)

2. No participant, team personnel, coach or administrator shall use alcohol or any form of tobacco product (e-cigarettes or similar items) beginning with arrival at the competition site until departure following the completion of the contest.

ART. 2 . . . Unacceptable conduct by a competitor includes, but is not limited to: willful failure to follow the directions of a meet official, using profanity that is not directed at someone or any action which could bring discredit to the individual or the competitor's school.

PENALTY: Disqualification from that event.

ART. 3 . . . If a nonparticipating team member interferes with a competitor during competition, the nonparticipating team member may be disqualified from the meet. The nonparticipant's teammate(s) also may be disqualified from that event.

ART. 4 . . . A competitor shall not compete using an illegal implement.

ART. 5 . . . It is an unfair act when a competitor receives any assistance. Assistance includes:

- Interference with another competitor.
- Pacing by a teammate not in the race or persons not participating in the event.
- Competitors joining or grasping hands with each other during a race.
- Communicating with a competitor during a race.



Know what is legal and illegal

Headband that says 100% Jesus??



Legal?

I would deem as religious headgear and not touch it, legal

Mark >



Legal? Watertown vaulter had this rubber knob. I watched him vault and his upper hand didn't touch the red knob and his coach says he has a tendency to impale himself some times. His coach says it's a protective device.

Case book 6.8.14 says illegal

Agree

Delivered

Today 9:20 AM



The response back from the NFHS. "There is nothing within the NFHS rules prohibiting these shoes". I did send her pics and she has seen this already when she went to the Kentucky HS indoor championships.

Got it, thanks!



Sleeves USA American Flag Sports Durag Adult

Legal

Legal

Legal



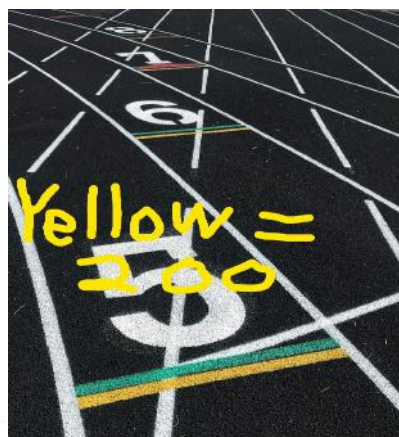
All raps legal since 2024 – Athletes in throws

can apply tape to fingers as long as the fingers are not taped together and all fingers can move independently. Flexibility was given to athletes to apply tape to fingers or wear a wrist wrap as long as there are no artificial aids within the wrap such as hard plastic /medal pieces to keep the wrist stiff

Rule 6-4-1 = Tape may be used on the hand and fingers.... read the entire rule

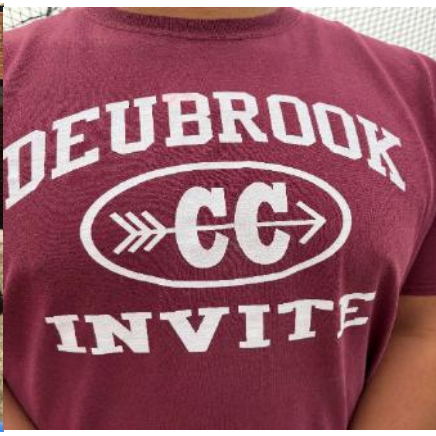


Legal



Illegal Cap





T-Shirt and HSA / Wolverines Top - Illegal



320 hurdle marks needed if the track has a common finish both ways





Illegal



Legal



Officials, please just tell/remind athletes of proper uniforms in the competition area

You can attend both but cannot duplicate events at both meets...It counts like one meet and you must follow the rules on the number of events per day.

The answer to your questions.

1. Can I have an athlete do the 100, 4x1 and 4x2 in Redfield and then do javelin and pole in Warner? **Yes as long as they do not exceed the maximum number of events (No more than 4 events)**
2. Can I have an athlete to shot and disc in Redfield and then shot disc and javelin in Warner. **NO**
3. Or can I do 4 events in Redfield and 4 events in Warner - giving me 8 total events for the day **NO**
4. Or am I limited to 4 events total for the entire day? **YES**

Randy Soma, Assistant Executive Director

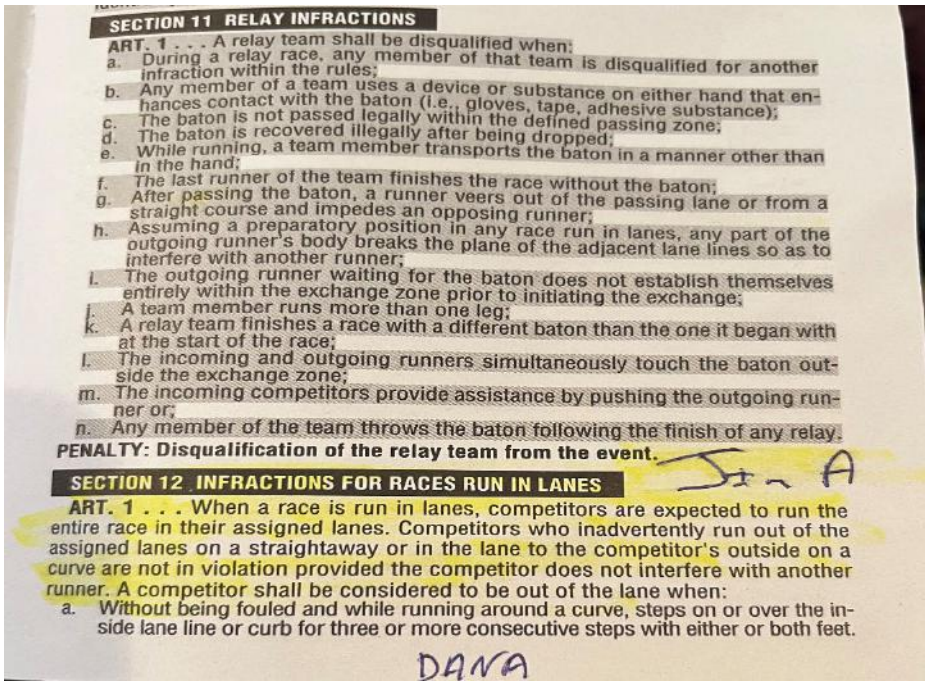
Just an FYI – Question from a coach, thought you would like to know



Preventive Officiating...Pic of the Beginning of the Common Exchange...Tina/Kevin/JD, make sure all athletes do not step back out of this zone, if so, they are out of their exchange zone and would be DQ'ed.

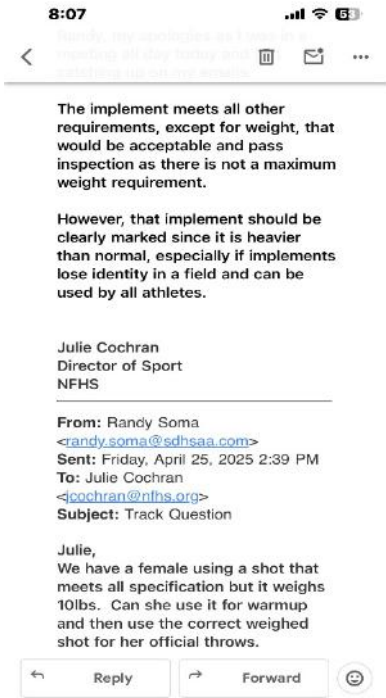
Rule 5-10-9 = In relay races, each outgoing competitor, while waiting for the baton, shall take a position ENTIRELY within the exchange zone and must complete the exchange while the baton is within the exchange zone.

Rule 5-11-1, article i



Umpires – 5.12.1-a and 5.13.1 & 2 = Without being

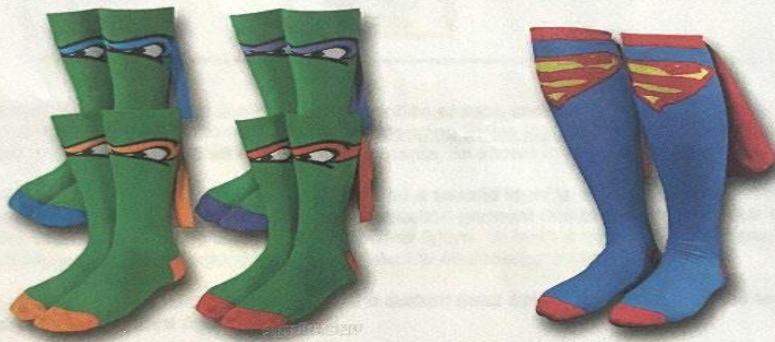
fouled and while running around a curve, steps on or over the inside lane line or curb for **3 or more consecutive steps with either or both feet.**
Interpretation = L-R-L-R-L or L-R-L is 3 or more consecutive steps with either or both feet = DQ On Summary Card – 5.12.1a or 5.13.1



Legal, as long as the implement meets all specifications and is clearly marked per email.



4 – Uniform socks. The NFHS Track & Field Rules Committee has previously ruled that socks that feature “capcs” or “tails” as illegal apparel. Please note that this interpretation has not changed, and socks as pictured below would remain illegal for competition, by way of national interpretation:



5 – Uniform violations. To be sure and enforce the NFHS Rules as directed and also simplify uniform issues for all officials, the following protocol should be used at all regular-season meets, as it is the same expectation of all region and state competitions:

More to come as the season progresses...