

April 29<sup>th</sup> 2026

**#1 Javelin:** From our SDHSAA Meet Resources – Specific Field Event Procedures

**LEGAL IMPLEMENTS:** Javelins shall be constructed of metal or other suitable material with a **rubber tip**. A whipcord binding shall be placed around the shaft at the center of gravity. The outer diameter of the binding shall not exceed the shaft diameter immediately forward of the binding by more than eight millimeters. Wrapping the whipcord binding with tape is prohibited. **Metal point/tip javelin implements are not legal for SDHSAA use.**

**Clarification:** It is illegal to throw the javelin backwards... meaning tail pointing towards the foul line and point with the rubber tip pointing back. This is a safety clarification as the SDHSAA requires a rubber tip, which if thrown backwards, would violate that requirement.

**#2 Uniforms:** Coaches, we are still observing violations with the uniform rule. Why? Why are athletes not being disqualified during the season? Why is your athlete disqualified at Howard Wood or the State meet?

Short answer is twofold:

1) Athlete violates and has been violating the uniform rule all season. Rules are established and designed so all athletes can compete equally and fairly.

2) At most invitational meets we have two or maybe three officials. If a meet has two officials, most of their time is spent at the start/finish line and very little time at the field events. If a meet has three officials, 2 at the start/finish line, and 1 official working the field events and the track, this official may not see all, all the time, and athletes compete with illegal uniforms that are not observed. Coaches.... When is the last time you had an event judge at a small invitational meet question and athlete's uniform? Most likely not very often...

**Note:** So...coaches, it is your responsibility to read over the rule book, case book, SDHSAA Handbook, field event docs, and all references within so your athletes compete legally. (Make sure you know the New T-Shirt rule)

**Reference Example: Case Book 4.3.1 Situation A:** In the 100-meter dash, competitor (a) A1 is dressed in maroon shorts with a gold top that has a maroon slash across the front; (b) A2 is wearing maroon shorts and a plain gold top; and (c) A3 is wearing a white T-Shirt with red-and-white striped shorts. The school colors are maroon and gold. The clerk instructs A3 to change uniforms prior to the race. If the race is completed A3 would be disqualified for illegal uniform. **RULING:** Correct procedure; (a) and (b) legal; (c) illegal. **COMMENT:** While there is no obligation for the school uniform to conform to school colors, this would be evidence that the red-and-white striped shorts were not the normal school issued uniform and A3 should not be allowed to compete unless A3 can change the shorts in the appropriate area without delay. In South Dakota, the athlete would be disqualified, the warning was given at the mandatory coaches meeting.

**Rationale:** There may be a disconnect with/between a School Issued uniform and/or a School Approved uniform... no matter, the uniform must meet all rules and requirements to be legal.

**Recommendations to Coaches:** Not sure what else I can tell or advise you?

1. Provide a team school issued uniform to all your athletes and make them compete wearing them, no exceptions
2. Do not go "Rogue" and try to mix and match uniforms, especially in relays, this opens up possible DQ's
3. Do not just tell your athletes to purchase their own, if you do, give them your specific expectations and make sure they are legal before they compete
4. If an athlete does not like the uniform provided by the school and will not wear it they will be disqualified