

**Chart below outline relay eligibility for athletes based on number of individual events selected for at the State Meet**

**SDHSAA substitution rules**

Individual Events Selected For	Relay Cards Listed On	Relays Competing In
0	Up to 5	Up to 4
1	Up to 5	Up to 3
2	Up to 5	Up to 2
3	Up to 5	Up to 1
4	Cannot be listed	Cannot Compete



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exception of A1, who has been disqualified for interference. B1 will be allowed to participate in the rerun because of the distance hurdle. (5-14-2)

## RELAY ENTRIES AND SUBSTITUTIONS

**5.10.2 SITUATION A:** Team A includes eight entries on its 4x400- and 4x800-meter relay teams including A1 and A2, who also are entered in three individual events. **RULING:** Legal, but A1 and A2 are only eligible to participate in one of the two relay races. (4-2-2)

**5.10.2 SITUATION B:** Following the 4x200-meter relay, A1 is disqualified for unsporting conduct that occurred during the race. A1 is also a member of the 4x400-meter relay team. Can Team A substitute another competitor for A1 in the 4x400-meter relay? **RULING:** A1 is ineligible for further participation in the meet. Team A will be allowed to compete in the 4x400-meter relay only if it has entered alternates on its 4x400-meter relay entry.

**5.10.2 SITUATION C:** After completion of the 4x100-meter relay, it is discovered some of the staggers were measured incorrectly. Following consultation with the games committee and the coaches of the teams involved, the referee decides the race will be rerun from the correct staggers 50 minutes following the last scheduled track event. Following the rerun, it is discovered Team A has: (a) changed the running order of its first two competitors, or (b) substituted another competitor for one of the original four members of the relay team. **RULING:** No violation in (a) or in (b) if the substitute was listed as one of the original entries (up to eight) for the 4x100-meter relay. (5-10-3)

**5.10.2 SITUATION D:** During the state final meet, a protest is entered questioning the legality of the members of Team A's 4x400-meter relay team. It is discovered that Team A has made some changes in its relay team not in accordance with the terms and conditions of the state final meet. The discovery is made: (a) prior to the meet, or (b) after the team has reported to the clerk of the course. **RULING:** If the games committee confirms that the entry does not meet the terms and conditions of the meet, and there is no evidence to indicate this was a purposeful or devious act, it may allow Team A to correct its entry in (a), but in (b), the referee has no recourse but to disqualify the team for participating with an ineligible athlete.

**5.10.2 SITUATION E:** Following the prelims of the 4x100-meter relay, it is discovered that one of Team A's runners has pulled a hamstring and will not be able to participate in the finals. Team A did not list any alternate on its relay entry form, so Team A's coach presents the referee with a statement signed by the meet physician that A1 is not physically able to continue participation in the meet, and requests to substitute for the injured competitor. **RULING:** Request denied.

**COMMENT:** When Team A failed to list alternates on its relay entry card, it gave up its right to make any substitutions, even in the case of injury.

**5.10.2 SITUATION F:** During a meet, Team A uses four different individuals for the finals who participated in the preliminary race earlier that day. All eight partic-





# Rule 5 Running Events



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ipants are listed on Team A's relay entry card. **RULING:** Legal, provided that Team A's participants do not violate the participation limits.

### ORDER OF RUNNING

**5.10.3 SITUATION A:** During the first leg of a 4x800-meter relay: (a) A2, who has taken a position in the exchange zone, decides to switch places with A3 and A3 runs the second leg, A2 the third and A4 the fourth; or (b) the coach of Team A, approaches the edge of the track, a restricted area, and calls out for A2 to switch places with A3 and A3 runs the second leg. **RULING:** Legal in (a), but illegal in (b). **COMMENT:** While the order of running in a relay race may be changed at any time, when the coach of Team A called out these instructions from a restricted area, it constituted an unfair act for coaching a competitor after the race had been started. (4-6-5e)

**5.10.3 SITUATION B:** In the preliminaries of the 4x100-meter relay, Team A, is disqualified for a false start. When the race is restarted, Team B: (a) wishes to change the order of running, or (b) substitute one of its alternates for the lead-off runner. **RULING:** Legal in (a) provided it does not delay the start. Illegal in (b). **COMMENT:** Only the four runners who reported to the clerk of the course may compete when the race is recalled. If a race is rerun at a later time because of disqualification, improper track markings, etc., the relay teams 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.

### DROPPED BATON

**5.10.5 SITUATION A:** In the 4x400-meter relay, A1 drops the baton just 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 some portion of A1's torso breaks the finish-line plane while 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

More of the same  
about substituting  
relay runners if  
granted a rerun by  
meet referee



## SECTION 11 RELAY INFRACTIONS

ART. 1 . . . A relay team shall be disqualified when:

- a. During a relay race, any member of that team is disqualified for another infraction within the rules;
- b. Any member of a team uses a device or substance on either hand that enhances contact with the baton (i.e., gloves, tape, adhesive substance);
- c. The baton is not passed legally within the defined passing zone;
- d. The baton is recovered illegally after being dropped;
- e. While running, a team member transports the baton in a manner other than in the hand;
- f. The last runner of the team finishes the race without a baton;
- g. After passing the baton, a runner leaves part of the passing lane or from a straight course and impedes an opposing runner;
- h. Assuming a preparatory position in any race run in lanes, any part of the outgoing runner's body breaks the plane of the adjacent lane lines so as to interfere with another runner;
- i. The outgoing runner waiting for the baton does not establish themselves entirely within the exchange zone prior to initiating the exchange;
- j. A team member runs more than one leg;
- k. A relay team finishes a race with a different baton than the one it began with at the start of the race;
- l. The incoming and outgoing runners simultaneously touch the baton outside the exchange zone;
- m. The incoming competitors provide assistance by pushing the outgoing runner or;
- n. Any member of the team throws the baton following the finish of any relay.

**PENALTY: Disqualification of the relay team from the event.**

## SECTION 12 INFRACTIONS FOR RACES RUN IN LANES

ART. 1 . . . When a race is run in lanes, competitors are expected to run the entire race in their assigned lanes. Competitors who inadvertently run out of the assigned lanes on a straightaway or in the lane to the competitor's outside on a curve are not in violation provided the competitor does not interfere with another runner. A competitor shall be considered to be out of the lane when:

- a. Without being fouled and while running around a curve, steps on or over the inside lane line or curb for three or more consecutive steps with either or both feet.





**Tape - Legal**  
**Wrist Wrap - Legal**  
**Ring - Legal**  
**Per NFHS**



# LEGAL SHOT



However, must  
meet all specs



**NOTE:** During competition and while a competitor is on the clock (6-2-2), it is permissible for an athlete, after an aborted attempt, to run, jog or walk in the opposite direction the event is being conducted.

**ART. 8 . . .** Once a competition has begun, except as scheduled, competitors are not allowed to use for practice purposes the runway, ring, takeoff area or throwing implements associated with the competition.

**ART. 9 . . .** At the conclusion of any field event, there shall be no further practice, and implements, including vaulting poles, shall be removed from the area.

**PENALTY: (Articles 6-9)** First offense shall result in a warning and, if repeated, disqualification from that event. If the incident recurs, the athlete will be disqualified from further competition in the meet.

**ART. 10 . . .** In meets with limited entries, the games committee may allow all competitors just four total trials, replacing the preliminaries and finals format. (3-2-4e)

**ART. 11 . . .** In two-session meets, it is recommended all competitions in the jumping and throwing events be conducted in one session.

**ART. 12 . . .** For any conference or championship meet, the games committee may provide implements for the throwing events and require all competitors to use these implements.

**ART. 13 . . .** A competitor shall not use an illegal implement during warm-up or competition.

- a. If a legal implement breaks during a trial in accordance with the rules, no penalty shall be counted against the competitor and a replacement trial shall be awarded.
- b. If a legal implement breaks upon completion of the trial, a replacement trial shall not be awarded and the results of the trial shall be recorded, provided it was made in accordance with the rules.

**ART. 14 . . .** To obtain a better grip, competitors can use chalk or an adhesive or similar substance such as rosin on their hands during competition.

**NOTE:** The games committee has the authority to restrict the use of adherents or other foreign materials on hands if the host school is supplying all the throwing implements.

**ART. 15 . . .** A competitor shall not place personal reference marks in the landing sector of any throwing event.

**ART. 16 . . .** Competitors shall not use any weights or artificial aids. The competitors shall not wear a shoe or shoes which incorporate or contain any device that gives the competitor an unfair advantage. In the pole vault, pushing the vaulter on the back at take-off during warm-up or competition is an aid and therefore not allowed.

**PENALTY: (Articles 13, 15 and 16)** Disqualification from the event.

**ART. 17 . . .** In the throws and horizontal jumps, each competitor shall be allowed three preliminary trials. In the finals, each qualifier is allowed three additional trials. Competitors shall be credited with their best performance regardless of whether it occurs in the preliminaries or finals. To place in a jumping or throwing event, a competitor shall have had at least one legal jump or throw.



**Illegal, Rule 6.10.1, The shot  
shale not have indentations  
other than a weight marking,  
which must be  
manufactured in such a  
manner that no advantage is  
gained by the grip.**





