TRACK AND FIELD PRE-CONTEST MEETING WITH COACHES

By: Tim Casper **ALL MUST ABIDE BY NFHS AND SDHSAA RULES/REGS.** **4-27-2026**

Yellow=2026 New Rules **Bold = Important Information** Green = Notes: *Items that should be covered in a pre-contest meeting with coaches*

1. Sportsmanship and or behavior is the coaches & athletes' responsibility: profanity, taunting, throwing baton, disrespectful to officials, etc. (Not Inclusive)
    a. Rule 4.6.1, 1 and 2 = UNSPORTING conduct = event, meet, and next meet, treat Officials with respect & professionalism
    b. Rule 4.6.2-5, a-h, 1-3. UNACCEPTALE conduct = event only. After obtaining all the info, Meet Referee's decision-refer to my conduct doc
2. Uniforms, onus on coach & athlete, your responsibility, (Rule: 4-3, 1-3) Allow logo around waistband, foundation garment is any item worn under the **uniform top and/or bottom** and *all are **NOT** subject to logo/trademark reference or color restrictions*. **This meeting serves as your uniform warning**.
    a. DQ = Running - starter begins instructions Note: an athlete is not disqualified if they help another runner, know this rule 4-6-5, a-h, 1-3
    b. DQ = Field - competitor called to start trial, and clock starts
3. Meet Protocol: follow schedule/keep it rolling-bad weather-combining races, 800 = 1 heat, 1600, 3200, ask Mt. Dir. - use bell 1 lap in Ind. 800, 1600, 3200
4. Field Event Flights are worst to best, 3 trials in prelims, 3 in finals, take 9 + ties for 9th to finials, 1 more than place + any ties, competitor must check in
    a. Rule 6.2.19, Sit. B in CB, if the competition in the finials is completed and signed by HFJ or Referee, the competition is final (30minutes)
    b. Event Judge may change order in any jumping/throwing event when # remaining is fewer than 9, single rotation Rule 6.8.2 in RB 6-2-2d=1min
5. Fail/Foul: Yellow/white flags for track, red/white for field events & finish line (Fair/Foul used when flags are not available) No markings on runway 6.7.1
6. Times=15 sec warning, 1 min. all events, 3 min.= 3 left, 5 min. = 1 left for HJ/PV events, it's a foul if time expires (cannot run backwards/change flights) Active Flight (Five Alive) is the same as Continuing Flight (Straight Through) Refer to 6-2-2 chart to define time limits, Rule 6-8-6 = 60-minute rule
7. Do not use tape on track or runways. Tennis balls/chalk is furnished or use other allowable markings devices (Games Committee decision)
8. Marking procedures for runways and HJ is a Games Committee decision, Cones are recommended around the curves of the track @ 1.5 m apart on the line
9. Restricted areas. Should and must be marked. "COACHES ONLY, 1 per school" & "ATHLETES ONLY", know the difference
10. 20 min. max. to be excused for event, tell athlete if you are running event today, write leave time down, competitor must check in/out
11. Entry Limitations **(4 events),** all 4 relay runners must report ***(All fans/spectators/athletes should be positioned behind the javelin, discus, shot)***
12. Starting heights/number of jumps/throws, established by Games Committee/HW/Conference//SDHSAA
13. Bad weather policy/procedure will be followed per rulebook, SDHSAA handbook and Apex. G 1-5 (30-minute rule)
14. Uniforms can be removed only in team camps outside the infield or in the stands, coaches must have athletes show up at event on time in legal uniform
15. Procedures for concurrent events. Running events take precedence over field events (in field events, athletes can jump/throw out of order within flight only)
16. *Electronic Devices- cannot wear, Videotape/Pictures: Use of electronic devices is permitted in unrestricted areas & coaches' boxes. There shall not be comm. during a trial, but a video/picture(s) may be viewed between changes in height/between trials only if there is no delay of competition, CB 3-2-8*
17. Inhalator/Atomizer/Court Order/ Doctor's paperwork is required and must be approved by the Meet Referee before the meet starts.
    a. "PHYSICIAN'S STATEMENT" required. Recommend Referee take a picture of statement with your phone for documentation (1 per-year)
18. Hurdles – must attempt to clear hurdle, if hurdle goes into another lane there must be interference before DQ. 5-14-1, a-f displacement by hand DQ
19. Running – must run straight ahead and cannot veer in or out to interfere a runner trying to pass, cannot cut in too soon and interfere, if so, may be a DQ
20. Baton: St/Fin w/same baton, after you pass, run straight forward, & stop, do not peal R or L to interfere, know difference between a straightaway/curve
    a. Must make a legitimate attempt to pass baton, must start/pass baton within the zone (30 meters, start of zone to end of zone, Rule 5-10 and 11
21. Jury of appeals must be in place at each meet, who accepts the responsibility at this meet? (30-meter zone for all incoming 200 m or less runners)
    a. Coaches must know what is appealable or non-appealable, refer to rule 3-5, 1-4, all false starts/yellow flags are non-appealable
    b. PA/Video Board/Website may satisfy notification of a DQ. *Running around a curve step on/over 3 consecutive steps with either or both feet DQ*
22. Referee/Head Field Judge will check & sign all event cards when completed, if questions/concerns, let them know of any questions/concerns/interpretations.
23. Answer questions, go over all track and field rules/interactions coaches have, open format ***(read over specific information for this meet)***
24. Print off new rule information from SDHSAA website each year, should have an updated title or footnote. (Captains can join pre-meet meeting with coach)
25. I/we are here to make sure we have fair competition and adherer to all SDHSAA/NHFS track and field rules and regulation. Good Luck!

26. ***Legal:*** Pre-wrap, headbands, leg and arm sleeves (any color or design with multi logos unless inappropriate), barrettes in hair 2" max, knee braces, ankle braces, watch, GPS watch, sunglasses, tattoos (not offensive), jewelry, beads, ribbons, bows in hair, bracelets, tape around back of shirt, wrist bands, hair control devices of any color/design, religious headwear is permitted and athlete not penalized for ~~hat or~~ sunglasses falling off in pit after making their mark
27. ***Illegal:*** Baseball caps, hats, visors, knotting up your jersey, stocking hats/earmuffs illegal unless Meet Referee approves
    a. Socks are not subject to uniform rule unless offensive or have streamers from them per NFHS
28. Gloves – not in relays/field events, 6-4, & 5 & 6 can tape fingers-must move independently, open wound shown to HFJ or Meet Ref. for approval of tape)
29. Crossbars: HJ=12'- 14'10" PV=14'8"- 14'10" Hurdle Weights=100/10 wt. to start line, and both 300 wt. to finish line (5-4-5 thru 7)
30. High Jump-exit anywhere & ¼ inch nearer/lesser for records in all field events except Discus & Javelin which is nearer/lesser 1" 6-3-2, a-b concedes place
31. Discus/Shot/Javelin=Exit back half or wait for white flag, enter anywhere Wt./Red Flag 1,2,3,4,5,1,2,3,4,5,6,7,8,9,6,7,8,9,1,2,3,4,5,6,7,8,9 = Prelims
32. Shot/Discus/Javelin=Line is out (no flag=Fair or Foul)9,8,7,6,5,4,3,2,1,9,8,7,6,5,4,3,2,1,9,8,7,6,5,4,3,2,1=Finals CB 6.5.2, a-g, Touching outside circle
33. Shot/Discus/Javelin=no foul if competitor is not under control before legally exiting ring after implement has landed, in & out of ring, purposeful = 1 min
34. Weight Belts=yes in wt. events, Ends of SP toe board=foul, Field event sheet marks: (P)=pass, (0)=cleared, (X)=failed Jav: measure to the 1st pt. of contact
35. Poles = Manufactures weight on each pole, 1" top handhold, cannot alter pole, coaches sign event card, require all vaulters to weigh in at home or meet
36. Measure = Discus/Javelin = near/lesser 1", rest of T/F is ¼", High Jump = 1" or 2", Pole Vault = 3" or 6", ties for 1st = up or down HJ = 1", PV = 3"
37. Throwing baton: team disqualified for ***jubilation or disgust equally,*** if not unsporting athlete may continue
38. Video viewing during competition is legal if done correctly and does not hold up an attempt/jump/throw
39. Running on the curve 3 consecutive steps is DQ, on or over with either or both feet (7-foot rule), 5-13-3=leave track
40. Take one step back on distance running events before start of "ON YOUR MARKS" step up to start line
41. Mark track meet date on all implements inspected with initials, make sure rubber discus and javelins comply
42. 8 miles an hour (consistent) or more to change directions
43. Define the size of each high jump mark (2 only) is 6" X 6" – proposed only, use chalk, not tape for HJ marks
44. "Impedes" is "Interference" = approximately 7 feet
45. A competitor who competes with an illegal uniform shall be disqualified from that event, when will an athlete be disqualified for uniform violation?
    a. Running event=when the starter begins instructions to competitors
    b. Field=when a competitor has been called and the clock has started to complete an attempt with a purposeful action
46. If FAT is used: Go to the 1/1,000th place (3 decimal places) to break all ties in prelims, semi-finials, finals, and place. (3-8-3), No Ties, No Ties, No Ties
47. 1 point team deduction for not wearing a number or wearing an incorrect number,1 point for each infraction, PV and HJ athlete should leave number on back
48. Appeals: Situations NOT appealable: Any judgment decision pertaining to violations or alleged violations of the rules. A decision made by the finish judges or timers that does not involve misapplication of a rule, or the terms and conditions of competition. All false starts are non-appealable, (3-5, 1-4, a-c) Yellow flags are non-appealable as they are judgement calls.
49. 1 point team deduction for coaches conduct at the state meet, on the infield without permission, point comes off the team they coach, if they coach both the point comes off the team/time of infraction. **Utilize Section 6 Disqualification for Conduct document as needed, always confer with Meet Director**
50. Questions for Meet Referee should be taken care of at the Awards Area/Meile Cabin/FAT trailer

Call What You See, Justify It

Bell = Last lap of Individual races:
G/B 800,1600,3200 = 6 total

Track and Field/Meet specific items to address:

Pre-contest Medical Timeout from SDHSAA (Meet Referee must have a conversation with AD or Meet Director)

a. Who is the game administrator for each team?
b. Is there a qualified medical professional on site?
c. Is there an Emergency Action Plan for this venue?
d. Is there an AED available?
e. Where is the emergency exit/entrance for this facility?
f. Failure to answer these questions with a positive answer will result in a report from game officials to the SDHSAA office to develop corrective action plans as necessary.

Additional Track and Field Notes for this year Note: 2026 is a 3-Day state meet May 28th – 30th at SF

1. Coaches…instruct your athletes to take out their ear buds when an adult, event judge, or officials are giving instructions
2. Coaches…make sure your athletes have the correct length of spikes in the shoe, we will do random checks
3. Coaches…make sure your athletes have a NFHS 5.4.3 relay baton, we will do random checks
4. Take off boards: Girls LJ = 8' TJ = 24' Boys LJ = 12' TJ = 32'
    a. Note: Games Committee can determine board placement and High School athletes can use multiple boards
5. Class A and B Girls 100m Hurdles and Boys 110m Hurdles - if 16 or fewer runners = Finals only
6. 200m dash can be switched to run with the wind (Note: only if the event is properly marked by a professional striper, along with a track marking ledger and with **PERMANENT** markings/paint for start and finish…tape is not permissible)
    a. Note: 200m dash CAN BE reversed at the State Meet
7. **Utilize 50-meter distance for a recall start.** A 30-meter exchange zone for the 4 X 100 Relay, 4 X 200 Relay, and 1st two legs of the Medley Relay (200 to 200, 200 to 400 only)
8. Classes AA, A, and B will utilize Athletic.Net for the Top 24 performances throughout the track and field season at all SDHSAA sanctioned meets.
9. Shot-Discus-Javelin must be set up, so all spectators are behind the cage. Javelin construction specs incorporated in rule book
10. Meet Referee or Head Field Judge can change direction of PV and HJ pits if he or she can come up with a fair height to do so, however, it must be established that this decision is fair to competitors and best for safety and the competition of the event
11. Meet Referee or Head Field Judge can change runway direction of LJ and TJ from prelims to finials; however, it must be established that this decision is fair to competitors and best for safety and the competition of the event
12. Shot-Discus-Javelin-PV, a competitor can weigh-in/get approved implements/poles once the competition has started, however, must be approved by a certified official before competition
13. Medal/Score how many today _____ Take 1 more athlete to finials in field events than scoring/placing/medaling
14. LJ-TJ-Shot-Discus-Javelin: How many to finals _____ How many jumps/throws… 4 total or 3 in prelims and 3 in finials
15. Starting Heights:
    a. Girls: HJ _____ PV_____
    b. Boys: HJ_____ PV_____

Boys Shot Put	5.443 kg	12 lbs.		
Girls Shot Put	4.0 kg	8.818 lbs.		
Boys Discus	1.6 kg	3.527 lbs.		
Girls Discus	1.0 kg	2.205 lbs.		
Boys Javelin	800g. 1.764lbs.	Min. Length 260cm/8' 6 3/8"	Max. 270cm/8' 10 5/16"	Tip – 3.03 in.
Girls Javelin	600g. 1.323lbs.	Min. Length 220cm/7' 2 5/8"	Max. 230cm/7' 6 9/16"	Tip – 1.378 in.

Rule 6-8-7 and 6-8-18 (warm-ups) New time limit for a consecutive attempt applies within a height change and warm ups after a 60 minute elapsed time in PV/HJ – 1.5 minutes in HJ and 2.0 minutes in PV, each, do not group time
Rule 6-2-2f = Meet Referee/Field Referee – reminder to train your event judges of the15 second warning when try is about to expire
Rule 6-3-2 Notes = In PV and HJ…the jump off will begin at the next height in the progression after the tying height
High Jump = Rule 6-9-22= crossbar/standards placement minimum of 4". A competitor who has passed 3 consecutive heights and has not attempted a jump should be permitted one warm up jump without the crossbar or bungee in place but shall attempt a jump at that height. Such a warm-up must be taken at a height change.
Pole Vault = a competitor who has passed 3 consecutive heights and has not attempted a jump should be permitted two minutes of warm up jumps per the number of competitors entering at that height without the crossbar of bungee in place. The competitor(s) shall make at least one attempt at that height. Such warm-up must be taken at a height change.

Update by Tim Casper on 2-1-26

Important notes to add:

1. B-dazzled spikes are legal
2. Fly-By handoffs are legal
3. 3/16" pyramid spikes only on track/runways/apron 3/8" Jav.
4. Are your batons legal
5. Outgoing runner must be ***IN*** the 20/30-meter exchange zone
    a. athlete must know this…..

2025 and 2026 Rule Changes to note:

A. 50-meter mark for an unfair start
B. 15 second warning for all field events (verbal-flag-timer)
C. Mark HJ standards and mat at least 4" from crossbar
D. 60 Minute rule
E. Athlete cannot wear any video/recording device
F. Games Committee can determine takeoff board placement
G. Time limit for consecutive attempts applies at ht. change

Coaches Adds:

1. Use your phone for HW/SDHSAA-coaches info-handbook-Casper's clarification's – do your homework
2. All field events may be measured by tape or lasered
3. Athletes must check in with event judge – 20 minutes to return, after the clock expires, bar goes up or foul try
4. Wrong # is DQ at HW or minus 1 point at SDHSAA state meet
5. Remind your relay runners to never pick up another team's baton
6. Unsporting conduct is DQ…taunting, disrespect, etc., or even throwing a baton – Unacceptable Conduct is DQ from event
7. 800-meters or greater runner must step back from start line – 2 to 3 steps
8. Batons and starting blocks provided – much use them – do not bring your own to the starting line
9. Javelins must have a rubber tip and new construction specs in rule book
10. Have your athlete refrain for using their phone/head phones/ear buds in the completion area/at the start/while instructions are given/when an adult is talking to them or to the group

Official Adds:

- 20 minutes max to be excused from a field event – after clock expires, bar goes up or foul try
- Know your workers list and make sure all are there, if not, contact Meet Referee/Casey/Randy
- Make sure your event sheets are correct and communicate all with your event judge
- Umpires – in charge of all track surroundings and goings-on… make sure all hurdles are on the correct colors and height
    - Help as needed each day – specifically the Pole Vault
- Umpires – should have a few DQ cards, however Meet Referee/Tim/Mark will fill them out and I will sign them if we actually have a DQ
- Do not over officiate
- Be nice/polite to everyone…. everyone, especially our athletes
- You complete and do your specific job so someone else does not have to do it for you
- Listen and learn…work together…don't be a know-it-all
- Follow Seasonal/Howard Wood Games Committee rules/regulations and SDHSAA Games Committee rules/regulations
- Have fun and be Professional…Look Good-Feel Good-Play Good

Other Specific Meet Notes May be Added Here: