

# Track and Field Rules and Procedures

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- [Track and Field](#)

(2011-2012)

## GENERAL INFORMATION:

A. Track and Field is a team championship event for boys and girls that is based on region competition in all classifications. Beginning and ending dates for practice and competition can be found at the front of this publication.

B. All GHSA Track meets will be run in accordance with the rules published in the National Federation Track and Field and Cross Country Rule Book with any exceptions and/or adoptions noted in this section.

C. Track meet requirements:

1. There will be no interscholastic practices or exhibition meets in Track.
2. The maximum number of meets for Track is ten (10), excluding Region and State Meets.
3. Track teams may compete in one (1) indoor meet, and this meet will not count as a part of the ten (10) meets allowed provided the meet is after the date for practice to begin and prior to the date to begin regular competition.
4. It is permissible for coaches to use "split squads" during the regular season. However, the use of split squads will count as two (2) of that school's maximum allowed competitions.
5. In accordance with By-Law 2.66, only one night before a school day may be used with a meet starting at 6:00 p.m. or later.

D. Any meet involving eight (8) or more schools must be approved by the GHSA Executive Director in accordance with the process described in By-Law 2.64.

E. A contestant in Track and Field may enter a maximum of **both relays, and any one (1) of the combinations listed below**. Competitors not on one or both relay teams are still restricted to one of the following combinations:

1. three (3) field events
2. two (2) field events and one (1) running event
3. one (1) field event and two (2) running events
4. relay teams for a school may be composed of any eligible student from that school, but after qualifying in the Region meet, there may be no change in the contestants of that team.

F. The following regulations apply to the Pole Vault event:

1. All GHSA schools competing in the pole vault event must meet the minimum NFHS regulations on the vaulting area, the plant box, the vaulting standards, the crossbar and the landing pads. Schools not able to meet these regulations are not allowed to practice or compete in the pole vault event.
2. A listing of approved schools has been established for the pole vault. Annually, those schools making changes in their pole vault equipment and/or facilities **MUST** report the changes to the GHSA office.
3. In compliance with National Federation (NFHS) rules, coaches must verify that all vaulters and poles meet event requirements. A "Pole Vault Verification Form" (found on the GHSA web site) is to be submitted before each competition.

G. All competitors shall have legal uniforms. The uniform must consist of a track top and track bottom or a speedsuit purchased by the school, inventoried by the school and issued by the school. In relay races, each team member shall wear the same color and design of school uniform. Any visible shirt worn under the track jersey, and other visible apparel worn under the shorts, must be unadorned and of a single (same) color. Uniforms must be exactly the same per event. (EXAMPLE: team members throwing the discus must have the exact same uniform. Relay team members must have on the exact same uniform. But the discus and relay uniforms may be slightly different from each other.)

H. Athletes may not compete while wearing:

1. Jewelry.
2. Hair beads of any type.
3. Sunglasses.

I. Electronic devices, including but not limited to disc players, tape players, cell phones, pagers, walkie talkies, are not permitted on the infield or in any of the competition areas.

J. In both the **Region** and **State** meets, eight (8) places shall be scored, with point totals counting as follows:

First Place = 10 points

Second Place = 8 points

Third place = 6 points

Fourth Place = 5 points

Fifth Place = 4 points

Sixth Place = 3 points

Seventh Place = 2 points

Eighth Place = 1 point

NOTE: When there is a tie, the points will be divided equally among the contestants who are tied.

**REGION COMPETITION:**

A. Notification of intent to enter the boys and/or girls Region Track Meet must be filed in writing with the Region Secretary. The list of entries must be filed with the Region Secretary no later than ten (10) days prior to the Region Meet. Coaches may alter the list of entries until the "Scratch Meeting" that precedes the Region Meet.

B. The time schedule for the Region Meet shall be given to each competing school prior to the start of the Meet.

1. The Schedule for Boys Track (16 events) is in the following order:

400m Relay	3200m Run
1600m Run	1600m Relay
400m Dash	Shot Put (12 lb./5.443 kg.)
100m Dash	High Jump
110m High Hurdles (39")	Long Jump
800m Run	Pole Vault
200m Dash	Discus (3.53 lb./1.6 kg.)
300m Intermediate Hurdles (36")	Triple Jump

2. The Schedule for Girls Track (16 events) is in the following order:

400m Relay	300m Low Hurdles (30")
1600m Run	3200m Run
400m Dash	1600m Relay
100m Dash	Shot Put (8.81 lb./4.0 kg.)
100m Intermediate Hurdles (33")	Triple Jump
800m Run	High Jump
Discus (2.20 lb./1 kg.)	Long Jump
200 m Dash	Pole Vault

3. Each school may have two (2) entries in each event.

4. Relay teams should list four (4) runners and two (2) alternates.

(a) No replacements may be made after the "Scratch Meeting" preceding competition.

(b) Any four (4) of the six (6) listed may run in the event, but after qualifying trials in a Region Meet have been run, there may be no changes in the contestants on a team.

(c) Schools with two (2) qualifying teams in the same relay may not list competitors on one team as alternates on the other team, nor may the same alternates be listed for both teams.

5. In Shot Put, Discus, Long Jump, and Triple Jump, the giving of qualifying and final trials is optional.

NOTE: The Region Games Committee may institute a process in which each contestant has three (3) attempts and only the best attempt counts.

6. *It is recommended that all Regions conduct the boys and girls competitions on the same dates in order to comply with the GHSA deadline for completion of Region track competitions.*

C. When there is a tie in any event involving more contestants than the Region is entitled to enter in the State Meet, the contest must continue or be reheld until the representatives to the State Meet are determined, and no points be given for the continued or reheld contest.

D. The 4 x 800 meter relay may be run as a "demonstration event" at the region track meets. Participation is voluntary, but all event limitations for athletes will be unchanged.

#### **SECTIONAL COMPETITION:**

##### *A. Basic Information*

1. *The top four (4) finishers in each event from each region will advance to a Sectional Meet.*

2. *Boys and Girls Sectionals in each classification will take place on the same date at the same site (see schedule of Sectionals).*

3. *For Running Events, there will be qualifying heats only - no running finals will be held.*

*(a) There will be two heats in each event. The top two (2) finishers in each heat and the next four (4) fastest times from either heat will advance to the State Final.*

*(b) For the 1,600 Meter and 3,200 Meter Runs, there will be no qualifying heats. The top eight (8) finishers in each race will advance to the State Final.*

4. *For Field Events, finals will be held in all events with the top eight (8) finishers advancing to the State Final.*

*B. Sectionals will be conducted one (1) week prior to the earliest State Final. In 2012, the Girls State Final will be held*

*on May 3-5, while the Boys State Final will be held on May 10-12.*

*C. For the Sectionals, all replacements must be made by the **Region Secretary ONLY** and reported to the GHSA Office no later than 12:00 noon three (3) days prior to the beginning of the Sectional Meet. That date will be April 25, 2012.*

*D. Sectional Sites:*

*AAAAA West (Regions 2, 4, 5, 6) - McEachern*

*AAAAA East (Regions 1, 3, 7, 8) - Tift County*

*AAAA West (Regions 1, 3, 5, 7) - Starr's Mill*

*AAAA East (Regions 2, 4, 6, 8) - Greenbrier*

*AAA West (Regions 4, 5, 6, 7) - Carrollton*

*AAA East (Regions 1, 2, 3, 8) - Howard / Thompson Stadium*

*AA West (Regions 1, 5, 6, 7) - Greater Atlanta Christian*

*AA East (Regions 2, 3, 4, 8) - Lamar County*

*A West (Regions 1, 4, 5, 6) - Landmark Christian*

*A East (Regions 2, 3, 7, 8) - University of Georgia (Athens Christian host)*

**STATE FINAL:**

A. The State Final will be scheduled as announced prior to the event.

1. If weather conditions alter the schedule, night sessions may be held or the schedule may be condensed to a one-day meet (events may be run morning and/or evening).
2. Preliminaries may be eliminated and finals held in any of the events provided that notice is given prior to the beginning of the meet.
3. In each preliminary running event (semi-finals) in each classification, there will be two (2) heats with the first four (4) finishers in each heat qualifying for the finals.

B. The top finishers as described from each Sectional Meet will qualify for the State Final in all classifications.

1. When a qualifier can not compete in the State Final, the next competitor in the order of finish will be selected as a replacement.
2. All replacements for the State Final must be made by the **SECTIONAL TRACK MEET DIRECTOR ONLY** and reported to the GHSA Office no later than 12:00 noon two (2) days prior to the beginning of the State Final.

Girls: Tuesday, May 1, 2012 Boys: Tuesday, May 8, 2012

3. All entries for the State Final will be posted on the GHSA web site ([www.ghsa.net](http://www.ghsa.net)) for verification. Schools will **not** receive paper copies of their qualified athletes. It is the responsibility of **EACH COACH** to review the school's entries on the web site and immediately notify the Sectional Meet Director if corrections need to be made.
4. A contestant disqualified in a Region or Sectional Meet may not participate in the State Final in the event in which he was disqualified.

5. Relay teams should list four (4) runners and two (2) alternates.

(a) No replacements may be made of the runners and alternates qualifying at the Region Meet.

(b) Any four (4) of the six (6) listed may run in the event.

(c) Schools with two qualifying teams in the same relay may not list competitors on one team as alternates on the other team, nor may the same alternates be listed for both teams.

C. Each contestant is requested to bring his/her own shot and discus.

1. Any contestant may use any shot or discus after it has been checked for weight and legality at the field.

2. Rings for the shot and discus are concrete; therefore, rubber soled shoes must be worn.

3. The National Federation Track and Field Rule Book will be strictly enforced in regard to the time between jumps and throws.

D. At the State Finals (boys and girls), 34.92-degree throwing sectors will be used (Discus: Rule 6-4-5; Shot Put: Rule 6-5). Schools, Region hosts and Sectionals hosts shall have the 34.92-degree sectors in place for the Region and Sectionals meets.

E. The tracks and runways that are used for both State Finals are all-weather tracks.

1. Spikes on track shoes must not exceed the specified length(s) at each State Meet:

Girls at Albany: 1/8" Boys at Jefferson: 1/4"

NOTE: Shoes will be inspected before contestants are allowed on the track.

2. Spikes that have been cut off by individuals must be filed to a sharp point. Blunt spikes will not be allowed.

3. Replacement spikes will be sold at each state meet site.

4. Only the starting blocks furnished at the track may be used in the State Meets.

F. Admission prices for the State Meets are \$7.00

#### **WHEELCHAIR TRACK AND FIELD:**

1. All high school students with a permanent, physical disability may be eligible to participate on their school's track and field team. These students will have the opportunity to compete in the 200 and 800 meter wheelchair races and the shot put. There will be two (2) divisions of competition in the shot put based upon the disability.

2. Students who participate must meet all GHSA eligibility requirements.

3. *All athletes qualified for the Wheelchair competition must compete in either a standard wheelchair, a throwing chair or a specially designed racing chair.*

4. Students will be members of the school's track and field team and will compete at all the school's meets (regardless of the number of wheelchair competitors). The athletes must compete in their school's team uniform. The top eight (8) qualifiers over the entire track season in each event will advance to compete at the State Track Meet.
  5. Wheelchair racers must use a racing wheelchair, gloves and a bicycle helmet that meets ANSI standards.
  6. In the shot put, boys Class 1 will use an 8.81lb./4.0 kg. shot while boys Class 2 will use a 6 lb. shot. Girls in Classes 1 and 2 will use a 6 lb. shot.
  7. Coaches must complete a required training course conducted by AAASP.
  8. All times and distances are to be reported to [results@aaasp.org](mailto:results@aaasp.org)
  9. For more information, contact AAASP at 404-294-0070 or see the AAASP web site [www.adaptedsports.org](http://www.adaptedsports.org).
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### **GIRLS STATE MEET - ALL CLASSES**

**Albany, Georgia - May 3, 4, 5, 2012**

#### **INFORMATION:**

1. Notice to all Track coaches:
  - (a) Contestants and coaches will enter and exit through the Pass Gate located at the West end of the stadium.
  - (b) Coaches should pick up their information packets at the Information Booth located near the Pass Gate. NOTE: Coaches **must** show their GHSA Coaches Pass in order to receive their information packet.
  - (c) An area will be designated for bus parking.
  - (d) Dressing areas are available at the site.
  - (e) If needed, a security room will be made available to store valuables in a team bag with the school's name visible.
  - (f) Schools must comply with all GHSA/NFHS rules regarding the uniforms of all competitors.
  - (g) All teams are requested to bring a school banner or poster to display during the Opening Ceremonies in the "Parade of Athletes." All contestants are invited and encouraged to participate in the parade.
2. For all events, the schedule and order of events listed in this section will be used.
  - (a) In any running event in which qualifying heats are scheduled and there are eight or fewer entries, qualifying will be eliminated and all entries will qualify for the finals.

(b) If any change in schedule becomes necessary due to weather conditions, the GHSA regulations will be followed.

(c) Times posted for events are approximate and relative to factors influencing the conduct of the meet. Coaches **must** plan accordingly in order to avoid conflicts.

3. Medals will be awarded for first and second places in each event, and trophies will be awarded to the schools that finish first and second in each classification.

4. EMS personnel will be available at the stadium to transport injured athletes if necessary.

#### **SCHEDULE:**

##### **SESSION I - Thursday, May 3**

Qualifying Heats for Running Events - A, AA, AAA Classifications

Finals for 1600 Meter Run - AAAA and AAAAA Classifications

Finals for 3200 Meter Run - A, AA and AAA Classifications

The order of running in each event will be: A, AA, AAA

4:00 pm 400 Meter Relays

4:30 pm 400 Meter Dash

5:00 pm 100 Meter Dash

5:30 pm 100 Meter Intermediate Hurdles

6:05 pm 800 Meter Run

6:40 pm 200 Meter Dash

7:10 pm 300 Meter Low Hurdles

7:30 pm 1600 Meter Run Finals (Class AAAA, AAAAA)

7:50 pm 3200 Meter Run Finals (Class A, AA, AAA)

8:35 pm 1600 Meter Relay

##### **SESSION II - Friday, May 4**

Qualifying and Finals for all Field Events - All Classifications

9:00 am Shot Put AAAAA, Triple Jump A, Long Jump AAA, Discus AAA, Pole Vault A

10:30 am Shot Put AAAA, Triple Jump AA, Long Jump AAAA, Discus AA, High Jump - Pit 1 - AAA, Pit 2 - A,

Pole Vault AA

12:00 pm Shot Put AA, Triple Jump AAAA, Long Jump AA, Discus AAAA, High Jump-Pit 1 - AAAAA, Pit 2 - AA,

Pole Vault AAA

1:30 pm Shot Put AAA, Triple Jump AAAAA, Long Jump A, Discus A, High Jump-Pit 1 - AAAAA,

Pole Vault AAAAA

3:30 pm Shot Put A, Triple Jump AAA, Long Jump AAAAA, Discus AAAAA, Pole Vault AAAAA

5:00 pm Wheelchair Shot Put

Mandatory Pole Vault starting height: A, AA - 7'6" AAA, AAAAA, AAAAA - 8'0"

Mandatory High Jump starting height: A, AA - 4'6" AAA, AAAAA, AAAAA - 4'8"

### **SESSION III - Friday, May 4**

Qualifying Heats for Running Events - AAAAA and AAAAA Classifications

Finals for 1600 Meter Run - A, AA and AAA Classifications

Finals for 3200 Meter Run - AAAAA and AAAAA Classifications

The order of running in each event will be: AAAAA and AAAAA

5:30 pm 400 Meter Relays

5:50 pm 400 Meter Dash

6:10 pm 100 Meter Dash

6:20 pm 100 Meter Intermediate Hurdles

6:40 pm 800 Meter Run

7:00 pm 200 Meter Dash

7:20 pm 300 Meter Low Hurdles

7:45 pm 1600 Meter Run Finals (Class A, AA and AAA)

8:15 pm 3200 Meter Run Finals (Class AAAAA and AAAAA)

8:45 pm 1600 Meter Relay

### **SESSION IV (Finals) - Saturday, May 5**

The order of running in each event will be: A, AA, AAA, AAAAA, AAAAA

12:15 pm Opening Ceremonies

1:00 pm 400 Meter Relay

1:25 pm 400 Meter Dash

1:45 pm 100 Meter Dash

2:10 pm 100 Meter Intermediate Hurdles

2:35 pm Wheelchair 800 Meter Race  
2:45 pm 800 Meter Run  
3:05 pm 200 Meter Dash  
3:30 pm Wheelchair 200 Meter Race  
3:40 pm 300 Meter Low Hurdles  
4:10 pm 1600 Meter Relay  
5:00 pm Presentation of Trophies

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**BOYS STATE MEET - ALL CLASSES**  
**Jefferson, Georgia - May 10, 11, 12, 2012**

**INFORMATION:**

1. Coaches should pick up their information packets and programs at the Information Desk which is located at the back of the Press Box after 9:00 a.m. on May 10, 2012.
2. For all events, the schedule and order of events as given in this section will be used. Times posted for events are approximate and relative to factors influencing the conduct of the meet. Coaches **must** plan accordingly in order to avoid conflicts.
3. Field events for all classifications will be completed at the first session. Contestants should allow ample time to have their shots and discus weighed at the field.

**SCHEDULE:**

**SESSION I - Thursday, May 10** - All Field Events and 1600 Meter Run Finals

12:00 noon Pole Vault (AAAAA) - Red Pit  
Pole Vault (AAAA) - Blue Pit  
High Jump (AAA) - Red Pit  
High Jump (AA) - Blue Pit  
Shot Put (AAAAA) - Red Circle  
Shot Put (AAAA) - Blue Circle  
Discus (AAA) - Red Circle  
Discus (AA) - Blue Circle  
Long Jump (AA) - Pit #2 (middle)  
Long Jump (A) - Pit #3 (blue)  
Triple Jump (AAA) - Pit #1 (inside)

2:00 pm Shot Put (AAA) - Red Circle

Shot Put (AA) - Blue Circle

Discus (AAAAA) - Red Circle

Discus (A) - Blue Circle

Long Jump (AAAA) - Pit #3 (blue)

Triple Jump (AAAAA) - Pit #1 (inside)

Triple Jump (A) - Pit #2 (middle)

2:30 pm Pole Vault (AA) - Blue Pit

Pole Vault (A) - Red Pit

High Jump (AAAAA) - Red Pit

High Jump (AAAA) - Blue Pit

4:00 pm Shot Put (A) - Red Circle

Discus (AAAA) - Blue Circle

Long Jump (AAA) - Pit #3 (blue)

Triple Jump (AA) - Pit #1 (inside)

Triple Jump (AAAA) - Pit #2 (middle)

Shot Put Wheelchair- Blue Circle

5:00 pm Pole Vault (AAA) - Red Pit

High Jump (A) - Red Pit

6:00 pm Long Jump (AAAAA) - Pit #3 (blue)

7:30 pm 1600 Meter Run FINALS - All Classes -

Running Order: A, AA, AAA, AAAA, AAAAA

### **SESSION II - Friday, May 11**

Qualifying Heats for Running Events - All Classifications

The order of running in each event will be: A, AA, AAA, AAAA, AAAAA

12:00 noon 400 Meter Relay

12:55 pm 400 Meter Dash

1:45 pm 100 Meter Dash

2:35 pm 110 Meter High Hurdles

3:25 pm 800 Meter Run

4:30 pm 200 Meter Dash

5:20 pm 300 Meter Intermediate Hurdles

6:25 pm 3200 Meter Run - FINALS

7:40 pm 1600 Meter Relay

**SESSION III - Saturday, May 12**

Finals for Running Events - All Classifications

The order of running in each event will be: A, AA, AAA, AAAA, AAAAA

12:00 pm Opening Ceremonies

12:50 pm 400 Meter Relay

1:20 pm 400 Meter Dash

1:50 pm 100 Meter Dash

2:25 pm 110 Meter High Hurdles

3:00 pm Wheelchair 800 Meter Race

3:10 pm 800 Meter Run

3:45 pm 200 Meter Dash

4:05 pm Wheelchair 200 Meter Race

4:15 pm 300 Meter Intermediate Hurdles

4:55 pm 1600 Meter Relay

5:40 pm Presentation of Trophies