

2022 MSHSAA TRACK AND FIELD RULES MEETING ANNOUNCEMENTS

- 2022 TRACK AND FIELD PRE-MEET NOTES** – Print this document off of the NFHS website in order to get explanations of the 2022 rule changes and points of emphasis. Please go to www.nfhs.org; Athletic and Fine Arts Activities; Track & Field/Cross Country; NFHS Track and Field Pre-Meet Notes 2022.
- RECRUITMENT OF OFFICIALS** - We need your help in recruiting new officials and providing them with opportunities to work so they can improve their skills. A brochure to help recruit new officials has been developed by the MSHSAA staff and sent to the athletic administrators of all member senior high schools to be distributed to interested graduating seniors. Student-athletes should be encouraged to become officials.
- INTERPRETERS** - Are available to coaches and officials for track and field rule interpretations. Don Harris (SE), Emry Dilday (SW), Ron Whittaker (NE), Matt Symonds (NW), Dean Hays (KC) & Jim Thomson (STL). Please contact your local rule interpreter before calling the MSHSAA office. If further clarification is needed, the interpreters shall contact the MSHSAA Office.
- RULES MEETINGS REQUIREMENT - ALL Officials** must complete the online rules meeting (available at www.mshsaa.org from February 21 through March 11, 2022). The rules meetings for officials are found by logging into your MSHSAA account and selecting "Online Rules Reviews" under Registration Items. **An official not completing this requirement will be placed on probation and will not be permitted to work postseason contests in track and field this school year.**
- MSHSAA OFFICIALS MANUAL** - Officials are reminded to study the 2021-22 Officials Manual located at www.mshsaa.org under the officials tab **and be familiar with pages 7 and 8.** It contains information you will need to be familiar with such as registration procedures, minimum renewal standards, instructions for game protests, etc. **Please note that the renewal deadline for fall officials is July 1 of each year; spring officials is January 1.** Official's registration is available online at the MSHSAA website (www.mshsaa.org).
- SPECIAL REPORT FORMS** - Are on the MSHSAA Website. They are to be used to report matters such as officiating procedures, game administration, unsportsmanlike conduct, etc., that need immediate attention. The report may be a complimentary report as well as one to call attention to problems. Officials SHALL penalize and file a special report for all unsportsmanlike conduct. Unsportsmanlike special reports must be filed for all levels of play (junior high, freshman, sophomore, junior varsity and varsity). Under Board of Directors policy, action will be taken against officials who fail to file a report of unsportsmanlike conduct. When unsportsmanlike conduct or misconduct occurs, the school shall forthwith take appropriate action to correct or resolve the matter. Both schools and officials are strongly encouraged to take the time to submit positive reports on outstanding officiating, game administration and good sportsmanship. Note: **All** special reports will be filled out by logging onto the MSHSAA Website (www.mshsaa.org) and filling out the appropriate special report form.
- COACHES' AND OFFICIALS' RESPONSIBILITIES** – Coaches and officials are expected to be professional and business-like toward each other. This type of behavior is to prevail at all times, especially during and after the match. Regardless of the outcome of the match, there is no justification for coaches to ridicule officials. Host schools are to provide security for officials to ensure their safety and well-being. There is to be no admittance to officials' dressing rooms before, during, or after matches unless designated by school authorities. Mutual respect and courtesy shown by both coaches and officials are the keys to providing the proper example and environment for our athletes, students, and fans. If a school is dissatisfied with the work of some official(s), do not hassle them -- simply do not rehire them.
- OFFICIALS** - The required uniform for MSHSAA registered track and field officials includes an all-white officiating shirt (with white or clear buttons and the MSHSAA emblem attached on the left sleeve one inch below the shoulder seam) and black/khaki slacks or black/khaki shorts (all officials at a contest must wear the same color of slacks or shorts). The white shirt may be ordered from "Get Official" online (www.GetOfficial.com) or by calling 877-438-4242 or 816-880-5390 and asking for item #16MO-Official Missouri Shirt. The required shirt is described as the following: Missouri Multisport Official Shirt (#16MO). Short sleeve, golf-style. Color: white with state logo. Sizes: Unisex SM-XXL (size 3X available via special order). Please call for current pricing information. Officials should only wear their MSHSAA patch/emblem when officiating MSHSAA contests.
- 2022 TRACK AND FIELD STATE SERIES**

	<u>Classes 1 & 2</u>	<u>Classes 3 – 5</u>
Districts	May 7	May 14
Sectionals	May 14	May 21
State	May 20 – 21	May 27 – 28
- NINTH GRADE BOYS AND GIRLS TRACK MEETS** – **Ninth graders are no longer permitted to run in events with seventh or eighth graders.** Ninth grade boys and girls track meets will follow the same order of events as high school. All heights and sizes of equipment of high school shall be used.

11. **7th AND 8th GRADE TRACK AND FIELD MEET ORDER OF EVENTS:**

- a. To provide consistency in junior high/middle school track and field meet competitions (7th and 8th grade) the following order of events has been approved.
- b. 7th and 8th graders can participate in a maximum of four (4) events per meet, of which no more than three (3) events can be running events.
- c. The 4x800 relay is an optional event for 7th and 8th grade meets.

JUNIOR HIGH BOYS EVENTS		JUNIOR HIGH GIRLS EVENTS	
1.	100 meter high hurdles (33"/HS girls spacing)	1.	100 meter low hurdles
2.	100 meter dash	2.	100 meter dash
3.	4x200 meter relay	3.	4x200 meter relay
4.	1600 meter run	4.	1600 meter run
5.	4x100 meter relay	5.	4x100 meter relay
6.	400 meter dash	6.	400 meter dash
7.	800 meter run	7.	800 meter run
8.	200 meter dash	8.	200 meter dash
9.	4x400 meter relay	9.	4x400 meter relay
	High Jump		High Jump
	Long Jump		Long Jump
	Shot Put (4.0 kg)		Shot Put (6 lbs.)
	Discus (1 kg)		Discus (1 kg)
	Triple Jump		Triple Jump
	Pole Vault		Pole Vault

- 12. **SANCTIONING:** For any meet outside of Missouri, any meet including out-of-state teams, and any meet with a 3rd-party sponsor; see By-Law 3.18 of the MSHSAA Handbook.

MISSOURI POINTS OF SPECIAL EMPHASIS and REMINDERS

- 1. **Protests/Appeals:** A coach first protests in writing to the referee. After the referee has rendered a decision and the coach still feels that the terms and conditions of competition or the application of the rules have been misapplied or misinterpreted, a written appeal shall be made to the Jury of Appeals (NFHS Rule 3-5-2). By MSHSAA Board Policy, all protests are to be resolved at the contest and the MSHSAA Board/Staff shall not review protests.
- 2. A race shall be recalled in the first 100 meters when a competitor falls due to contact with another competitor in the following situations:
 - a. The race is not started in lanes (waterfall start) or;
 - b. Two or more competitors are assigned to a single lane (NFHS Rule 5-7-6).
- 3. If the facility layout permits, the MSHSAA State Track and Field Meet procedure for starting the 400 m. dash, 4 x100, 4 x 200, and 4 x 400 m. relays shall be as described below (Note: All of these events use a two, three, or four-turn staggered start).
 - a. The starter shall take a position on the inside of the track at the point where the two equal sides of a 90 degree isosceles triangle intersect. The two equal sides of this triangle shall intersect the starting line of Lane 1 and Lane 8.
 - b. Two assistant starters shall position themselves in front of the starter on the track surface. The first assistant will look down the track at runners in Lanes 1 through 4. The second assistant will look up the track at the runners in Lanes 5 through 8. These assistants shall follow the mechanic of communicating with the starter. This procedure informs the starter that all runners have come to the motionless position. The starter shall rely on these assistants to let him/her know when all are in the set position, prior to firing the gun.
- 4. The jump-off tie-breaking procedure if less than four competitors clear the opening height in the high jump or pole vault, **has been eliminated in Missouri.**
- 5. **Competitors are not required to wait until the 3rd call to leave a field event to report to a running event.** The requirement for a competitor to remain at the field event until the 3rd call is unfair to the competitor that needs to be at the running event to warm up over the hurdles, set block, change shoes. check in with the bull, pen, and others.
- 6. During the regular season, schools may add adaptive events. These events would follow in order of the regular season events, i.e., 100 meter dash then 100 meter dash adaptive. Any other events (such as shuttle relay, decathlon, etc.) that are added to the meet should be provided to the MSHSAA Office for recordkeeping purposes only.
- 7. A reminder to Rule 4-1 – competitor’s Uniform: The competitor’s uniform shall be issued by the school, or approved by the school, worn as intended by manufacturer, and meet the following requirements and restrictions, as listed in the manual.
- 8. Double Waterfall Start – See Section 5, Subsection District Meet E.11.e of the Track & Field Manual
- 9. Procedure for FAT Malfunction – See Section 5, Subsection District Meet E.11.f of the Track & Field Manual

2022 NFHS Updates

NFHS Rules Changes:

1. 4-3-1b5: Clarifies that garments with logos completely around the waistband on uniform bottoms are legal.
2. 4-3-1b 8 (NEW): Clarifies that religious headwear is not considered a hair device.
3. 5-3-3: Clarifies when each exchange zone is to be used.
4. 6-2-7 (NEW): Clarifies that running in a direction other than how the event is conducted is prohibited in warm-ups with the exception of the high jump.
5. 6-9-9: Clarifies that an athlete is not penalized for a hat or sunglasses falling in the pit after they have made their mark.
6. 8-1-1a (NEW NOTE): Clarifies cross country course markings.
7. 9-3-2 b, c (NEW): Clarifies when measurements for record attempts for vertical jumps need to be taken.

NFHS Editorial Changes:

1. 2-2-4
2. 3-2-3h
3. Rule 6
4. 6-5-1 Note
5. 6-9-1 Note (NEW) 2022

NFHS Points of Emphasis:

1. Exchange Zones
2. Use of Electronic Devices
3. Adapted Athletes