

2010 NFHS TRACK RULES

(Information found in the 2010 NFHS Track and Field and Cross Country Rules Book)

NOTE: For 2009, the MHSAA Executive Board has approved the athletic committee's recommendation to allow watches to be worn by competitors at the State Track and Field Meets. The participant may wear only one watch during the competition – it must be unadorned and worn only on the wrist.

No headwear, except headbands, will be allowed unless inclement weather is encountered or in special circumstances, such as health conditions or religious considerations. A headband is any item that goes around the head (including elastic strips/bands, pre-wrap, moisture-absorbing terry cloth etc.) If worn, only one headband is permitted. Headbands may be a maximum of 2 inches wide and must be a single, solid color and be moisture-absorbing, non-abrasive and unadorned except for a manufacturer's logo and/or a school logo – (logos must be no more than 2 ¼ square inches with no dimensions more than 2 ¼ inches). The headbands shall have no jewelry attached.

RULE 4 - SECTION 3 – COMPETITOR'S UNIFORM

ART. 1 – Each competitor's uniform shall be issued by the school, worn as intended by the manufacturer, and have the following restrictions:

- a. Each competitor shall wear shoes.
 1. Shoes shall be worn on both feet and shall have an upper and definitely recognizable sole and heel.
 2. The (shoe) upper must be designed so that it can be fastened securely to the foot.
 3. The use of slippers or socks does not meet the requirements of the rule.
- b. Each competitor shall wear a track top or one-piece uniform issued by the school.
 1. When numbers are used, each competitor shall wear his/her assigned, unaltered contestant number.
 2. The top or one-piece uniform may have the school identification and the top may have the competitor's name.
 3. The top shall not be knotted or have a knot-like protrusion.
 4. A single manufacturer's logo/trademark/reference, no more than 2 ¼ square inches with no dimension more than 2 ¼ inches, is permitted on the top or one-piece uniform.
 5. The American flag, not exceeding 2 X 3 inches; and either a commemorative or memorial patch, not to exceed 4 square inches may be worn on the uniform top.
 6. Bare midriff tops are not allowed.
 7. The top must hang below or be tucked into the waistband of the bottom when the competitor is standing erect.

NOTE: Only one American flag and/or commemorative patch may be displayed on the uniform (top or two-piece uniform)

- c. Each competitor shall wear track bottom or one-piece uniform issued by the school.
 1. The bottom or one-piece uniform may have the school identification.
 2. Loose-fitting, boxer-type bottoms or compression-style bottoms are permitted for boys and girls. Closed leg briefs are acceptable for girls.
 3. French or high-cut apparel shall not be worn in lieu of uniform bottom.
 4. The waistband of a competitor's bottom shall be worn above the hips.
 5. A single manufacturer's logo/trademark/reference, no more than 2 ¼ square inches with no dimensions more than 2 ¼ inches, is permitted on the bottom or one-piece uniform.
 6. The American flag, not exceeding 2X3 inches; and either a commemorative or memorial patch, not to exceed 4 square inches, may be worn on the uniform bottom.

- d. Any visible garment(s) worn underneath the uniform top or bottom shall be a single, solid color and unadorned except for:
 - 1. A single school name or insignia no more than 2 ¼ square inches with no dimension more than 2 ¼ inches.
 - 2. A single visible manufacturer's logo as per NFHS rules.

NOTE: If more than one garment is worn under the uniform top or bottom, all must be the same color under the uniform piece.

ART. 2 – Additional restrictions for relay races.

- a. In relay races, each team member shall wear the same color and design of school uniform although the length of the bottom or one-piece uniform may vary.
- b. Any visible garment(s) worn under the top and other visible garment(s) worn under the bottom must be unadorned and of a single (and the same) color. Visible garments worn under both the top and bottom do not have to be the same color. If worn by more than one team member (two or more), that garment(s) must be the same color, but not necessarily the same length.

ART. 3 – Jewelry shall not be worn by contestants.

- a. Medical alert medals are not considered jewelry and must be taped to the body and alert may be visible.
- b. Religious medals are not considered jewelry and must be worn under the uniform and taped to the body.
- c. A watch may be worn around the wrist.

PENALTY: (Arts. 1,2,3) For an illegal uniform or wearing jewelry, the competitor is disqualified from the event.

ART. 4 – Removing any part of the team uniform, excluding shoes, while in the area of competition, as defined by the games committee, is illegal.

PENALTY: This shall lead to a warning and if repeated, to disqualification from the event. If the incident recurs, the athlete will be disqualified from further competition in the meet.

RULE 4 - SECTION 5 – DISQUALIFICATION

ART. 1 – Unsportsmanlike conduct is behavior that is unethical or dishonorable. It includes, but is not limited to, disrespectfully addressing an official, any flagrant behavior, intentional contact, taunting, criticizing or using profanity directed toward someone. This shall apply to all coaches, contestants and other team/school personnel.

PENALTY: Disqualification from that event and further competition in the meet. Disqualification of a coach or other school personnel shall be from further involvement in the meet.

NOTES:

- 1. The NFHS disapproves of any form of taunting that is intended or designed to embarrass, ridicule or demean others under any circumstances including on the basis of race, religion, gender or national origin.
- 2. No coach, contestant or other school personnel shall use any form of tobacco product beginning with arrival at the site of competition until departure from the site following completion of the meet.

ART. 2 – Unacceptable conduct by a competitor includes, but is not limited to, willful failure to follow the directions of a meet official, using profanity that is not directed at someone or any action which could bring discredit to the individual or his/her school.

PENALTY: Disqualification from that event.

ART. 3 – Interference is any action by a competitor that unfairly changes the course or natural running rhythm of a competitor during a race. This may include bumping, tripping or running across the competitor's path.

ART. 4 – If interference occurs in a preliminary heat, the referee may allow the offended competitor or relay team to start in a subsequent heat in the same round of heats if a lane is available, or in the next round of heats, the same as if the offended competitor or relay team had won a place.

ART. 5 – If interference occurs in the final heat or section, the referee may order a new race between all those in the finals, or between those who, in the referee's opinion, are entitled to the privilege.

PENALTY: (Arts. 3, 4, 5) Disqualification from the event.

ART. 6 – If a nonparticipating team member interferes with a competitor during competition, the nonparticipating team member may be disqualified from the meet. The nonparticipant's teammate(s) also may be disqualified from that event.

ART. 7 – A competitor shall not compete while wearing an illegal uniform or using an illegal implement.

ART. 8 – It is an unfair act when a competitor receives any assistance from any other person. Assistance includes:

- a. Interference with another competitor.
- b. Pacing by a teammate not in the race or persons not participating in the event.
- c. Competitors joining or grasping hands with each other during a race.
- d. Competitor using an aid during the race.
- e. Communicating with a competitor through the use of any wireless device.
- f. Coaching a competitor from a restricted area.
- g. A competitor views a videotape or any other visual reproduction of the competitor's performances prior to the completion of the competition.

NOTES:

1. The use of an atomizer during competition containing a prescription drug designed to alleviate the asthmatic condition is not considered to be an illegal aid as long as a physician's statement documenting the need of the athlete to use the prescription is presented to the meet director/referee prior to the beginning of the meet.
2. The use of a watch worn around the wrist is not considered an aid for racing.
3. A coach may verbally instruct a competitor provided the coach is positioned in an unrestricted area.

PENALTY: (Arts. 7, 8) Disqualification from the event.

ART. 9 – A competitor who is apparently unconscious during a meet shall not be permitted to resume participation in that meet without written authorization from a physician. (MD/DO/PAC/NP)

ART. 10 – A competitor who is bleeding, has an open wound, has any amount of blood on his/her uniform, or has blood on his/her person, may complete the running or field event. He/she shall be directed to leave the activity until the bleeding is stopped, the wound is covered, the uniform and/or body is appropriately cleaned, and/or the uniform is changed before returning to competition. (See NFHS Communicable Disease Precautions)