



# **Track & Field**

## **Sport Manual**

*2022-23 Edition*

**Updated 2/27/23**

## 4.14 Track & Field

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### 4.14.1 Regular Season Procedures

#### 4.14.1.1 Rules of Competition

**4.14.1.1.1 Competition Rules.** NFHS Track & Field Rules, as modified by the FHSAA, are the official rules for all track and field meets. The following modifications to those rules have been adopted by the Board of Directors.

**4.14.1.1.1.1 Standard of Measurement.** The Metric System is the standard of measurement in all FHSAA Track & Field meets.

**4.14.1.1.1.2 Headbands.** Headbands worn by competitors shall be unadorned - no beads or tails - nor display any references to non-school teams.

**4.14.1.1.1.3 Inhalants Prohibited.** The use of inhalants (other than prescribed medications and compounds) in competition is strictly prohibited. This includes, but is not limited to, ammonia capsules, ammonia ampules, smelling salts, ammonia inhalant wipes, ammonia liquids, and any other stimulant inhalant. **PENALTY:** A competitor in violation shall be disqualified from further competition in that meet for unsportsmanlike conduct and ejected. The competitor shall forfeit all individual places and points. The meet referee shall submit an AT6 to the FHSAA within 24 hours of the completion of the meet.

**4.14.1.1.1.4 Transporting Javelins.** Javelins must be transported in a case or capped bag (at both ends) at all meets except during the javelin competition to ensure safety of athletes, coaches, and spectators. **PENALTY:** Participating schools in violation shall be disqualified from the javelin event in that meet for unsportsmanlike conduct if the violation is not immediately correctable. The school shall forfeit all individual places and points (boys & girls) in that event. The meet referee shall submit an AT6 to the FHSAA within 24 hours of the completion of the meet.

**4.14.1.1.1.5 Fully Automatic Timing (FAT).** As FAT (Fully Automatic Timing) relates to the FHSAA Rankings and official results for state series entries, advancement, and seeding, FHSAA shall defer to USATF definitions related to timing at meets.

**4.14.1.1.1.6 Official(s) Required.** At least one (1) FHSAA-registered official is required at all regular season meets with seven (7) or more schools competing. Schools shall contract with their local track & field association to secure all officials.

**4.14.1.1.2 Event Regulations.** Events in all track meets will be run as follows.

- (a) Lane assignments in all races will be made according to the spearhead method.
  - On a nine-lane track, the lane assignments will be 5-6, 4-7, 3-8, 2-9, and 1.
  - On an eight-lane track, the lane assignments will be 4-5, 3-6, 2-7, and 1-8.
  - On a six-lane track, the lane assignments will be 3-4, 2-5 and 1-6.
  - When assigning lanes to qualifiers from preliminary heats to finals; the heat winners will be assigned to lanes 5 and 6 on a nine-lane track, lanes 4 and 5 on an eight-lane track, and lanes 3 and 4 on a six-lane track. The remaining contestants will be seeded and assigned lanes by time.
- (b) The 4x400m Relay will be run from a staggered start. The first runner must stay in his/her lane the entire distance with the first exchange being made in the assigned lane. The second runner must remain in the assigned lane through the break line, after which he/she may break for the pole on the back straight-away.
- (c) For running events consisting of preliminaries and finals, the final must be run in one race.
- (d) In the organization and administration of meets, the decisions of the referee or the Jury of Appeals will be final. **The jury of appeals shall not set aside any rule.** There shall be no further protest. The referee must not be included as a member of the Jury of Appeals.
- (e) An athlete who is disqualified from an event due to unsporting conduct shall be disqualified from further competition in the meet as well as a minimum of the next seven days and two meets.
- (f) National Federation Rule 2 shall be followed in scoring all meets.
- (g) Sharing Implements. Implements checked in for use in the competition shall remain the property of the individual and may not be used by the field without the consent of its owner.
- (h) Javelin. Javelins shall be rubber-tipped. The rubber tip shall be a permanent fixture on the javelin. (NFHS Rule 6-8-2 NOTE) **Starting in 2024, the rubber tip shall be optional.**

#### 4.14.1.1.3 Full Season Data Management

- (a) **Online Meet Entry.** All meet entry shall be via DirectAthletics.
- (b) **Reporting Results.** Meet hosts shall report initial meet results to DirectAthletics within 24 hours of the meet's conclusion. CSV files may not be used in results reporting. All files shall be from Hytek or MeetPro.



(c) **Team Administration.**

- (1) **Coach Accounts.** Coaches shall have their accounts set up on DirectAthletics by January 23, 2023. If applicable, accounts carry over from season to season.
- (2) **Rosters.** Rosters must be entered into DirectAthletics by February 8, 2023. All roster names must be identical to those submitted to Home Campus. Rosters shall be maintained throughout the season.
- (3) **Minimum Contest Requirement.** Athletes shall compete in at least five (5) meets during the regular season to be eligible to be entered into the state series (Bylaw 9.10.1 & Policy 10.3.2.3). Eligibility will be verified via DirectAthletics and TFRRS Florida.

#### **4.14.1.2 FHSAA Para-Athlete Division**

##### **4.14.1.2.1 Overview**

- (a) The Para-Athlete Division shall have one classification inclusive of the following divisions:
  - (1) **Wheelchair Division.** A wheelchair athlete is anyone with a permanent physical disability.
  - (2) **Ambulatory Division.** An ambulatory athlete shall have a permanent orthopedic, neuromuscular, or other physical disability. The ambulatory division will include visual impairment, cerebral palsy, dwarfism, amputees, and similar physical disabilities.
- (b) Each division will score points for its class, gender and division only.
- (c) No scores from separate divisions will be combined.
- (d) An athlete cannot compete in multiple divisions.
- (e) Para-Athlete participants shall compete against each other only.

##### **4.14.1.2.2 FHSAA Para-Athlete Division Eligibility**

- (a) All high school students with a permanent physical disability may be eligible to participate on their school's track & field team.
- (b) Each athlete's physical eligibility must be verified by a licensed physician and maintained on permanent file at the school.
- (c) Students who participate must meet all FHSAA eligibility requirements. Students shall be members of the school's track & field team and shall have the opportunity to compete at the school's regular season meets (regardless of the number of Para-Athlete competitors).
- (d) The athletes must compete in their school's team uniform.
- (e) Students must compete in a minimum of five (5) meets to qualify for the Florida High School State Championship Series.

##### **4.14.1.2.3 FHSAA Para-Athlete Division Events**

- (a) Each para-athlete will have the opportunity to compete in the following events by gender:
  - (1) **Wheelchair Division Events:** 100m, 200m, 400m, 800m, Shot Put, and Javelin.
  - (2) **Ambulatory Division Events:** 100m, 200m, 400m, 800m, Shot Put, and Javelin. The ambulatory division shall follow current NFHS Track & Field Rules for all events.
- (b) **Wheelchair Javelin.** The weight of the javelin shall be 600g and meet all NFHS specifications for the 600g javelin. The javelin shall be rubber-tipped. Starting in 2024, the rubber tip shall be optional.
- (c) **Wheelchair Shot Put.** The weight of the shot shall be 4kg and shall meet all NFHS specifications for 4kg shot put.
- (d) **The Throwing Chair.**
  - (1) **Frame.** The height of the frame/seat shall not exceed 75cm, including cushion.
  - (2) **Seat.** The seat shall be square or rectangular only and must be level or incline backwards. Holes may be in the seat to accommodate strapping. Corners may be cut out to accommodate sides or the holding bar.
  - (3) **Footplates.** Footplates are a part of the chair and provide stability for the athlete.
  - (4) **Rests.** The seat may incorporate front, side, and back rests for the purpose of safety and stability. Cushioning may not exceed 5cm thick, shall not contain springs or moveable joints, nor assist in the throw in any way.
  - (5) **Holding Bar.** The frame may have a round or square (not oval nor rectangular) rigid holding bar. It must be a single, straight piece of material without curves or bends. It shall not incorporate springs or moveable joints, nor any feature that could assist with the propulsion of the implement. The holding bar may not bend during the throw (viewed as inflexible to the naked eye).
  - (6) **Implement Inspection.** The throwing chair shall be inspected and impounded by the inspector of implements or other such respective event official. It shall not be removed from the competition area until the close of competition.

- (e) A meet's order of events shall be determined by meet management.
- (f) All para-athlete track and field participants shall be required to compete on the same day of the meet as their classification.

#### **4.14.1.2.4 Scoring**

- (a) Para-Athletes will compete for Wheelchair Division or Ambulatory Division individual and team honors. There shall be only one para-athlete classification.
- (b) Points will be awarded per NFHS Rule 2. If fewer than seven (7) teams compete within a division, no team honors will be awarded in State Series competition.

#### **4.14.1.2.5 Results Submission**

- (a) All regular season results shall be published in the official meet results via the contracted timer/scorer or meet director using DirectAthletics.

#### **4.14.1.2.6 Florida High School State Championship Series Qualifying**

- (a) The Para-Athlete Division shall follow the qualifying procedures established in 4.14.2.
- (b) A student-athlete who declares to compete in the Adaptive Division is expected to compete on successive levels of the Florida High School State Championship Series unless ill, injured, suspended due to disciplinary action, or for any other reason acceptable to the Executive Director.

### **4.14.2 Florida High School State Championship Series Procedures**

#### **4.14.2.1 District Meeting**

##### **4.14.2.1.1 Date.** February 6-10, 2023.

**4.14.2.1.2 Meeting Agenda.** In addition to Administrative Procedure 3.4.2, the following items of business must be addressed at the district meeting:

- Select host school, site and determine time schedule. (Note: An actual host school must be selected at this meeting and may be subsequently changed only with the permission of the Executive Director). Preference will be given to the host site that has a track with a synthetic or rubber surface and has a minimum of 8 lanes.
- Determine a Jury of Appeals

#### **4.14.2.2 Meet Structure and Time Schedules**

##### **4.14.2.2.1 District Meets**

###### **(a) Dates, Time Schedule and Site.**

- (1) **Dates.** April 19-22 & 24-28, 2023.
- (2) **Time Schedule.** Each district will determine the time schedule for its meet at the district meeting.
- (3) **Site.** Each district will determine a site for its meet at the district meeting.
- (4) **Postseason Entries.** Entries must be completed on DirectAthletics by 11:59 PM EST on April 15, 2023.
  - (a) **Late Edits.** Edits to entries may be made for a \$250 fee after the initial entry deadline on April 17, 2023 between 12pm and 6pm EST via DirectAthletics. Fees will be assessed on a per school/gender basis.
  - (b) To be eligible for the state series, a student-athlete must be listed on the Postseason Entries and the Postseason Entries must be submitted by the deadline.

The date and site of each district meet will be posted on FHSAA.com.

##### **4.14.2.2.2 Regional Meets**

- (a) **Complexes.** Competition will be conducted in four regional complexes in each classification.
  - Districts 1 through 4 will comprise the Region 1 complex
  - Districts 5 through 8 the Region 2 complex
  - Districts 9 through 12 the Region 3 complex
  - Districts 13 through 16 the Region 4 complex
  - One meet will be conducted in each regional complex
- (b) **Dates and Time Schedule.**
  - (1) **Dates.** May 3-6, 2023.
  - (2) **Time Schedule.** An event schedule will be provided by FHSAA.
- (c) **Sites.** A listing of regional meet sites is available at FHSAA.com.
- (d) **Invitations to Host.** Preference shall be given to those prospective hosts who have tracks with synthetic or rubber surfaces.
- (e) **Officials.** Region meet officials shall be assigned by the FHSAA.



#### 4.14.2.2.3 Florida High School State Championship Finals

- (a) **Dates.** The Florida High School Track & Field State Championships will be held at the University of North Florida on May 17-20, 2023.
- (b) **Time Schedule.** The Florida High School State Championship schedule will be posted on the FHSAA.com.
- (c) **Coaches Information.** Participant information will be available on Home Campus. The head coach of each participating team is required to view the information prior to the meet.

#### 4.14.2.2.4 Advancement of Teams and Individuals

- (a) **District Meet to Regional Meet.** The first four placing individuals or relay teams in each district meet shall advance to the regional meet to which they are assigned. All ties which would result in more than four qualifiers in an event advancing to the regional meet must be broken by a run-off for running events or by NFHS Rule 6-3 for field events. Points for fourth place ties will be distributed according to NFHS Rules 5-8 and 6-3 as the tie-breaking procedure is for advancement only.
- (b) **Regional Meet to Florida High School State Championship.**
  - (1) The top two (2) marks in each event at the regional championship meet automatically qualify for the state championship meet.
    - (a) All ties resulting in more than two (2) automatic qualifiers to the state meet must be broken using appropriate NFHS tie-breaking procedures.
      - (i) NFHS Rule 6-3 to be applied for field events.
      - (ii) A run-off shall occur for running events.
      - (iii) Points for second place ties will be distributed according to NFHS Rules 5-8 and 6-3 as the tie-breaking procedure is for advancement only.
  - (2) The next best marks in each class equal to the number of open lanes on the state finals venue track not automatically qualifying by place at the regional championship in each event will qualify for the state championship. These qualifiers will be known as “at-large bids”.
    - (a) In 2023, the number of at-large bids shall not exceed ten (10) in any event.
    - (b) The at-large qualifying bids, once announced, are final.
    - (c) Regional championship meets will run on the same day.
      - (i) Regional championship meet event schedules will be substantially similar in each classification.
      - (ii) At-large qualifiers will be announced via TFRRS Florida.
  - (3) The following restrictions shall apply to at-large qualification:
    - (a) Sprinting Events (100m Dash, 100m Hurdles, 110m Hurdles, 200m Dash, 400m Hurdles, 400m Dash, 4x100m Relay):
      - (i) The qualifying mark that will be used to determine at-large eligibility must have been run in the final round of that event at the region meet.
      - (ii) If there is a tie that would lead to more at-large bids than available, none of those tied performances will receive at-large bids.
      - (iii) All available official data shall be used in the determination of at-large advancement.
    - (b) Vertical Field Events (High Jump, Pole Vault):
      - (i) Appropriate NFHS tie-breaking procedures shall be used in breaking ties at the region meet for 1st place and 2nd place to determine the two (2) automatic qualifiers.
      - (ii) In the case of a tie that would lead to more at-large bids than available, the tie will be broken using the NFHS tie-breaking procedure for vertical jumps (misses at current height, then, if still tied, total misses in competition). If the tie cannot be broken, then all those tied that would lead to more at-large bids than available will not advance and there will be fewer at-large bids in that particular vertical jumping event. Complete results, including misses and passes shall be recorded by the official timer.
    - (c) Other Field Events (Long Jump, Triple Jump, Shot Put, Discus, Javelin):
      - (i) Appropriate NFHS tie-breaking procedures shall be used in breaking ties to determine the two (2) automatic qualifiers (if necessary).
      - (ii) The qualifying mark to be considered for an at-large bid will be the athlete’s best mark from the competition.

- (iii) The next best marks equal to the number of open lanes on the state finals venue track from the region meets will be selected for at-large bids. In the case of a tie that would lead to more at-large bids than available, the tie will be broken utilizing appropriate NFHS tie-breaking procedures for the respective event. If the tie cannot be broken, then all those tied that would lead to more at-large bids than available will not advance and there will be fewer at-large bids given in that particular event. Complete results, including all attempts, shall be recorded by the official timer.
- (d) Other Running Events (800m, 1600m, 3200m, 4x400m Relay, 4x800m Relay):
  - (i) If there is a tie that would lead to more than the available at-large bids being offered, none of those tied performances will receive at-large bids.
  - (ii) All available official data shall be used in the determination of at-large advancement.
- (4) Declaration of Non-Consideration. There may be a situation in which an athlete/coach does not want to be considered to receive an at-large bid. The coach must complete the “Declaration of Non-Consideration” form that will be available at the clerks table and this form must be submitted to the meet referee within 30 minutes of the conclusion of the final event of the meet. If this form is not received within 30 minutes of the official conclusion of the meet, then all athletes receiving at-large bids must compete at the state championship. All athletes receiving automatic qualifiers for the state championship must compete. Automatic qualifying athletes are not eligible to complete a “Declaration of Non-Consideration”.
- (5) Anemometers (Wind Gauges) must be used at all region meets in the horizontal jumps and sprint events 200m or less for the purpose of records and general comparison of times for athletes throughout the regional round of the state series. Readings shall not be taken into consideration for the purposes of determining at-large advancement.
- (6) Region meets will adhere to the following prescribed heights and incremental increases until only one jumper remains. Opening heights will be the closest height listed that is below the lowest qualified mark from the district meet (one increment lower). Deviation from the prescribed heights shall not be considered for at-large advancement. All heights are listed in meters:
  - (a) High Jump: 1.17, 1.22, 1.27, 1.32, 1.37, 1.42, 1.47, 1.52, 1.57, 1.62, 1.67, 1.72, 1.77, 1.82, 1.87, 1.92, 1.97, 2.02, 2.07, 2.12, 2.17, 2.22
  - (b) Pole Vault: 1.50, 1.65, 1.80, 1.95, 2.10, 2.25, 2.40, 2.55, 2.70, 2.85, 3.00, 3.15, 3.30, 3.45, 3.60, 3.75, 3.90, 4.05, 4.20, 4.35, 4.50, 4.65, 4.80, 4.95

#### **4.14.2.3 Meet Regulations**

##### **4.14.2.3.1 General**

- (a) **Running Events:** All Florida High School State Championship Series meets will be limited to the following running events:
  - (1) Girls – 4x800m Relay, 100m Hurdles, 100m Dash, 1600m Run, 4x100m Relay, 400m Dash, 400m Hurdles, 800m Run, Wheelchair 800m, 200m Dash, Wheelchair 200m, 3200m Run, 4x400m Relay;
  - (2) Boys – 4x800m Relay, 110m Hurdles, 100m Dash, 1600m Run, 4x100m Relay, 400m Dash, 400m Hurdles, 800m Run, Wheelchair 800m, 200m Dash, Wheelchair 200m, 3200m Run, 4x400m Relay.
  - (3) The 4x800m Relay must be run during field event competition.
- (b) Girls and boys track and field meets will be held concurrently. Girls running events must precede boys running events and must be run alternately.
- (c) **Field Events:** All Florida High School State Championship Series meets will be limited to the following field events:
  - (1) Girls – pole vault, shot put, wheelchair shot, high jump, long jump, triple jump, discus, javelin, and wheelchair javelin.
  - (2) Boys – pole vault, shot put, wheelchair shot, high jump, long jump, triple jump, discus, javelin, and wheelchair javelin.
- (d) **Track Surface.** An 8-lane track with a synthetic surface is strongly recommended for all Florida High School State Championship Series meets.
- (e) **Timing.** F.A.T. Timing to 1/1000th of a second is required for all State Series meets.
- (f) **Athletic Trainers.** The presence of a certified athletic trainer or medical staff is recommended for all Florida High School State Championship Series meets.
- (g) **Monitoring Heat Stress.** Policy 41.6 shall be followed at all Florida High School State Championship Series meets.





**(h) Squads**

- (1) **Scratched Contestant.** A contestant who is entered into an event in the FHSAA State Track & Field Series on any successive level and is later scratched (or fails to appear) from that event after the start of the district meet will be disqualified from participating in all remaining events in the State Championship Series. No additions may be made after the entry deadline.
  - (2) **Substitutions.** No substitution may be made for any individual in any event, other than relay events, who qualifies to participate in an event but is unable to compete. This applies to individuals who qualify from the district meet to the regional meet and from the regional meet to the Florida High School State Championship, and between the prelims and the finals on any level.
  - (3) **Relay Personnel.** Up to 8 contestants shall be declared eligible to compete on any relay when district entries are due. The pool of 8 contestants will remain intact throughout the state series and may not change without the expressed approval from the FHSAA Executive Director or his/her designee. Rules pertaining to individual event limitations per athlete remain in effect. Relay personnel (limited to the pool of 8) may be changed between the district and regional meets, between the regional meet and the Florida High School State Championship. Relay personnel may be changed between the prelims and finals on any level as long as such change is made in compliance with procedures established by the FHSAA. Changes between prelims and finals are limited to the 8 contestants listed on the relay team pool declared prior to the district meet. Once relay personnel report to the Clerk of the Course for a race, the only change in personnel that will be allowed is for medical reasons verified in writing by the medical personnel/trainer provided by the meet management. These changes will be allowed up to the time the Clerk turns the runner over to the Starter after which time no change in personnel for that race is permissible. Any runner so removed will be ineligible to compete in the remainder of the meet.
- (i) **Ties.** In running events, all ties in preliminaries which would result in more than eight qualifiers (nine qualifiers on nine-lane tracks) to the finals must be broken by a run-off.

**4.14.2.3.2 District Meets**

- (a) **Number of Contestants.** The maximum number of contestants which a school may enter in a district meet is limited to three (3) contestants in each individual event and one (1) team in each relay event. A fourth entry in individual events is permitted if all four (4) contestants have established a mark equal to or better than the four-year rolling average mark for 8th place in the region round across all regions within that event and classification. Outlier marks will not be included in the average (i.e., an instance where an athlete was injured or the mark is not competitive). For running events, only FAT marks may be accepted for maximum event entry. Qualifying marks will be published by FHSAA. Only current regular season marks submitted to DirectAthletics by regular season meet hosts and those associated with the athlete's TFRS numbers may be used for seeding purposes.

**(b) Running Event Regulations**

- (1) In events where heats are run against time, the fastest heat must be run last.
- (2) Each of the 1600m run and 3200m run may be conducted in one section with a staggered start around the first turn followed by a break for the pole.
- (3) Competitors in excess of the number of places to be awarded who are lapped are permitted to finish the race but must move to the outer lanes of the track (lane 3 or beyond).

**(c) Field Event Regulations**

- (1) All warm-ups must be supervised by the event official(s). Warm-ups may not take place until the event area has been declared "open" by the event official.
- (2) Competitors in the pole vault will be assigned in order as they appear on the event card to continuing flights of five until the field is cut to six or fewer competitors. A single rotation then will be followed for the balance of competition.
- (3) Scales must be provided for the purpose of weighing all throwing implements.
- (4) Pole vault competitors are subject to verification of body weight to confirm the proper calibration of their vaulting poles.
- (5) Use of a discus cage is mandatory.
- (6) After an initial check out (timed excuse), the athlete must complete a competitive attempt before being allowed to check out for another field event (i.e. after the first timed excuse, the athlete must take an attempt before they are allowed to check out of the event).

**4.14.2.3.3 Regional Meets**

- (a) **Contestants.** Only those individuals and relay teams which qualify from their respective district meets are eligible to participate in the regional meets. Relay team personnel may be changed as stipulated in 4.14.2.3.1(h)(3).

(b) **Running Event Regulations.**

- (1) Timed finals will be run in the following events: 100m Hurdles, 110m Hurdles, 100m Dash, 4x100m Relay, 400m Dash, 400m Hurdles, 200m Dash, and 4x400m Relay.
  - (a) Contestants in these events will be seeded 1 through 16 according to their performances in their respective district meet finals. Non-FAT marks (if any) will be seeded last.
  - (b) Contestants in each section will be given lane assignments according to the spearhead method.
- (2) The 4x800m Relay, the 800m Run, the 1600m Run and the 3200m Run each will be contested in one section. Competitors in excess of the number of places to be awarded who are lapped are permitted to finish the race but must move to the outer lanes of the track (lane 3 or beyond).
- (3) Runners must start in the lanes to which they are assigned regardless of lanes vacated because of scratches.

(c) **Field Event Regulations.**

- (1) Finals consisting of two flights each will be conducted in the Long Jump, Triple Jump, Discus Throw, Javelin and Shot Put.
  - (a) Contestants in these events will be seeded 1 through 16 according to their performances in their respective district meet finals, and will be assigned to flights as follows: seeds 9 through 16 will be assigned to the first flight and seeds 1 through 8 will be assigned to the second flight. The No. 16 seed will jump or throw first, followed by the No. 15 seed and continuing in numerical order through the No. 1 seed.
  - (b) Competitors will be given a maximum of three warm-up jumps or throws prior to competition in their flights.
  - (c) Competition in each flight will consist of four (4) trials. The four (4) efforts of each competitor will be recorded.
- (2) Contestants in the Pole Vault and High Jump will be seeded 1 through 16 according to their performances in their respective district meet finals. The No. 16 seed will vault or jump first, followed by the No. 15 seed and continuing in reverse numerical order with the No. 1 seed vaulting or jumping last. Competitors in the pole vault will be assigned to continuing flights of five until the field is cut to six or fewer competitors. A single rotation then will be followed for the balance of competition. The lowest qualifying height in the Pole Vault and High Jump from the district meets will determine the starting height for competition in these events in the regional meet using the progression in 4.14.2.2.4(b)(6).
- (3) Scales must be provided for the purpose of weighing all throwing implements.
- (4) Pole vault competitors are subject to verification of body weight to confirm the proper calibration of their vaulting poles.
- (5) All warm-ups must be supervised by the event official(s). Warm-ups may not take place until the event area has been declared "open" by the event official.
- (6) Use of a discus cage is mandatory.
- (7) After an initial check out (timed excuse), the athlete must complete a competitive attempt before being allowed to check out for another field event (i.e. after the first timed excuse, the athlete must take an attempt before they are allowed to check out of the event).

#### **4.14.2.3.4 Florida High School State Championship Finals**

- (a) **Contestants.** Only those individuals and relay teams which qualify from their respective regional meets in each of the four classifications are eligible to participate in the Florida High School State Championship Finals. Relay team personnel may be changed as stipulated in 4.14.2.3.1(g)(3). Bib numbers shall be worn by all contestants for identification purposes throughout the meet.
- (b) **Practice.** Practice by any participating school at the site of the Florida High School State Championship during the week of the Florida High School State Championship is prohibited.
- (c) **Participant Passes.** Schools will be issued participant passes only for coaches and student-athletes who qualify for participation in the Florida High School State Championship.
  - Teams qualifying 3 or less participants - two (2) passes
  - Teams qualifying 4-7 participants - three (3) passes
  - Teams qualifying 8-15 participants - four (4) passes
  - Teams qualifying 16 or more participants - five (5) passes
  - Additional passes are not available
- (d) **Access to Track.** Competitors and officials only will be permitted within the competition area.





(e) **Running Event Regulations.**

- (1) Two sections of finals will be run in the following events: 100m Hurdles, 110m High Hurdles, 100m Dash, 4x100m Relay, 400m Dash, 400m Hurdles, 200m Dash and 4x400m Relay.
  - (a) Contestants in these events will be seeded according to their performances in their respective regional meet finals. Non-FAT marks (if any) will be seeded last.
  - (b) Contestants in each section will be given lane assignments according to the spearhead method. Sections will be conducted slowest to fastest.
  - (c) Only eight places will score and be awarded medallions.
- (2) The 3200m Run, 1600m Run, 800m Run, and 4x800m Relay will each be contested in one section from a staggered start. Up to two runners will be assigned to each lane. Competitors must remain in their starting lanes through the break line, after which they may break inside. The break line must be marked by cones. Competitors in excess of the number of places to be awarded who are lapped will be permitted to finish the race but must move to the outer lanes of the track (lane 3 or beyond).
- (3) The 4x100m Relay will be run the entire distance in the assigned lanes from a staggered start.
- (4) The 4x400m Relay will be run from a staggered start. The first runner must stay in his/her lane the entire distance with the first exchange being made in the assigned lane. The second runner must remain in the assigned lane through the break line, after which he/she may break inside.
- (5) Runners must start in the lanes to which they are assigned regardless of lanes vacated because of scratches.
- (6) Official FHSA State Track & Field Records may be set only at the Florida High School State Championship. Fully Automatic Timing (FAT) will be used for the official timing for all running events. Hand-timing will be used as a backup. FAT systems that generate photos may be used to determine place winners.

(f) **Field Event Regulations.**

- (1) Finals consisting of two flights each will be conducted in the Long Jump, Triple Jump, Discus, Javelin and Shot Put.
  - (a) Contestants in these events will be seeded according to their performances in their respective regional meet finals, and will be assigned to two (2) even flights in seed order with the second flight composed of the best seeds. The last seed will jump or throw first, followed by the second to last seed and continuing in numerical order through the No. 1 seed.
  - (b) Competitors will be given a maximum of three warm-up jumps or throws prior to competition in their flights. All warm-ups must be supervised by the event official(s). Warm-ups may not take place until the event area has been declared "open" by the event official. Competition in each flight will consist of four (4) trials. The four (4) efforts of each contestant will be recorded.
  - (c) Only eight places will score and be awarded medallions.
- (2) Contestants in the Pole Vault and High Jump will be seeded according to their performances in their respective regional meet finals. The last seed will vault or jump first, followed by the second to last seed and continuing in reverse numerical order with the No. 1 seed vaulting or jumping last. Competitors in the pole vault will be assigned to continuing flights of three until the field is cut to six or fewer competitors. A single rotation then will be followed for the balance of competition.
- (3) Scales must be provided for the purpose of weighing all throwing implements.
- (4) Pole vault competitors are subject to verification of body weight to confirm the proper calibration of their vaulting poles.
- (5) All warm-ups must be supervised by an event official(s). Warm-ups may not take place until the event area has been declared "open" by the event official.
- (6) Use of a discus cage is mandatory.
- (7) After an initial check out (timed excuse), the athlete must complete a competitive attempt before being allowed to check out for another field event (i.e. after the first timed excuse, the athlete must take an attempt before they are allowed to check out of the event).

**4.14.2.3.5 Meet Referees (NEW).** The Florida High School Track & Field State Championships shall utilize a referee committee system to make all decisions of the referee under NFHS Rule 3-4. The committee shall be comprised of the three (3) following members: Throws Referee, Jumps Referee, and Running Referee. Two of the three referees shall agree in all decisions under the referees' jurisdiction. The referees will be appointed by the FHSA Track & Field Administrator.

#### **4.14.2.3.6 Jury of Appeals**

- (a) A Jury of Appeals consisting of at least five coaches from five different participating schools shall be appointed by the meet manager for each meet in the Florida High School State Championship Finals. A maximum of five alternate jurors shall also be appointed. A Jury of Appeals consisting of at least five members is mandatory. There can be no decision rendered without at least five jurors.
- (b) Jurors for the Florida High School State Championship Series shall be chosen as follows:
  - (1) A list of recommended jurors will be compiled by the FHSAA and/or the FACA State Track & Field chairperson and submitted to the FHSAA for approval.
  - (2) Diversity in school classification, gender and geography, as well as knowledge and experience, must be taken into consideration when a Jury of Appeals is selected.
- (c) A member of the Jury of Appeals whose team or individual contestant is a party to an appeal must recuse himself/herself and be replaced until the appeal is concluded.
- (d) The head coach of a team who wishes to file an appeal must do so in writing. The appeals process will adhere to NFHS Case Book guidelines.
- (e) The decision of the Jury of Appeals shall be final. The Jury of Appeals cannot set aside any rule.

