

SHADYSIDE RELAYS 2018

GAMES COMMITTEE

Administrative Procedures, Terms and Conditions

April 21, 2018

Games Committee: Jerry Narcisi, Referee; Rich Skrabak, Assistant Referee & Head Field Judge; Jenna Coyne, Director; Director; Donna Joseph, Meet Manager; Jayson Johnson, Official; Brianne Johnson, Official; Homer Ullom, Official; Nick Ferrelli; John Triveri, Host Site Athletic Director.

1. Time Schedule:

9:00	— —	Scratch deadline (exceptions to Friday deadline, scratches only)
9:30	— —	Officials' meeting (if needed - listen for announcement)
9:45	— —	Coaches' meeting (if needed - listen for announcement)
10:00	— —	Field events begin
10:30	— —	Running events begin
*	— —	Opening Ceremony & Flag Raising
*	— —	Finals begin

* Note: Opening Ceremony will occur approximately 45 minutes after completion of last event in the Preliminary Session. The first event in the Final Session will begin immediately after Opening Ceremony.

2. The meet will be managed and directed under the rules set forth by the NFHS, OHSAA and the following procedures, terms and conditions.
3. If his/her coach does not officially scratch an athlete, that event will be considered as one of the four maximum allowed events.
4. There will be no Jury of Appeals – Referee's decision shall be final. DQs will be communicated (notified) by the referee or designated official.
5. Equipment
 - a. Supplied by Shadyside Relays: relay batons and starting blocks.
 - b. Athletes are to arrive at the starting line with blocks and, if needed, someone to hold the blocks. Athletes will be permitted to use their own starting blocks, however, blocks must be within rulebook specifications. The starters will inspect and eliminate the blocks if specifications are not met.
 - c. A Relays sponsored baton will be supplied to each team in the team packet. These batons should be used since no other batons will be available. The school's baton may be used if the baton meets Rule Book specifications and checked by the starter.
 - d. Each team shall supply throwing implements. All implements shall be weighed, measured and marked for approval by the Head Field Judge or designee. Implements shall be checked in with the Head Field Judge or designee by 9:45A.M. (boys and girls).
 - e. Pole vault competitors, to be permitted to compete, shall have proper pole vault and a completed certification form submitted to the designated official. All pole vault poles used for warm-ups or competition shall be inspected at the PV site by the designated official before being used. Any pole found not to comply with NFHS rules must be immediately removed from the competition area.
 - f. Spikes shall be 1/8" pyramid or less, or 1/8" showing for recessed designed spikes.
6. Heats, lane assignments and qualifiers will be determined immediately after all scratches are made. Meet management will complete this task with assistance from the Referee. All qualifiers

in preliminary races shall advance to the next round and finals based on the best times. For races run in lanes, a 7th, or more, runner(s)/team(s) may be added to a section, heat or final event.

7. The 800 run shall be a two-turn stagger/start. The 1600 and 3200 shall be a one-turn stagger/start.
8. Relay races:
 - a. The 4x100m relay and 4x200m relay will be run in lanes for the entire race.
 - b. The 4x400m relay will start with a **three-turn stagger**. The first exchange shall be made in the assigned lane. The second runner may break to the inside of the track at the end of his/her first turn. The second and third exchanges will be a “California style” exchange.
 - c. The 4x800m relay will be a **two-turn stagger**. The first runner shall remain in their assigned lane for two turns before the break to the inside of the track. All exchanges shall be a “California style” exchange.
 - d. The Shuttle Hurdle Relay will use the designated scratch line. The outgoing runner is not to leave the start until the incoming runner breaks the plane of the designated scratch line. Runners #1 and #3 will run in lanes 2, 4 and 6; runners #2 and #4 will run in lanes 1, 3 and 5.
 - e. Where the “California” exchange is used, the outgoing runners will be placed across the track, inside the exchange zone, in an order by which his/her incoming teammate/runner enters the straight-of-way. Outgoing runners are not to change positions once the incoming runner enters the straight-of-way.
 - f. When reporting to the clerk all four (4) members of the relay team must be present at check-in time unless an event conflict exists. Relay teams may not be eligible to run if all four (4) members do not report to the clerk at check-in time. Relay cards must be presented to the clerk at this time to verify participants.
9. Lapped runners are to remain on the track. Coaches are urged to use discretion to remove their athlete if the lapped runner might be embarrassed or delay the meet extensively. For the Girls 3200 Run, athletes will be removed after the 15-minute mark or after being lapped twice and when the athlete arrives at the finish line. For the Boys 3200 Run, athletes will be removed after the 12-minute mark or after being lapped twice and when the athlete arrives at the finish line. Discretion will be utilized to assure there remains enough place winners.
10. Special numbers may be used for some distance races.
11. Order of Field Events:
 - a. 1st Session: Boys Pole Vault, Girls High Jump, Boys Long Jump, Boys Discus, Girls Shot Put
 - b. 2nd Session: Girls Pole Vault, Boys High Jump, Girls Long Jump, Girls Discus, Boys Shot Put

12. Starting Heights/Successive Heights:

	<u>Starting</u>	<u>Successive</u>
a. Girls High Jump	TBD	2”
b. Boys High Jump	TBD	2”
c. Boys Pole Vault	TBD	6”
d. Girls Pole Vault	TBD	6”

- e. [Starting heights will be based on entries and are subject to change based upon weather conditions.]
13. Minimum measurement for discus/shot
- a. Girls = TBD
 - b. Boys = TBD
 - c. [Minimum distances will be based on entries and are subject to change based upon weather conditions.]
14. Twelve (12) or less will be the assignment per flight for the discus, shot put and long jump.
15. Contestants shall be given a maximum of ten (10) minutes to return to a field event after completion of their running event.
16. Coaches' boxes for high jump, long jump, pole vault, discus and shot put will be at marked designated areas. Passes will be issued in the team packets for the designated boxes and/or at the coach's meeting. Only those with passes shall be permitted in the box.
17. Coaches are NOT permitted inside the perimeter fences, on the track or infield, unless authorized to be in the designated coach's box WITH AN APPROPRIATE PASS.
18. Marking material for relay exchanges and field events: tennis balls, tongue depressors and popsicle sticks. Any marking material placed on the track shall be placed completely within the team's assigned lane and not on any lane line. In exception, chalk is permitted on high jump pad. No chalk permitted on all other surfaces. No tape on all surfaces. For the shuttles, each athlete may use one marker at each exchange zone and must be placed on the lane line between the team's assigned lanes.
19. Uniform specifications by NFHS Rule Book and OHSAA regulations shall be followed including, but not limited to: (1) Any visible garment(s) worn underneath the uniform bottom and extending below the knees shall be unadorned and of a single and solid color; (2) For relay races, if more than one visible garment extending below the knee, all must be the same color [for clarity, there are no restrictions for above the knee, therefore not considered a violation]; (3) Limit of one manufacturer's logo on all undergarments; (4) All other relay uniform specifications per NFHS and OHSAA shall be followed; (5) when standing erect, the shirt shall make contact with the track shorts, (6) taping *or knotting* of any part of the uniform is not permitted.
20. Additional uniform specifications per NFHS and OHSAA:
- a. For athletes wearing an illegal uniform, when a violation is observed by a meet official, the competitor shall be required to make the uniform legal before becoming eligible for further competition (shall not participate further) and shall be issued a warning that a subsequent violation shall result in a DQ. The referee shall initiate the notification of the violation to the competitor, coach and/or team with notification completed by the meet announcer via the PA system.
 - b. Headgear – Hats and caps are prohibited. Exceptions: (1) During inclement weather, competitors may wear the Navy Watch-Style cap. The cap shall not have a bill, but may have a knit ball on top or a tassel or tail provided the tassel or tail is no longer than 1/2 the depth or length of the cap. Competitors may also wear a headband provided it is designed for the purpose of protecting the head and ears. Tassels, bows, pom-poms or streamers attached to the cap, hair or hair control device are not permitted; (2) Pole-vaulters are permitted to wear helmets designed for safety.

- c. Hair Control Devices – Hair control devices are now permitted provided there are no safety issues. Pro-wrap is legal if used to control hair, but not as a headband.
 - d. Jewelry being worn shall be safe in the judgement of the official. If the jewelry is not safe, the jewelry shall be removed before competition.
 - e. No removal of any part of the track uniform is permitted, with the exception of shoes, while in the track or field event areas or in any restricted area. Any violation may be cause for disqualification.
21. Official FAT shall be utilized to determine finish. The FAT Operator, Referee, Assistant Referee, and/or Director shall only review replays. Upon malfunction of the FAT, races shall be recalled unless the referee decides differently.
 22. Clerical or scoring errors must be corrected before the track facility is closed on the evening of the meet and the meet co-directors exit. Results (order of finish) are final 30 minutes after last event of the meet and after results are announced.
 23. Improper language, improper conduct and unsportsmanlike like conduct will not be tolerated. NFHS Rule Book and OHSAA regulations shall be applied. Coaches and athletes are expected to exhibit good sportsmanship throughout the meet. Coaches shall complete and sign the Conduct Form and present to the Director or designee prior to the meet.
 24. Athletes are expected to have proper equipment. Coaches shall verify on the form supplied that all competitors are equipped in compliance with the NFHS Rule Book and OHSAA regulations and presented to the Director or designee prior to the meet.
 25. Meet management, as authorized by the Games Committee, shall be the sole designee to provide liquids during designated races. No other individual(s), including coaches are authorized to do such.
 26. Competitors cell phones and all other electronic devices; footballs, basketballs, soccer balls, and the like; radios, video equipment, etc. are not permitted on or near the competition area.
 27. Bungee cords, if available, may be used in the pole vault during warm-ups at the height chosen by the athlete.

Completed and approved by the Games Committee on April 11, 2018