



2009 OSAA Track & Field Plan



GENERAL TRACK INFORMATION

1. SEASON DATES

February 23	Practice Starts
March 16	First Contest Date
May 9	3A, 2A, 1A Cutoff Date
May 16	6A, 5A, 4A Cutoff Date
May 15-16	3A, 2A, 1A State Championships
May 22-23	6A, 5A, 4A State Championships

2. STATE CHAMPIONSHIPS INFORMATION

- a. **Athletic Directors, Coaches and Spectators** – Detailed information regarding the 2009 Track and Field State Championships will be posted on the OSAA website (www.osaa.org/track) on Friday, April 17. It is essential that participating teams and individuals access this information prior to the state championships. Included will be information regarding ticket prices, parking, maps, souvenir merchandise, etc.
- b. **District Meet Directors** – Detailed information regarding District Meet Director responsibilities, including the state championship entry form, will be posted on the OSAA website (www.osaa.org/track) on Friday, April 17. Each District Meet Director must submit all state championship entries electronically.

3. STATE CHAMPIONSHIPS LOCATIONS AND TIMES

6A, 5A, 4A Boys and Girls
 May 22-23
 Hayward Field
 University of Oregon
 Eugene, OR 97401

3A, 2A, 1A Boys and Girls
 May 15-16
 Western Oregon University
 345 Monmouth Ave
 Monmouth, OR 97361-1314

4. QUALIFICATION FOR STATE CHAMPIONSHIPS

- 1. All District Meets will follow 2009 NFHS Track and Field Rule 4-2-4(c) – “In meets which involve four or more schools, not more than three contestants from a given school shall be allowed to enter an individual event.
- 2. First and second place District Meet winners for each event, including relays, shall qualify for the State Meet. All ties for second place, if the performance does not meet the Qualifying Standard for the event, must be resolved at the district level.
- 3. Qualifying Standard:
 - a. Any additional participants meeting the Qualifying Standard for an event in the District Meet may qualify for the State Meet.
 - b. Qualifying Standards must be met in the District Meet finals only. (**EXCEPTION:** If met in one of the three preliminary attempts in the Shot Put, Discus, Javelin, Triple Jump or Long Jump, the performance shall count.)
 - c. No performance in sub-district or qualifying heats shall count for qualification to the State Meet.
- 4. High Jump and Pole Vault:

Suggestion for State qualifying: In the rare case where Rule 7-3 does not break a tie for second place, equal team points shall be awarded to those tied for second place. If those tied for second place are below the Qualifying Standard, it is suggested that the second qualifier from that district be determined by Rule 7-4-17 or 7-5-30.

5. AWARDS

- a. **Trophies** – Trophies will be presented to the champion through fourth place teams in each classification.
- b. **Medals** – Medals will be presented to the champion through eighth place finisher in each event.

NATIONAL FEDERATION OF STATE HIGH SCHOOL ASSOCIATIONS 2009 TRACK & FIELD RULES

Order a 2009 NFHS Track and Field and Cross Country Rules Book at www.osaa.org/forms/0809rulesbookorderform.xls or contact the OSAA at 503.682.6722 for more information.

For more information about NFHS Track and Field Rules visit www.nfhs.org/rules-track.htm.

1. 2009 NFHS RULES REVISIONS

- 3-9-2** Specifies that for gun starts only a closed barreled starter's pistol may be used by the starter.
- 3-9-6** When fully automatic timing (FAT) is used, timing shall be recorded in one one-hundredths of a second and all ties for place finishes and/or determining qualifiers for a subsequent round shall be broken by using timing to one one-thousandths of a second if the system allows.
- 3-9-9** Indoor and outdoor meets using fully automatic timing (FAT) may be started by a .32 or .22 caliber starter's pistol (closed barrel) or electronic, gunless device for record purposes.
- 6-4-9c,**
6-5-9c A competitor in the throwing events may enter and exit the circle without a foul providing it occurs within the time allowed for the trial and before the competitor starts his/her attempt beginning with the pause.
- 7-4-11,**
7-5-18 Deletes the option for the event judge to place a cloth marker on the crossbar for sighting purposes.
- 7-5-3** Visible etchings which appear on poles shall not meet the requirement of the manufacturer's pole rating appearing on the pole in a contrasting color.
Note
new
- 7-5-29** Clarifies the original intent to permit a competitor in the pole vault to abort the approach and in stopping plant the pole and momentum causes his/her feet to leave the ground without being considered a foul. It is a foul if a vaulter leaves the ground in an attempt and fails to clear the crossbar.

2. POINTS OF EMPHASIS

- Electronic devices
- Observed violation reporting procedures
- Starters pistols
- Equipment failure
- Pole vault
- Visible undergarments in Track and Field and Cross Country

3. EDITORIAL CHANGES – 2-3-2; 4-3-1c2, 9-6-1b2; 4-3-2b; 4-5-8b; 4-5-10; 5-4 Note; 5-7-3; 6-4-5; 6-4-7; 6-5-5; 6-5-7; 6-6-2; 6-6-3; 6-6-6; 7-1-4; 7-5-4; 7-5-4 new Note; 7-5-13; 9-1-1; 9-6-4

OSAA TRACK POLICIES

1. **OSAA ADOPTED RULES AND INTERPRETATIONS** – The NFHS 2009 Track and Field and Cross Country Rules Book will be used.

2. **PARTICIPATION LIMITATIONS** – (OSAA Handbook, Participation Limitations)

a. **Team** – A school team shall not compete in more than 12 meets at each level of competition, exclusive of the varsity district meet and state championships. **A one day meet shall count as one meet and a two day meet shall count as two meets.** There is no limitation on the number of schools that may participate in a track and field meet. Any time a student participates representing his/her school, it shall count toward the school's team limitation. (Revised Fall 2007)

b. **Individual** – A student shall not compete in more than 12 meets, exclusive of the varsity district meet and state championships. **A one day meet shall count as one meet and a two day meet shall count as two meets.**

A contestant shall not enter or compete in more than two distance races—800, 1500, 3000. If a contestant does enter or compete in all three distance events, that contestant's school shall forfeit the meet. If a contestant violates the Rules Book limit of four events but does not violate the Executive Board distance race limit, then all points earned by that contestant in the meet are forfeited.

3. **INTERRUPTED CONTESTS** – (OSAA Handbook, Interrupted Contests) Contest shall be continued from point of interruption unless teams mutually agree otherwise or there are athletic district rules that apply.

NOTE: If contest was interrupted during a running event, the event shall be repeated.

4. **CONTESTS – SPORTSMANSHIP – CROWD CONTROL** – (OSAA Handbook, Rules)

a. **Sportsmanship Responsibility** – The high school principal, coach and other responsible officials of each member school shall take all reasonable measures to insure that the school's students and supporters maintain a sportsmanlike attitude toward all events so that events may be conducted without unreasonable danger or disorder. When a petition is filed alleging violation of this Rule 3-2, the Executive Director may, at his/her discretion and with concurrence of any two Executive Board members, postpone any pending event which the Executive Director has reason to believe cannot be conducted without an unreasonable danger of disorder. All such protests shall be referred to the Executive Board, which shall proceed as provided in Rule 4. In addition to any other action the Executive Board may take regarding a protest alleging a violation of this Rule 3-2, the Executive Board shall have the power to cancel or re-schedule the event involved, or to impose conditions on conducting it.

b. **Sportsmanship Violations / Penalties** – When the students, staff or supporters of any member school engage in unsportsmanlike conduct, disorder or infliction of damage to persons or property in connection with any festival, meet, contest or tournament sponsored by this Association, the Executive Board may treat such acts as a violation by the school of the Rules of the Association. Any school whose students, supporters, rooters or partisans take part in riots, fights, pilfering, painting or any other unsportsmanlike conduct shall be subject to penalty.

5. **GUIDELINES FOR LIGHTNING SAFETY** – (Excerpts from NFHS Sports Medicine Handbook)

a. **Recognition**

Weather can be monitored using the following methods:

Monitor Weather Patterns – Be aware of potential thunderstorms by monitoring local weather forecasts the day before and the morning of the practice or competition, and by scanning the sky for signs of potential thunderstorms.

Flash to Bang – This method is used to assess how far away lightning is striking. It is determined by counting the number of seconds it takes to hear a clap of thunder after witnessing a flash of lightning.

The number of seconds is then divided by five to get the distance, in miles to the lightning flash. Generally, a 30-second or less flash to bang count suggests removal of the athletes from the field to a safe shelter.

National Weather Service (NWS) – Weather can also be monitored using small, portable weather radios from the NWS. The NWS uses a system of severe storm watches and warnings. A watch indicates conditions are favorable for severe weather to develop in an area; a warning indicates severe weather has been reported in an area and for everyone to take proper precautions.

b. **Management**

Evacuation – If lightning is imminent or a thunderstorm is approaching, all personnel, athletes and spectators should evacuate to available safe structures or shelters. A list of the closest safe structures should be announce and displayed on placards at all athletic venues.

Thirty-minute rule – Once lightning has been recognized, it is recommended to wait at least 30 minutes after the last flash of lightning is witnessed or thunder is heard. Given the average rates of thunderstorm travel, the storm should move 10-12 miles away from the area. This significantly reduces the risk of local lightning flashes. Any subsequent lightning or thunder after the beginning of the 30-minute count should reset the clock and another count should begin.

c. **Prevention**

In order to prevent lightning related injuries, it is important to formulate and implement a proactive, comprehensive lightning emergency plan. The plan should include:

- Advance Planning
- A systematic approach for monitoring local weather conditions
- Education of staff to recognize sign of nearby lightning activity
- Criteria for suspension and resumption of play
- Evacuation plan including nearby safe shelters
- Periodic review and practice of the plan by appropriate high school personnel