



**Idaho High School Activities  
Association  
2024  
Track Coaches Packet**

***unbottled.***

# 2024 Track

## Classification — based on grades 9-12

5A	1,280 and over	2A	319-160
4A	1,279-640	1A	159 and under
3A	639-320		

## 2024 Track Season

First day of practice	February 23
First Meet	March 6
Dist. completion date	May 11
State Meet	May 17-18
Site	5A/4A: Mountain View HS 3A/2A/1A: Middleton HS

## Meet Limitations

Teams and individuals are limited to nine meets during the regular season, not to exceed two meets per week. A contestant who exceeds these limitations will become ineligible for district, state, or any further IHSAA sponsored track competition.

## Number of Coaches/Support Personnel at State Tournament

All classifications will be limited to the listed number of coaches and three support personnel at the state meet. These will be admitted without an IHSAA card or tournament pass. Any coaches or support personnel exceeding that number must have either an IHSAA card or purchase tickets and will not be allowed field access.

1-3 participants:	2 coaches
4-6 participants:	3 coaches
7-9 participants:	4 coaches
10 & above participants:	5 coaches

## Rules

All contests will be played under National Federation (NFHS) rules. Rules books/case books are to be picked up and signed for by a school representative at the district rules clinics.

## Idaho Modifications -Track & Field Rules

Idaho meets are governed by the NFHS Track and Field Rules except as changed/modified by the Board of Directors. The following Idaho modifications must be observed by all Idaho high school track athletes:

1. An athlete may compete in a maximum of two track meets per week. An individual may participate in two successive days (counts as one meet), providing they do not exceed the four events. An individual who competes on successive days may compete in the same event on both days, providing they do not exceed the four event limit. Each entry counts as one.
2. No contestant shall be permitted to enter more than four of the individual track or field events.
3. No contestant shall be permitted to compete in more than four track or field events.
4. A contestant shall be allowed to participate in any four events.
5. The various relay events are to be considered as a team (school) event. Members of a relay team may be changed from district or regional meets to the state meet.
6. The boys 1600 M medley relay is run in this order: 200, 200, 400 and 800 meter legs. The girls 800 M medley relay is run in this order: 100, 100, 200, and 400.
7. An athlete may run in four relays, provided he/she does not enter any other event.

8. If a competitor exceeds participation limitations, all individual and team points earned by that competitor in any event shall be forfeited (NFHS Rule 4-2-2).
9. Idaho students may not compete in any track and field event other than the events listed below without the written consent of the IHSAA.
10. The number of relays in which an individual may compete at the state meet is determined by the number of individual events for which a person qualifies at the state meet. For example, if an individual qualifies in a) one individual event, he/she is eligible to compete in three relays; b) two individual events, he/she is eligible to compete in two relays; c) three individual events, he/she is eligible to compete in one relay; d) four individual events, he/she is not eligible to compete in any relays. An individual may not scratch an individual event and substitute a relay. If a person qualifies in three individual events, he/she may not scratch an individual event and compete in two relays. Should this occur, the individual will be disqualified from the track meet and all points and places earned will be forfeited (NFHS Rule 4-2-2).
11. At the state track meet, the two-alley start with waterfall shall be used to begin the 800, 1600 and 3200 meter runs unless determined otherwise by meet management.
12. Headbands must meet the following criteria: Must be white or a solid color; must be worn on the forehead and be a maximum of 2"; must be moisture-absorbing, nonabrasive and unadorned except for a logo. (Either one visible manufacturer's logo, trademark, reference or the school logo/mascot is permitted on the headband and shall be limited to 2 1/4 square inches and shall not exceed 2 1/4 inches in any dimension.) Only one item is permitted on the head.
13. All member schools are required to have on file a completed pole vault facility compliance form.

## Representation

Note: Individuals who attain the state meet qualifying standard in a preliminary or final heat at district or regional competition qualify for state competition provided they also meet IHSAA hardship qualifications. Those who meet the qualifying standard in a preliminary heat at district or regional competition and have qualified for the final heat at the district or regional competition must compete in that final heat (Honest Effort Rule). A disqualification in the final heat will nullify a qualifying mark from a preliminary heat.

Individuals may qualify for the state track meet by meeting or bettering the eighth best qualifying time or mark made by individuals who have qualified for the state meet.

Sixteen (16) individuals per event/classification and eight (8) relays per classification will qualify for the state tournament. The representation per district and classification are as follows:

<u>5A</u>	<u>District</u>	<u>Indiv. Events</u>	<u>Relays</u>
	I-II	3	1*
	III	10	5
	V-VI	3	1*

\* Next best mark from I-II and V-VI qualifies

<u>4A</u>	<u>District</u>	<u>Indiv. Events</u>	<u>Relays</u>
	I-II	2	1
	III	4	2
	IV	4	2
	V	2	1
	VI	4	2

<b>3A</b>	<u>District</u>	<u>Indiv. Events</u>	<u>Relays</u>
	I	2*	1*
	III	4*	2*
	IV	4	1*
	V	2*	1*
	VI	2*	1*

\* Next two best marks statewide qualify

<b>2A</b>	<u>District</u>	<u>Indiv. Events</u>	<u>Relays</u>
	I-II	3	1*
	III	5	1*
	IV	2	1*
	V	3	1*
	VI	3	1*

\* Next three best marks qualify

<b>1A</b>	<u>District</u>	<u>Indiv. Events</u>	<u>Relays</u>
	I-II	5	2*
	III	4	2*
	IV	4	2*
	V-VI	3	1*

\* Next best mark statewide qualifies

**Note:** In case of a tie in a relay, the IHSAA office will flip a coin to determine the representative.

### Hardship Qualification for State Track

Possible "hardship" qualifiers qualifying for the state meet other than by district or regional competitions must meet the criteria in #1 and either #2 or #3:

1. Meet or surpass the state qualifying mark in their particular event(s) in a sanctioned meet (one with four or more schools), or with electronic timing during one of the nine regular season meets. This requires proof from Athletic.net.
2. Provide proof that they were physically unable to compete at their district/regional meet. Such proof must be a letter from a physician, chiropractor, nurse practitioner or any medical practitioner licensed by the state, stating the nature of the injury/illness that prevented the athlete from competing at the district/regional meet, and also stating the athlete is released to compete in the state meet. Such proof must be presented by the head coach or athletic director prior to the conclusion of the meet to the manager and **be approved** by the games committee of the respective district/regional meet so that the athlete's name may be included on the list of "Special Qualifiers".
3. Compete in the particular qualified event at their district/regional meet and fail to qualify by place or mark because of an incident beyond the athlete's control that the meet referee deems a hardship to the athlete in question. Example: An athlete in an obvious qualifying place that is fouled or interfered with and is unable to finish the event at all or not to finish in a qualifying place.

### **Track and Field Events**

#### Running Events

<u>Boys</u>	<u>Girls</u>
110 Meter Hurdles	100 Meter Hurdles
300 Meter Hurdles	300 Meter Hurdles
100 Meter Dash	100 Meter Dash
200 Meter Dash	200 Meter Dash
400 Meter Dash	400 Meter Dash
800 Meter Run	800 Meter Run
1600 Meter Run	1600 Meter Run

3200 Meter Run	3200 Meter Run
4x100 Meter Relay	4x100 Meter Relay
4x200 Meter Relay	4x200 Meter Relay
4x400 Meter Relay	4x400 Meter Relay
1600 Meter Medley Relay (4A, 3A, 2A and 1A only)	800 Meter Medley Relay (4A, 3A, 2A and 1A only)
4x800 Meter Relay (5A only)	4x800 Meter Relay (5A only)

#### Field Events

Shot Put	Long Jump
Discus	Triple Jump
High Jump	Pole Vault

### Wheelchair Athletes

1. Eligibility: All wheelchair athletes must meet the rules established by the IHSAA and individual school districts.
2. Wheelchair athletes may only compete for individual and team honors in the school classification and gender in which his/her school competes.
3. No wheelchair athlete shall be permitted to enter more than four individual wheelchair events.
4. Equipment
  - a. (Track) A wheelchair athlete shall compete in track events in a manually operated wheelchair that meets the following specifications:
    1. Shall have a minimum of three wheels.
    2. The diameter of the two largest wheels (including inflated tire) shall not exceed 28 inches. Other wheel/s diameters shall not exceed 20 inches (including the inflated tire).
    3. Only one push rim shall be attached to each large wheel.
    4. The chair's seat, including the cushion, shall not exceed 25 inches in height.
  - b. (Field) An athlete may throw from his/her wheelchair or a throwing frame. Both must comply with the following standards:
    1. The throwing frame sitting surface including the cushion must not exceed 75 cm. in height.
    2. If the frame has a holding bar, it must be fixed (no articulating joints).
    3. No part of the throwing frame or wheelchair may be outside the circumference of the circle.
    4. The size of the discus and shot for wheelchair participants shall be the same as for all other male and female participants.
  - c. A wheelchair athlete will **not** be permitted to compete at local, district, or state meets using unauthorized equipment.
5. Scoring Criteria (Regular Season, District & State Meets)
  - a. At least two wheelchair athletes from different schools must compete against one another in an event for team points to be awarded. If only one athlete compete in an event it will be as an exhibition only.
  - b. Events may be combined by gender and classification but scoring and awards will be separated out.
  - c. In the event that at least two wheelchair athletes from different schools compete against one another, a team trophy (if the meet provides trophies) for the combined scores of the wheelchair athlete/s and the able bodied athletes from the same school shall be awarded. Individual medals 1<sup>st</sup> through 6<sup>th</sup> place and two team trophies may be awarded.
  - d. Awarding of points:
 

Eight or more athletes:	10-8-7-6-5-4-3-2-1
Seven athletes:	8-6-5-4-3-2-1

Six athletes: 6-5-4-3-2-1  
 Five athletes: 5-4-3-2-1  
 Four athletes: 4-3-2-1  
 Three athletes: 3-2-1  
 Two athletes: 2-1  
 One athlete: Exhibition only

6. Qualifying for the IHSAA State Track Meet
- a. All wheelchair athletes must qualify to the IHSAA State Track Meet through the district meet.
  - b. Wheelchair athletes must meet or surpass the minimum standard in their particular event/s. If a competitor fails to meet the required standard in an event at the district meet, he/she will not be allowed to compete in that event at the IHSAA State Track Meet.
  - c. Qualifying standards:

	Girls	Boys
100 Meters	45.0	40.0
200 Meters	1:35.0	1:25.0
400 Meters	2:30.0	2:10.0
800 Meters	5:00.0	4:20.0
1600 Meters	9:30.0	8:30.0
3200 Meters	18:00.0	15:30.0
Shot Put	8-00	10-00
Discus Throw	10-00	15-00

**Wheelchair Events**

100 Meters	800 Meters	Shot Put
200 Meters	1600 Meters	Discus
400 Meters	3200 Meters	

# Track and Field Rules Changes - 2024

By NFHS on September 22, 2023 [Track & Field/Cross Country](#)

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**3-8-1:** Permits the Games Committee to set requirements for each meet on the number of timing officials.

**Rationale:** As technology continues to evolve in the sports of track and field and cross country, not all FAT systems require separate operators and evaluators. The Games Committee may set requirements for each meet on the number of timing officials.

**4-2-1 NOTE (NEW):** Permits state associations to set the participation limitations within their state, with six events being the maximum number.

**Rationale:** Adds flexibility for state associations to determine the number of events best suited for their state.

**5-3-1, 9-4-1 (NEW):** Removed and corrected information concerning track staggers

**Rationale:** Track staggers are dependent on the geometry of each individual track, and a competent surveyor should determine the lane staggers.

**5-7-4c,d NOTE (NEW), 8-4-4 NOTE 2 (NEW):** Extraneous motion before the device is fired does not necessarily require a false start to be charged unless the runner leaves their mark with hand or foot after the set command or leaves their mark with a forward motion without the starting device being fired.

**Rationale:** The change makes it clearer as to the definition of a false start and how it should be consistently officiated.

**5-14-1, 2:** Clarifies that displacement of any hurdle by hand is an infraction.

**Rationale:** Offers guidance to officials and umpires when determining hurdle infractions.

**6-2-2d:** Clarifies when a competitor enters a vertical jump for the first time, at any height, no matter the number of competitors left that this competitor is only permitted one minute for their attempt.

**Rationale:** This clarifies in the vertical jumps how the rule is to be interpreted and adds additional support to the official's decisions when a competitor enters after the event has been started.

**6-3-2b:** Added language in vertical jumps when breaking ties and competitors withdraw from the competition/jump-off.

**Rationale:** The addition offers guidance to officials when two or more tied competitors withdraw from the competition/jump-off at the same time.

**6-3-2b NOTES (NEW):** Any athlete withdrawing from a jump-off concedes the higher place but retains their performance in the event.

**Rationale:** The new note explains that an athlete withdrawing from a jump-off concedes the

higher place but does not negate their performance in the event nor is it unsporting to simply withdraw in this scenario. The addition of the new note helps explain how to officiate these scenarios.

**6-4-1, 6-5-1, 6-6-1:** Permits athletes in the throws to apply tape to their fingers as long as the fingers are not taped together and all fingers can move independently.

**Rationale:** The rules change offers flexibility to athletes to apply tape to their fingers or wear a wrist wrap as long as there are no artificial aids within the wrap such as hard plastic pieces to keep the wrist stiff.

**8-1 and 8-5:** Re-organization of the cross country course layout.

**Rationale:** Offers guidance on the relay exchange zone for indoor track and field.

**9-6-1 (NEW)** Clarifies the indoor track and field exchange zone.

**Rationale:** Offers guidance on the relay exchange zone for indoor track and field.

## **2024 Editorial Changes**

4-2-1, 4-6-5, 5-9-2

## **2024 Points of Emphasis**

1. Fair Starts
2. Sportsmanship
3. Cross Country Safety



## Required Student Mental Health & Suicide Prevention Online Instructions

Follow these instructions to access the free,  
**NFHS Online Student Mental Health & Suicide Prevention**

- ✓ Go to the IHSAA website - [www.idhsaa.org](http://www.idhsaa.org)
- ✓ Click on the **SAFETY & WELLNESS** tab
- ✓ Select **SMHSP COURSE**
- ✓ Select state and click on **ORDER COURSE**
- ✓ Fill in required information to sign-in or create account
- ✓ Follow instructions to start course
- ✓ At the conclusion of the course, **PRINT / SAVE CERTIFICATE.**

# YOU MUST

Submit your Certificate of Completion  
to your administrator.

If experiencing technical difficulties, contact the  
**Help Desk at (317) 565-2023**



## Required Concussion Course

Online Instructions

### Idaho Concussion Training: When In Doubt – Sit Them Out

- ✓ Go to the IHSAA website - [www.idhsaa.org](http://www.idhsaa.org)
- ✓ Click on **OFFICIALS** on the tab
- ✓ Select **Concussion Course**
- ✓ Enter required information
- ✓ Click **BEGIN CERTIFICATION**
- ✓ Take the 15 question **Pre-Test**
- ✓ Watch the 20-minute **Training Video**
- ✓ Take the 15 question **Post-Test**
- ✓ Once passed, click **Congratulations! Redeem Your Certificate**
- ✓ **PRINT** or **DOWLOAD** the Certificate of Completion

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## Required Sudden Cardiac Arrest Course Online Instructions

Follow these instructions to access the free,  
**NFHS Online Sudden Cardiac Arrest Course**

- ✓ Go to the IHSAA website - [www.idhsaa.org](http://www.idhsaa.org)
- ✓ Click on the **OFFICIALS** tab
- ✓ Select **SCA COURSE**
- ✓ Select state and click on **ORDER COURSE**
- ✓ Fill in required information to sign-in or create account
- ✓ Follow instructions to start course
- ✓ At the conclusion of the course, **PRINT / SAVE CERTIFICATE.**

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## GUIDELINES FOR HANDLING CONTESTS DURING **LIGHTNING DISTURBANCES**

The purpose of these guidelines is to provide a default policy to those responsible for making decisions concerning the suspension and restarting of contests based on the presence of lightning.

### **Proactive Planning**

1. Assign staff to monitor local weather conditions before and during events.
2. Develop an evacuation plan, including identification of appropriate nearby shelters.
3. Develop criteria for suspension and resumption of play:
  - a. When thunder is heard, or a cloud-to-ground lightning bolt is seen, the thunderstorm is close enough to strike your location with lightning. Suspend play and take shelter immediately.
  - b. Thirty-minute rule: Once play has been suspended, wait at least 30 minutes after the last thunder is heard or flash of lightning is witnessed prior to resuming play.
  - c. Any subsequent thunder or lightning after the beginning of the 30-minute count reset the clock and another 30-minute count should begin.
4. Hold periodic reviews for appropriate personnel.

For more detailed information, refer to the *Guidelines for Lightning Safety* section contained in the NFHS Sports Medicine Handbook [www.nfhs.org](http://www.nfhs.org).