

New Jersey State Interscholastic Athletic Association

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Robbinsville, New Jersey 08691

TO: Track and Field Coaches and Officials
FROM: Donald E. Danser, Assistant Director
DATE: March 2010
RE: The 2010 National Federation Cross-Country, Track & Field Rules Modifications

Applicable NJSIAA rules from the **Constitution and Bylaws**:

All Coaches must be familiar with **Rule 2 Program Regulations** dealing with such topics as:

- | | | |
|--------------------------|-------------------------------------|------------------------------------|
| 1. Awards | 7. Practices/Scrimmages/Games-Meets | 13. Tournament Entry |
| 2. Strenuous Sports | 8. Start of Regular Schedule | 14. Video Taping and Filming |
| 3. Physical Examinations | 9. Contest Rules | 15. Maximum Games-Wavier |
| 4. Equipment | 10. End of Season | 16. Withdrawal/NJSIAA Tournaments |
| 5. Sports Seasons | 11. Out-of-Season Period | 17. Withdrawal/Infectious diseases |
| 6. Start of Practice | 12. Alumni Games | 18. 70% rule |

19. Specific Sport Regulations which explains the NJSIAA disqualification for unsportsmanlike conduct rules

Rule 19-Section 9. Officials (Applies to all three sports: Cross-Country, Indoor Track, and Outdoor Track)

Art. 1...It shall be required that at least three (3) NJSIAA registered track officials be used to officiate in any County, Conference, Invitational, Championship or NJSIAA meets involving four or more teams. Whenever possible, all officials in these meets should be registered.

Art. 2 In all dual and triangular Cross-Country Meets there shall be a least one (1) NJSIAA registered track official designated as the Starter-Referee.

Art. 3 In all dual and triangular Winter Track and Outdoor Track Meets there shall be at least two (2) NJSIAA registered track officials; one official to supervise Running Events and designated Meet Referee and/or Starter and/or Head Finish Judge; the other to supervise the Field Events and designated Head Field Judge.

Section 10. Jewelry. No jewelry (including watches) is permitted to be worn during competition. Religious medals and medical alert medallions must be taped to the body.

Section 11. Standard Distances/Cross-Country: Unless Meet Directors for Open, Conference, and Championship meets have received NJSIAA approval to conduct meets at other distances, the standard distance shall be:

Art. 1.... Freshman – 3500 meters

Art. 2.... Junior Varsity or Novice – 4500 meters

Art. 3.... Varsity – 5000 meters

Rule 20 (Winter Track)

Participation: The NFHS rule of just 4 events of any combination continues to be the New Jersey rule.

Section 11. Number of Contestants

Art. 1....Dual Meet Competition – Each team shall be entitled to five (5) entries per event (except relays)

NOTE: This will also apply to Rule 21. Outdoor Track)

Art. 2....Triangular Competition – Each team shall be entitled to four (4) entries per event.

Art. 3....Open, Conference and Championship Meets – Entries determined by sanctioning body or Meet Director.

Leagues/conferences) may increase this limit as long as ALL RUNNERS must be eligible to score.

Statement to this effect must be forwarded to NJSIAA, outlining the limits being set. When setting limits, conferences should keep in mind what trackd will safely hold and you are reminded that this adjustment in limits is not supposed to be designed to eliminate the need for junior varsity races when numbers warrant it.

Note: Only Leagues/Conferences may override the Maximum Rule, not individual schools on an individual basis.

Section 12. Standard Events – Boys. As follows: 55m, 55m high hurdles (39”), 400m, 800m, 1600m, 3200m, 1600m Relay (4x400m), Shot Put, High Jump, and Pole Vault. Any variations must be by mutual consent and listed in the contract or points shall be forfeited for departure from this rule. Open, Conference, and Championship meets must receive NJSIAA approval for departure from this rule.

Section 13. Standard Events – Girls. As follows: 55m, 55m hurdles (33”), 400m, m, 1600m, 3200m, 1600m Relay (4x400m), Shot Put, Pole Vault, and High Jump. Any variations must be by mutual consent and listed in the contract, or points shall be forfeited for departure from this rule. Open, Conference, and Championship meets must receive NJSIAA approval for departure from this rule.

Rule 21. Outdoor Track

Sections 1 through 10. Same as **Rule 19.**

Sections 11. Same as **Rule 20.**

Section 13. Standard Events – Boys. As follows: 100m, 200m, 400m, 800m, 1600m, 3200m, 110m high hurdles (39”), 400m intermediate hurdles (36”), **400m Relay (4x100m)***, 1600m Relay (4x400m), **3200m Relay (4x800m)***, Pole Vault, High Jump, Long Jump, Triple Jump, Discus, Shot Put, and Javelin (rubber-tipped). Any variations must be by mutual consent and listed in the contract, or points shall be forfeited for departure from this rule. Open, Conference, and Championship meets must receive NJSIAA approval for departure from this rule.

Section 14. Order of Events – Boys. The order of events, unless agreed upon and listed in the contract, shall be 110m high hurdles, 100m, 1600m, 400m, 400m intermediate hurdles, 800m, 200m, 3200m, 1600m Relay. If the 400m Relay and/or the 3200m Relay is/are included, the contract must also indicate the placement in the order of events.

Section 15. Standard Events – Girls. As follows: 100m, 200m, 400m, 800m, 1600m, 3200m, 100m high hurdles (33”), 400m hurdles (30”), **400m Relay *4x100m)***, 1600m Relay (4x400m), **3200m Relay (4x800m)***, Pole Vault, High Jump, Long Jump, Triple Jump, Discus, Shot Put, and Javelin (rubber-tipped). Any variations must be by mutual consent and listed in the contract, or points shall be forfeited for departure from this rule. Open, Conference, and Championship meets must receive NJSIAA approval for departure from this rule.

***Note:** **These relays are not required in dual meets, but by League/Conference adoption may be added to dual meets where they must be scoring events if added. Open, Conference and Championship meets may add these relays as either scoring or open events as long as they count toward the athlete’s total events allowed under the NFHS/NJSIAA “Participation Rule.”**

Section 16. Order of Events – Girls. The order of events, unless agreed upon and listed in the contract, shall be 100m high hurdles, 100m, 1600m, 400m, 400m intermediate hurdles, 800m, 200m, 3200m, 1600m Relay. If the 400m Relay and/or the 3200m Relay is/are included, the contract must also indicate the placement in the order of events.

NOTE: On September 20, 1995, the Executive Committee voted to require the use of the rubber-tipped javelin starting with the 1996 season. They also strongly recommended that the javelin be thrown first whenever possible. This applies to both boys and girls.

Other Modifications

1. Boys and girls Triple Jump will be scoring events in the State Tournaments, starting at the sectional level (Executive Committee vote at January 2002, meeting.)

2. A school is permitted to sponsor only one team at the varsity level. "A" and "B teams at the varsity level are not permitted in any sports. (Rule 2, Section 15) which applies to relay teams on the varsity level [One relay team per school per relay event in any varsity level meet.]
3. The NJSIAA does not permit "exhibition" (non-scoring) participation in any sport. Therefore, any reference to "exhibition" events, bouts, and the like (e.g. in the National Federation Track and Field Rules) are not permitted. (Article VIII, Section 2)
4. The 400m Relay and 3200m Relay will be conducted only in the NJSIAA Meet of Champions, not on the sectional or group meet level.

National Federation rules

- 3-8 This rule in County, Conference, Championship meets, or meets involving five or more schools can be accomplished by having the participants (Coaches and team captains), sign an appropriate sportsmanship statement upon arrival at the site.
- 4-2-4d Only one relay team may be entered on a varsity level per relay event (as per Rule 2, Section 15 and Article VIII, Section 2 of the NJSIAA Constitution and Bylaws.
- 6-4-6 Discus cage modifications must be in place by 2008. The 34.92 degree landing sector for the discus (and shot put) must be used this season.
- 6-2-10 Time excused from a field event to participate in another event. The underlying principle behind these procedures is to make sure the active contestants in any field event are not held up more than ten (10) minutes by inactivity in the event. The following is the procedure to be used in large meets:
1. Competitor must receive permission to leave the event from the event judge who is to record the time the competitor was excused.
 2. If requested by the competitor or the competitor's coach, the judge may allow the competitor to take trial(s) out of turn before being excused.
 3. High Jump and Pole Vault: When competitors have been excused, and all the available competitors have missed or cleared the existing height, the event judge records the time and stops the competition. If the excused competitor(s) do(es) not return in ten (10) minutes, the event judge will ask the Meet or Field Referee for permission to raise the crossbar. If the referee permits, the crossbar will be raised to the next height and the excused competitor(s) will be automatically passed to the new height.
 4. Shot, Discus, Javelin, Long Jump, Triple Jump: (*This assumes there will be trials and finals*). When the last competitor available in the final flight has completed his/her final trial attempt and there are excused competitors who have yet to return to complete their remaining trial attempts, the judge will record the time. If, after ten (10) minutes, there are excused competitors who still have not returned, then the event judge will ask the Meet or Field Referee for permission to determine the finalists without the excused athletes receiving any remaining attempts. If the event is in the finals and all present competitors have completed all of their attempts, after ten (10) minutes, the event judge will ask the Meet or Field Referee for permission to end the event and score it without the excused competitor(s) receiving any remaining attempts.
 5. The Meet Referee will make the final determination on any appeals resulting from these procedures.
- 7-5-6 Coaches must sign statements verifying that pole vaulters are using legal vaulting poles that are properly rated for the users. Refusal to sign such statements disqualifies the vaulter(s) from competition.
- 9-5-1 In cross-country **varsity** level meets with **four or fewer** participating schools, each school is permitted to enter a **maximum of 12** competitors, [Leagues/conferences may increase this limit if the course conditions, such as starting line and distance to first turn, can handle the larger numbers.] and according to Art. VIII, Sect. 2, **ALL RUNNERS** are eligible to score. (i.e. there is no pre-race designation of the "top seven.") Varsity meets with five or more teams are limited to seven. Meet management (or leagues/conferences) may increase this limit if the course conditions, such as starting line and distance to first turn, can handle the larger numbers. Again, **ALL RUNNERS** must be eligible to score.

Note: Only Leagues/Conferences may override the Maximum Rule, not individual schools on an individual basis.