

Pennsylvania Interscholastic Athletic Association, Inc.

2023 Track and Field Preseason Bulletin

Rules, Revisions, and Interpretations



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2023 NFHS TRACK AND FIELD RULES CHANGES

3-4-3: Offers guidelines for meet referees when determining a rerun.

Rationale: Defined specific guidelines from the case book to offer consistency and guidance to a meet referee when ruling on reruns.

4-2-2: Clarifies that an athlete is disqualified after participating in more than four events.

Rationale: The athlete is not disqualified from an event until the individual participates in more than four events. The table was revised and moved to clarify the number of events in which an athlete may participate during a meet.

5-7-2: Adjusts language to offer a standard for starter hold times.

Rationale: Standardize starter hold times for fair and consistent starts.

5-10-2: Increases the number of individuals who may be listed on the relay entry.

Rationale: Providing two additional names gives opportunity for more athletes to be involved in regular and postseason track meets.

6-6-4: Clarifies when the javelin measurement should be taken.

Rationale: The measurement is made to the first point of contact under Rule 6-6-7 so that should be within the sector. If the rest of the javelin should fall outside the sector, that should not be a foul.

7-2-2g (NEW): Adds mixed relay to the special events list.

Rationale: Mixed relays are becoming more popular at high school meets adding them to special events offers guidance to the states on how to conduct these events.

9-3-2b: Any displaced or jostled crossbar should be placed on standards in exact same position before next attempt.

Rationale: Adding the words 'or jostled' clarifies the intent of the 2022 rules change.

2023 NFHS TRACK AND FIELD RULES CHANGES CONT'D

Rule 9 (NEW): Creates new indoor track and field rules section.

Rationale: There are 17 states that conduct state championships in indoor track and field, over 150,000 participants, and 21 states that sanction the activity. With recent changes to the outdoor rules, it became clearer that it was necessary to create a section specifically for indoor track and field rules. Move Records Section to New Rule 10.

COMMENTS ON 2023 RULES CHANGES

3-4-3 — The change defined specific guidelines to the rules book to offer consistency and guidance to a meet referee when ruling on reruns.

4-2-2 — The athlete event table was revised and moved to clarify that participation in more than four events will result in a disqualification.

5-7-2 — Offers a clearer standard of approximately two seconds between the set command and the firing of the starting device for a starter when conducting a fair and consistent start.

5-10-2 — The rules change permits an additional two individuals listed on a relay entry. Now coaches have the flexibility to list up to eight individuals on a relay entry and pick from any of the eight to compete provided those competing meet the entry limitations.

6-6-4 — Clarified that the measurement in the javelin is made from the first point of contact within the sector. If the first point of contact is made within the sector and the javelin falls outside the section, this is not a foul.

7-2-2g (NEW) — Clarified that states conducting mixed relay events at their meets should be conducted under USATF youth event rules unless state association policy determines otherwise.

Rule 9 — The rules committee added a new indoor track and field rules section to the book to simplify the use of the rules book for officials at these meets. The Records section was moved to the new Rule 10.

10-3-2 — The 2022 rule change clarified when measurements should be conducted for record attempts in the vertical jumps. Adding the words “or jostled” to any displaced cross bar clarifies the intent of the 2022 rules change.

2023 EDITORIAL CHANGES

5-1-1

2023 NFHS POINTS OF EMPHASIS**Sportsmanship**

Good sporting behavior is one of the fundamental ingredients to the continued success and enjoyment of education-based high school sports and activities. In fact, in the 103-year history of organized high school sports in the United States, good sportsmanship has been one of the most important outcomes of high school activity programs.

NFHS playing rules are written to encourage sportsmanship. Participation in these programs should promote respect, integrity and sportsmanship. However, for these ideals to occur, everyone involved in these programs must be doing their part.

The NFHS is concerned that unsporting behavior in education-based athletics has increased across all sports. As a result, the NFHS has made sportsmanship the No. 1 Point of Emphasis for the 2022-23 school year.

2023 NFHS POINTS OF EMPHASIS CONT'D

Sportsmanship, or good sporting behavior, is about treating one another with respect and exhibiting appropriate behavior. It is about being fair, honest and caring. When these types of appropriate behavior occur, competitive play is more enjoyable for everyone.

Coaches set the tone at athletic contests with their display of sportsmanship. If these individuals act in a sportsmanlike manner, their behavior sets the tone for players, spectators and others. If coaches, however, are complaining constantly about the decision of contest officials, spectators are more likely to do the same.

There must be a collaborative, working relationship between contest officials and game administration to promote good sportsmanship and safely conduct the contest. Everyone has their roles to play in creating a positive, sportsmanlike atmosphere at contests.

Officials should focus on the actions of players, coaches and other bench/sideline personnel. A positive, open line of communication between officials and coaches ultimately results in a better contest for everyone involved.

Contest officials, however, should never engage with spectators who are exhibiting unsporting behavior. Once the contest begins, school administration is responsible for dealing with unruly spectators. A proactive approach by school administration includes monitoring the behavior of spectators and intervening as needed.

If spectators are using demeaning or profane language at officials – or at others in the stands – those individuals should be removed from the contest by school administration. In recent years, a heightened level of unsportsmanlike behavior has been occurring by spectators at high school sporting events, and it must be stopped. The use of demeaning language, or hate speech, by students, parents and other fans must cease.

High school sports and other activities exist to lift people up, not demean or tear people down. The goal is to treat everyone fairly and treat each other with respect. Any speech or harassment that is insulting, demeaning or hurtful will not be tolerated.

High schools must establish a culture that values the worth of every single person – both players on the school's team and players on the opposing team. There must be a no-tolerance policy regarding behavior that shows disrespect for another individual.

Good sports win with humility, lose with grace and do both with dignity. It takes the efforts of everyone every day to ensure that sportsmanship remains one of the top priorities in education-based activity programs.

Protest/Appeal Process

During a track and field competition there are instances where there are disagreements with an official's call. In these cases, a protest may be made to the Meet Referee. The Meet Referee's decision in all matters is final. At meets where a Jury of Appeals is appointed by the games committee, a coach may protest if there is a belief that the state's terms and conditions of competition or the application of the rule(s) have been misapplied or misinterpreted by the referee. In such cases, a written appeal may be made to the Jury of Appeals. Video replay or television monitoring equipment, other than the official finish line equipment approved by the games committee prior to the start of competition, shall not be used to make decisions related to the meet.

Coaches may NOT protest:

- a. Any judgment decision pertaining to violations or alleged violations of the rules.
- b. A decision made by the finish judges or timers that does not involve misapplication of a rule, or the terms and conditions of competition.
- c. Whether a start is fair and legal.

Situations which are subject to protest/appeal include:

- a. Misapplication of the rules which must be filed within 30 minutes after the announcement of event results.
- b. Correction of clerical or team scoring errors which may be corrected up to 48 hours after the end of the meet, unless another time period is specified in advance by the games committee or meet director.
- c. Correction of meet results involving an ineligible participant which may be made at any time when discovered.
- d. Failure to follow a procedure contained in the terms and conditions of competition announced in advance by the meet director or games committee. This would include such items as the time schedule, the number of qualifiers to advance, number of trials, etc.

2023 POINTS OF EMPHASIS CONT'D

Cross Country Safety

Training for cross country is unique in that there are so many options afforded to the runner(s) to accomplish their workouts. Not being limited to the track allows the runners access to parks, city streets, highways and country roads. However, each of these options creates safety concerns that all runners and coaches should keep in mind. Workouts and runs should be fun, relaxing, carefree experiences. Sadly, the need for runner safety tips is evidenced by a dramatic increase in pedestrian deaths in the United States, as well as eight reported running-related motor vehicle crashes resulting in nine deaths and two disabling injuries among middle school and high school cross country and track and field runners between 2011 and 2021.

It is critical that administrators, coaches and athletes promote and practice safety and risk minimization strategies as cross country runners share the road with vehicles and drivers that have become increasingly distracted on the roads. Some key safety measures that can be promoted by school coaches and others to their cross country runners include:

- Using sidewalks when available or run facing traffic;
- Staying alert and avoid wearing headphones and using electronic devices, including cell phones;
- Crossing roads at crosswalks and intersections, when available. If not, cross at a well-lit location;
- Avoiding running when it is dark. If it is dark, wear bright, reflective materials and/or use a flashlight or head lamp;
- Following the rules of the road;
- Avoiding running along eastbound roads at sunrise or along westbound roads at sunset.
- Providing a safety orientation for first-year runners;
- Running in pairs;
- Never running against traffic lights;
- Avoiding running in higher traffic speed areas;
- Running during lower traffic times when running along a road;
- Avoiding loitering along the road before and after runs.

Coaches need to plan when developing a road route where stop lights, routes and heavy traffic exist. Educating the athletes on where to go for safety in case of weather, emergency situations and hydration stops is crucial to athlete safety.

Points of Emphasis

SPORTSMANSHIP-PIAA POINT OF EMPHASIS

- PIAA Officials must be aware of racially insensitive remarks between players during contests.
- If heard by a PIAA official, it must be addressed immediately and firmly.
- Ejections should be strongly considered when faced with this type of infraction.
- If an official fails to hear the remark but it is reported to them by a player, the official must approach the potentially offending team's head coach and report to that head coach what they were told.



2023 PIAA ADOPTIONS AND MODIFICATIONS

- PIAA adopts the 2022-2023 NFHS Track and Field Rules Book
- Modify Rule 1-2-1, order of running events, exclusive of the 4x200 Meter Relay.
- Modify Rule 2-2 to provide for a tiebreaking procedure for track and field dual meets, includes rule 6-3-2-b for field events.
- Modify 3-2-1a which authorizes conferences or leagues to serve as the administrative body ('Games Committee'), Modify Rule 3-2-4n which restricts the wearing of caps, hats, do-rags, etc., unless authorized by PIAA for medical reasons.
- Modify Rule 3-2-6, to provide for Contests interrupted because of events beyond the control of the responsible administrative authority to be either continued from the point of interruption or terminated with the existing Team scores.
- Modify Rule 4-2-4c, to authorize District Committees to permit more than three contestants from the same school to be entered, but not participate, in individual events in their respective qualifying meets.
- Modify Rule 4-3-1b7 which defines headbands, compression sleeves, and socks (without attachments) as Foundation Garments.
- Adopt Rule 4-4 NOTE, which requires evidence of written authorization from the PIAA Executive Director, or the Executive Director's designee, before permitting a competitor to participate.
- Modify Rule 5-5-7 to permit the fastest section to be run first in meets with 4 or less schools; pursuant to Rule 6-8-15 NOTE: adopt the PIAA Pole Vault Verification Form.
- Modify Rule 6-2-7 to add high jump to the list of events that prohibit run-backs.
- Modify Rule 6-3-2b4(a), which authorizes the Games Committee to score a tie for first place in the vertical jumps ('HJ/PV') by adding together the points for the tied places and dividing by the number of competitors involved in the tie in a Multiple School (Dual) Event (i.e., Contests involving three (3) or more teams of students representing their schools in interscholastic track and field/cross country competition).

PIAA SPORTSMANSHIP MESSAGE

****This message shall be read to the head coach and captains prior to each contest officiated by a registered PIAA official. This message shall be enforced by contest officials and its enforcement shall include a strict and swift enforcement when unsportsmanlike actions involve demeaning remarks or actions that may be related to the racial or ethnic background of any party.****

PIAA requires all registered sports' officials to enforce the sportsmanship rules for coaches and contestants. Actions meant to demean opposing contestants, teams, spectators, and officials are not in the highest ideals of interscholastic education and will not be tolerated. Let today's contest reflect mutual respect. Coaches please certify to the contest official(s) that your contestants are legally equipped and uniformed according to NFHS rules and PIAA adoptions.

Good luck in today's contest.

The proper procedure is head coaches and captains MUST attend the pre-game reading of the sportsmanship message. Coaches must certify to the contest officials their team is legally equipped and in compliance with NFHS Track and Field Rules.

The reading of this message will have the coaches verbally confirm aloud their teams' adherence to compliance with equipment and safety rules. This confirmation is not only the adherence to contest rules, but also assists in alleviating the legal liability concerns for the officials if the teams subsequently violate the proper equipment provisions of the contest rules.

OUTDOOR EVENTS: SPECTATOR DECORUM

The presence and/or the use of balloons, whistles, and/or portable listening devices (without earphones) are PROHIBITED! Persons using such items may be removed from the Contest. The use of pom-poms by cheerleaders and small portable listening devices with earphones is permitted. Spectators are prohibited from removing their shirts and/or using body paint while in attendance at District and InterDistrict Championship Contests and may be removed from the Contest for doing so. Principals and Athletic Directors shall inform and publicize these regulations to students. The failure of a school to so inform or publicize will not, however, prevent removal from the Contest for violations of this policy. The Principal, Athletic Director, Coaches, team physician, team trainer, players in uniform, managers, ball holders, and statisticians are the only persons permitted in the team box.

As copied from the PIAA Policies and Procedures Manual.

FITNESS AND HEALTH CONDITION

Athletic officiating is a vigorous avocation and it demands that an official be in excellent physical condition, able to give the very best, on every play, in every contest. To that end, the American Medical Association has stated that before one attempts any vigorous physical activity they should first visit their family physician for a check-up. It is part of good personal health maintenance to have an annual physical exam and participate in an exercise program. This type of exercise program should be minimally three days per week and include cardiovascular conditioning, strength training, flexibility and muscle endurance. These components along with proper nutrition will assist in developing one's optimum body composition.

The PIAA Sports Medicine Committee recommends that each registered sports official have an annual physical examination and practice good health habits. Being physically fit and conveying an appropriate, positive image through proper health and nutrition habits will greatly assist all officials in keeping up with the game. After all, the game, the schools, players, coaches, spectators and fellow officials deserve no less. As importantly, officials owe good health habits to themselves and their families if for nothing more, than the health of it. If officials have any chronic health condition, officials are requested to share this information with on site medical personnel at their contest(s).

UNIVERSAL HYGIENE PROTOCOL FOR ALL SPORTS

- Shower immediately after every competition and practice.
- Wash all workout clothing after each practice.
- Wash personal gear (knee pads and braces) weekly.
- Do not share towels or personal hygiene products (razors) with others.
- Refrain from full body (chest, arms, abdomen) cosmetic shaving.

2023 PIAA TRACK AND FIELD SCHEDULE

First Practice Date Monday, March 6
 First Inter-School/Scrimmage Date..... Saturday, March 11
 First Regular Season Play Date Friday, May 20
 Last Regular Season Contest Date & District Championship DeadlineSaturday, May 21

PIAA Track & Field Championship Finals

Shippensburg University, ShippensburgFriday, May 26

Track Events

1600M Run (Finals) 9:00am
 100M Dash (Prelims) 10:00am
 100M Hurdles (Prelims) 10:45 am
 110M Hurdles (Prelims) 11:00 am

BREAK

4x100M Relay (Prelims) 12:00 pm
 400M Dash (Prelims) 1:00 pm
 300M Hurdles (Prelims) 2:00 pm
 200M Dash (Prelims) 2:30 pm
 4x400M Relay (Prelims) 3:00 pm

Field Events—9:00 AM Session

High Jump & Discus Throw (AA Girls);
 Pole Vault & Shot Put (AAA Girls);
 Long Jump & Javelin Throw (AA Boys);
 Triple Jump (AAA Boys)

Field Events—12:30 PM Session

Long Jump & Javelin Throw (AA Girls); Triple Jump (AAA Girls); High Jump & Discus Throw (AA Boys); Pole Vault & Shot Put (AAA Boys)

Field Events—will follow 30 minutes following completion of previous event

Long Jump, Shot Put & Javelin Throw
 (Unified Division)

Note: This schedule could be altered with the inclusion of wheelchair and para-ambulatory event(s).

2023 PIAA TRACK AND FIELD CHAMPIONSHIPS SCHEDULE
SATURDAY, MAY 27, 2023

PIAA Track & Field Championship Finals

Shippensburg University, Shippensburg Saturday, May 27

Track & Field Events— Semi-Finals and Finals

Track Events

| | |
|-----------------------|----------|
| 3200M Run (Finals) | 9:00 am |
| 100M Hurdles (Finals) | 10:00 pm |
| 110M Hurdles (Finals) | 10:15 am |
| 100M Dash (Unified) | 10:20 am |
| 100M Dash (Finals) | 10:35 am |
| 4x800M Relay (Finals) | 10:45 am |

BREAK

| | |
|------------------------|--|
| 4x100M Relay (Unified) | 12:30 pm |
| 4x100M Relay (Finals) | 12:35 pm |
| 400M Dash (Unified) | 12:50 pm |
| 400M Dash (Finals) | 1:10 pm |
| 300M Hurdles (Finals) | 1:25 pm |
| 800M Run (Unified) | 1:40 pm |
| 800M Run (Finals) | 1:55 pm |
| 200M Dash (Finals) | 2:30 pm |
| 4x400M Relay (Finals) | to begin 20 min. after completion of AAG 200M Dash |

Field Events—9:00 AM Session

Pole Vault & Shot Put (AA Girls);

High Jump & Discus Throw (AAA Girls); Triple Jump (AA Boys); Long Jump & Javelin Throw (AAA Boys)

Field Events—12:30 PM Session

Triple Jump (AA Girls); Long Jump & Javelin Throw (AAA Girls); Pole Vault & Shot Put (AA Boys)
 Wheelchair & AA Boys); High Jump &
 Discus Throw (AAA Boys)

Note: This schedule could be altered with the inclusion of wheelchair and para-ambulatory event(s).

2023 PIAA TRACK & FIELD CHAMPIONSHIPS

Each PIAA District that sponsors a qualifying meet shall be entitled to a minimum number of entries, per track and field event, per enrollment classification, to the PIAA Track and Field Championships. In addition, individuals or relay teams that place eighth (8th) or better in the finals of a district qualifying meet shall also qualify to the track and field championships provided their district qualifying meet time, height or distance is equal to or better than the qualifying time, height or distance stated below:

| EVENT | AA GIRLS | AAA GIRLS | AA BOYS | AAA BOYS |
|-----------------------|----------|-----------|---------|----------|
| 4 x 800 Meter Relay | 9:50.40 | 9:35.48 | 8:15.55 | 8:02.04 |
| 100/110 Meter Hurdles | :16.01 | :15.40 | :15.50 | :15.10 |
| 100 Meter Dash | :12.70 | :12.50 | :11.30 | :11.10 |
| 1600 Meter Run | 5:18.30 | 5:10.00 | 4:31.13 | 4:24.22 |
| 4 x 100 Meter Relay | :50.80 | :49.56 | :44.30 | :43.25 |
| 400 Meter Dash | :59.85 | :58.62 | :50.70 | :50.09 |
| 300 Meter Hurdles | :47.64 | :46.25 | :40.80 | :39.80 |
| 800 Meter Run | 2:20.60 | 2:18.47 | 1:59.70 | 1:57.00 |
| 200 Meter Dash | :26.25 | :25.91 | :22.88 | :22.50 |
| 3200 Meter Run | 11:35.00 | 11:10.00 | 9:48.01 | 9:31.71 |
| 4x400 Meter Relay | 4:08.75 | 4:01.50 | 3:29.60 | 3:24.03 |
| High Jump | 5-2 | 5-3 | 6-3 | 6-5 |
| Pole Vault | 10-6 | 11-6 | 13-6 | 14-3 |
| Long Jump | 16-11 | 17-9 | 21-6 | 22-3 |
| Triple Jump | 35-6 | 36-6 | 44-0 | 45-0 |
| Shot Put | 36-6 | 37-6 | 49-6 | 52-0 |
| Discus Throw | 113-0 | 118-0 | 148-0 | 153-0 |
| Javelin Throw | 121-0 | 122-0 | 176-0 | 178-0 |

***In addition to the above standards, for the Pole Vault participant to advance to the PIAA Track and Field Championships, they shall clear a height equal to or greater than the following minimum standards, in a PIAA District qualifying meet:**

| | | | | |
|--------------------|------------|------------|-------------|-------------|
| Pole Vault* | 9-0 | 9-6 | 11-6 | 12-3 |
|--------------------|------------|------------|-------------|-------------|

**PENNSYLVANIA INTERSCHOLASTIC ATHLETIC ASSOCIATION, INC. (PIAA)
POLE VAULT VERIFICATION FORM
(Revised December 20, 2022)**

ALL MEMBER SCHOOLS are required to process the **PIAA Pole Vault Verification Form** listing the name and grade of each contestant participating in the pole vault event. The head coach must verify, on the day of each meet, the weight of each contestant, and the proper ratings of all poles used by each contestant. This procedure is required for both indoor (winter) and outdoor (spring) track and field competition. **The completed form must be presented to the MEET REFEREE/STARTER or HEAD FIELD JUDGE prior to the start of warm-ups, on the day of competition.**

School Name _____

| Name of Pole Vaulter | Grade | Vaulter's Weight* | Pole Rating |
|----------------------|-------|-------------------|-------------|
| 1. _____ | _____ | _____ | _____ |
| 2. _____ | _____ | _____ | _____ |
| 3. _____ | _____ | _____ | _____ |
| 4. _____ | _____ | _____ | _____ |
| 5. _____ | _____ | _____ | _____ |
| 6. _____ | _____ | _____ | _____ |

*Includes full competition uniform and footwear

Name of Head Coach (please print) _____

Date _____ Signature of head coach _____

NOTE TO ATHLETIC ADMINISTRATORS, TRACK AND FIELD COACHES AND OFFICIALS

The following are NFHS Track and Field Rules relevant to pole vault safety:

NFHS Track and Field Rule 6-8-15: The competitor's weight shall be at or below the manufacturer's pole rating. The manufacturers must include on each pole: the pole rating that shall be a minimum of $\frac{3}{4}$ -inch in a contrasting color located within or above the top hand-hold position; a 1-inch circular band indicating the maximum top hand-hold position with the position being determined by the manufacturer. Prior to the competition, the coach must verify that all of the school's pole vaulters and poles meet these requirements. **NOTE:** Etchings, serial numbers, etc. that may appear on poles shall not replace the requirement of the manufacturer's pole rating of the minimum $\frac{3}{4}$ -inch marking in contrasting color on each pole.

NFHS Track and Field Rule 6-8-16: A competitor shall not use a variable-weight pole, a pole which is improperly marked, or a pole rated below his/her weight, or any other equipment that is not legal during warm-up or competition. **NOTE:** Altering the pole in any fashion renders it illegal. **PENALTY: Disqualification from the event.**

NFHS Track and Field Rule 6-8-17: Prior to warm-up, the field referee or head field judge shall inspect each pole to be used in the competition to verify that the poles are legal equipment, per NFHS Rule 3-10-1. This includes checking the placement of a top hand-hold band, numerical pole ratings a minimum of $\frac{3}{4}$ inches in a contrasting color located within or above the top hand-hold band, and the proper binding of adhesive tape of uniform thickness when used. The binding shall not be on or above the top hand-hold band.

NFHS Track and Field Rule 6-8-24: A competitor shall not be allowed to use the pole of another individual without the consent of the owner. The event judge shall approve the use and verify that the pole is rated weight-appropriate. **PENALTY: Disqualification from the event.**

NFHS Track and Field Rules 6-8-27h: It is a foul if the competitor grips the pole above the top hand-hold band. **PENALTY: An unsuccessful trial is charged, but not measured.**

PIAA BY-LAWS: ARTICLE XIII, SECTION 8, DISQUALIFICATIONS

Section 8. Disqualification From Next Contest(s).

General Rule. Preamble

Sportsmanship is a core principle in interscholastic athletics. Actions which are unethical and/or intended to demean, embarrass, intimidate or injure opposing contestants, Teams, spectators and/or officials are considered unsportsmanlike and will not be tolerated since they are contrary to the purposes of PIAA and convey lessons incompatible with the reason why high school sports exist.

1. Mandatory Disqualification. One Game Suspension Any Coach and/or contestant who, while Coaching or competing for a PIAA member school, is ejected from a Contest by a state high school association recognized and/or registered official in that sport for unsportsmanlike conduct or flagrant misconduct is disqualified from Coaching and/or participating for the remainder of the day and in all Contests on the next Contest day of the same level (varsity, junior varsity, or otherwise) of competition from which the Coach and/or contestant was previously disqualified. For a Coach, participation in the next Contest includes any contact by the Coach with members of the Team, including other Coaches, between the time that the Team arrives at the Contest site and the conclusion of the last Contest of the day. The Principal must direct the Coach not to attend all of the Contest(s).

2. Supplemental Disqualification. Two Game Suspension Any Coach, team personnel and/or contestant who, is ejected from a Contest by a state high school association recognized and/or registered official and a component of the ejection is any of the following actions: confronting an official, coach, or contestant; physically contacting an official, coach, or contestant; directing foul or vulgar language/gestures toward an official, coach, contestant or spectator(s); using ethnic or racially insensitive comments will be disqualified from coaching and/or participating for the remainder of the day and for the next two (2) Contests including all Contests on the next two (2) Contest days of the same level (varsity, junior varsity, or otherwise) of competition from which the Coach, team personnel and/or contestant was previously disqualified. For the purposes of this provision, the jurisdiction of the official(s) to apply and enforce this rule begins upon the official's arrival at the Contest site and ends when the official (or the last of the team of officials) leaves the Contest site. The Contest site is defined as premises on which the competition surface is located and includes the entirety of the premises and parking areas.

When the Supplemental Disqualification implicates a contestant, and in addition to the two (2) Contests disqualification, the contestant may not return to competition representing the contestant's school until the contestant completes the NFHS Sportsmanship program at NFHSLearn (online) and provides a certification of completion of this program to the student's Principal and the Principal submits the certification to the PIAA District Sport Chairman. A Coach disqualified under this provision may not return to competition representing the Coach's school until the Coach completes the NFHS Sportsmanship program and Teaching and Modeling Behavior program at NFHSLearn (online) and provides a certification of completion of these two programs to the Coach's Principal and the Principal submits the certification to the PIAA District Sport Chairman.

A PIAA District Committee may, at its discretion, convene a hearing to address any and all disqualifications and may provide additional penalties as warranted by the circumstances. Penalties handed down by the District Committee would be covered under Article XIII of PIAA By-Laws.

The Supplemental Ejection is not designed for violations of "Rules of the Game" but rather for the conduct and foul language that result in the ejection.

The one game sit out penalty still remains for those actions that do not fit the Supplemental Ejection policy.

PIAA Board of Directors has given officials an additional tool to use, if warranted, to curb bad behavior. PIAA Board of Directors is concerned about the number of ejections and the conduct and foul language that result in ejections. This could aid in the recruitment and retention of officials if bad behaviors are reduced.

Ejections submitted may be edited by the PIAA office to a Supplemental Disqualification if the criteria are met after reading the Reason for Disqualification section of the submitted disqualification form.

Schools considering appeal should review the PIAA By-Laws Article XIII to determine if an appeal is permitted.

****Note to officials: the enforcement of the rules as written and the use of the mechanics when ejecting personnel from a contest cannot be stressed enough. PIAA cannot defend the lack of enforcement of sportsmanship rules nor the failure to use approved mechanics with regard to these ejections.****

PIAA BY-LAWS: ARTICLE XIII, SECTION 8: DISQUALIFICATIONS CONT'D

- **Situation:** After the basketball game has concluded and the officials are in the locker room, varsity head coach Jones begins to bang on the door and use profanity toward the officials.
- **Ruling:** The coach's actions would merit a Supplemental Disqualification. The crew chief must file the Supplemental Disqualification report within 24 hours on Coach Jones who must sit out the next two varsity contests. The crew chief must also make contact with Coach Jones' athletic director immediately or immediately after leaving the contest site to inform them that the Supplemental Disqualification was issued on Coach Jones.
- **Situation:** During a junior varsity soccer game a player from team A commits a handball violation in the penalty area denying an obvious goal scoring opportunity.
- **Ruling:** The referee awards a penalty kick to Team B and properly issues a red card and escorts the player from Team A to the sideline. The referee also informs the coach of the reason for ejection. The referee must file the Disqualification Report within 24 hours and the player must sit out the next junior varsity contest.. This is a standard one game sit out disqualification penalty.
- **Situation:** In the third inning of a baseball game the head coach disagrees with a safe/out call and charges onto the field while yelling profanities at the umpire.
- **Ruling:** The umpire must eject the head coach and inform them that they are being assessed a Supplemental Disqualification. The crew chief must file the Supplemental Disqualification report within 24 hours on Coach Smith who must sit out the next two junior varsity contests.
- **Situation:** During the boys varsity soccer match, Player A1 is taken down with a legal tackle by Player B1. Player A1 feels that a foul should have been called and jumps from the ground and yells at the nearest official saying, "Hey Ref, you suck."
- **Ruling:** The official must immediately be issued a red card and eject Player A1. The official must then inform Player A1's head coach of the ejection and the fact that it is a Supplemental Disqualification due to the foul language directed at the official. The ejecting official must file the Supplemental Disqualification report within 24 hours on the player who must sit out the next two varsity contests.
- **Situation:** After the volleyball match has concluded and the officials are walking through the school lobby to get to their cars a parent confronts the officials and uses profanity toward them.
- **Ruling:** The officials must not engage the parent in discussion and should continue to their vehicle, if possible. Upon reaching their vehicles the crew chief must immediately contact the host school's athletic director and inform them of what occurred. The officials do not retain jurisdiction under the Supplemental Disqualification in this instance. It does not apply to fans, only coaches and contestants. School athletic administrators must take action to prevent this type of occurrence in the future.
- **Situation:** After the varsity football game has ended and the officials are gathering at the 40 yard line to proceed to the locker room, the head coach rushes on to the field and confronts the crew about calls made that evening. The coach while using foul and abusive language contacts one of the officials.
- **Ruling:** The crew chief must inform the head coach that he is being assessed a Supplemental Disqualification for his actions. The crew chief must file the Supplemental Disqualification report within 24 hours on the head coach who must sit out the next two varsity contests.

Final Point:

- **Question:** On the new two game DQ is it going to be the officials' decision if it's a two game DQ or the PIAA's after reviewing the report?
- **Answer:** As with the previous one game DQ, it is always the decision of the official to eject but the actions of the player or coach will be the deciding factor whether the Supplemental DQ is used. The official really has no decision to make. If the actions fit the criteria of the Supplemental Disqualification, then the penalty is two games, the decision will be made for them by the actions of the offender. The official will not have the ability to choose between the two different disqualifications. The choice will be made for them.

PIAA BY-LAWS—ARTICLE XV; SECTION 5
RECOMMENDATION OF WRITTEN CONTRACT

PIAA member schools should enter into written (paper or electronic) contracts with the officials retained by the schools or assigned by an assignor to officiate regular season contests. The terms of such contracts must not violate the PIAA Constitution and By-Laws, Policies and Procedures and Rules and Regulations. Registered sports officials are independent contractors and therefore, are NOT employees of PIAA, the school, or the assignor.

OFFICIAL'S UNIFORM

Copied from the PIAA Official's Manual:

Required Uniform Policy

- a) Except where specifically modified by the Board of Directors, the acceptable official's uniform for any PIAA contest will be determined by the National Federation of State High School Association (NFHS).
- b) All PIAA-Registered Sports Officials must wear identical uniforms during a contest.
- c) The wearing of jewelry (except wedding bands and medical-alert bracelets) and wrist watches (except as a required timing device) is prohibited. Smoking and/or tobacco chewing is prohibited. Obviously, use of alcoholic beverages prior to game assignments is prohibited.
- d) Solid Black or Predominately Black with some white, cleaned and shined.
- e) Required uniform for PIAA-Registered Officials:

TRACK AND FIELD & CROSS COUNTRY

Shirt - White.

Slacks - Navy blue.

Shorts - Navy blue. Cap - Navy blue.

Note: Starters will wear an orange cap, orange shirt or orange jacket and/or orange sleeve.



SUGGESTED TECHNIQUES FOR TRACK AND FIELD OFFICIATING

[The Suggested Techniques for Track and Field Officiating](#) has been updated with the latest rule changes and is available on the PIAA website.

**The 28th Annual PIAA Official's Convention
August 4 & 5, 2023 at the Harrisburg Hilton.**

Look for registration to open in the spring on the [PIAA Official's Convention](#) webpage.

The PIAA Official's convention offers educational opportunities and provides 5 years of eligibility as it relates to inter-district playoff assignments. Hope to see you this summer!

The [2022 Track and Field Convention Presentations](#) are available to review on the PIAA website.



OFFICIALS MANUAL

All officials can access the contents of the Officials' Manual which can be found under the Officials heading on the PIAA website. Click the Official's homepage. Click Official's Manual on the right side of the page. You can view by clicking: [PIAA OFFICIAL'S MANUAL](#)

This manual provides valuable information concerning many aspects of officiating as they relate to PIAA policies and procedures.

NEED NEW BACKGROUND CLEARANCE DOCUMENTS?

For information to obtain new background clearances, visit the [Background Clearance Info](#) page on the PIAA website. This page will provide all the important information such as service codes, reasons for application and the links to the agencies to request the documents. There are detailed instructions to help you with the process.

After obtaining your documents, they must be provided to PIAA. You can upload the documents to your PIAA account, fax a copy to 717-697-7721, mail a copy to the PIAA office or email a copy to Kim Hill at khill@piaa.org.

INFECTIOUS SKIN DISEASES

Strategies for reducing the potential exposure to these infectious agents include:

- Athletes must be told to notify a parent or guardian, athletic trainer and coach of any skin lesion prior to any competition or practice. An appropriate health-care professional should evaluate any skin lesion before returning to competition.
- If an outbreak occurs on a team, especially in a contact sport, all team members should be evaluated to help prevent the potential spread of infection.
- Coaches, officials and appropriate health-care professionals must follow NFHS or state/local guidelines on “time until return to competition.” Participation with a covered lesion may be considered if in accordance with NFHS, state or local guidelines and the lesion is no longer contagious.

BLOOD-BORNE INFECTIOUS DISEASE

Strategies for reducing the potential exposure to these agents include following Universal Precautions such as:

- An athlete who is bleeding, has an open wound, has any amount of blood on his/her uniform, or has blood on his/her person, shall be directed to leave the activity (game or practice) until the bleeding is stopped, the wound is covered, the uniform and/or body is appropriately cleaned, and/or the uniform is changed before returning to activity.
- Athletic trainers or other caregivers need to wear gloves and take other precautions to prevent blood or body fluid-splash from contaminating themselves or others.
- In the event of a blood or body fluid-splash, immediately wash contaminated skin or mucous membranes with soap and water.
- Clean all contaminated surfaces and equipment with disinfectant before returning to competition. Be sure to use gloves when cleaning.
- Any blood exposure or bites to the skin that break the surface must be reported and immediately evaluated by an appropriate health-care professional.



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If you are in need of updating your officiating supplies, please be reminded that Officially Sports is the official vendor of PIAA Sport Officials’ Uniforms. Please give them your consideration for any purchases regarding officials’ supplies. If interested, you may provide them with your email address to send you their catalog, seasonal specials and discounted items that may be of interest and service to your avocation of sports’ officiating. Officially Sports may be contacted via email at sales@officiallysports.com, or at www.officiallysports.com.

CANCELLATION OF AN OFFICIAL'S CONTRACT BY A PIAA MEMBER SCHOOL

If a PIAA member school violates or cancels a contract with an official, the District Committee or the Board of Directors, in their respective jurisdictions, may require a school so violating or so canceling to pay to the offended official the fee or fees for the Contest or Contests which have been provided in the official contract. Failure of a PIAA member school to live up to the terms of the contract shall be considered a violation of the Constitution and By-Laws of PIAA.

Comment: It has been brought to our attention on numerous occasions that officials have lost assignments or games because a school or assignor has “double booked” the contest. Officials are reminded that unless there is a written contract executed between the parties, they have no claim to any type of reimbursement from the offending school(s). Many schools have made a “good faith” effort to the officials to get them an additional assignment in the future or offer a scrimmage to pick up the lost fees. However, officially, without a written, signed, properly executed contract between the official(s) and the school(s), there is no recourse for the officials. In this day of technology it is not very hard for assignors, or schools, to execute these contracts. This is part of an assignor’s responsibility. Officials should request contracts from their assignors or schools for both parties protection.

POLICY ON EYE SHADE

The use of eye shade must be worn as a single, solid stroke under the eye. There shall be no numbers, works, logos, symbols or other detail located in the eye shade. The eye shade shall not extend below the cheek bone and extend no further than the width of the eye socket. Player having eye shade that does not meet the standards are to remove it or comply with PIAA interpretation before participation in the game. If the player do not comply, the officials may impose unsportsmanlike conduct type penalties as determined by their respective rules code.



COMMUNICABLE DISEASE AND SKIN INFECTION PROCEDURES

Proper precautions are needed to minimize the potential risk of the spread of communicable disease and skin infections during athletic competition. These conditions include skin infections that occur due to skin contact with competitors and equipment. The transmission of infections such as Methicillin-Resistant Staphylococcus aureus (MRSA) and Herpes Gladiatorum, blood-borne pathogens such as HIV and Hepatitis B, and other infectious diseases such as Influenza can often be greatly reduced through proper hygiene. The NFHS SMAC has outlined and listed below some general guidelines for the prevention of the spread of these diseases.

OTHER COMMUNICABLE DISEASES

Means of reducing the potential exposure to these agents include:

- Appropriate vaccination of athletes, coaches and staff as recommended by the Centers for Disease Control (CDC).
- During time of outbreaks, follow the guidelines set forth by the CDC as well as State and local Health Departments.

For more detailed information, refer to the Infectious Disease and Blood-borne Pathogens” and “Skin Disorders” sections contained in the NFHS Sports Medicine Handbook.

GUIDELINES ON HANDLING CONTESTS DURING LIGHTNING OR THUNDER DISTURBANCES

These guidelines provide a default policy to those responsible or sharing duties for making decisions concerning the suspension and restarting of practices and contests based on the presence of lightning or thunder. The preferred sources from which to request such a policy for your facility would include your state high school activities association and the nearest office of the National Weather Service.

PROACTIVE PLANNING

1. Assign staff to monitor local weather conditions before and during practices and contests.
2. Develop an evacuation plan, including identification of appropriate nearby safer areas and determine the amount of time needed to get everyone to a designated safer area:
 - A. A designated safer place is a substantial building with plumbing and wiring where people live or work, such as a school, gymnasium or library. An alternate safer place from the threat of lightning is a fully enclosed (not convertible or soft top) metal car or school bus.
3. Develop criteria for suspension and resumption of play:
 - A. When thunder is heard or lightning is seen*, the leading edge of the thunderstorm is close enough to strike your location with lightning. Suspend play for at least 30 minutes and vacate the outdoor activity to the previously designated safer location immediately.
 - B. 30-minute rule. Once play has been suspended, wait at least 30 minutes after the last thunder is heard or lightning is witnessed* prior to resuming play.
 - C. Any subsequent thunder or lightning* after the beginning of the 30-minute count will reset the clock and another 30-minute count should begin.
 - D. When independently validated lightning-detection devices or mobile phone apps are available, this technology could be used to assist in making a decision to suspend play if a lightning strike is noted to be within 10 miles of the event location. However, you should never depend on the reliability of these devices and, thus, hearing thunder or seeing lightning* should always take precedence over information from a mobile app or lightning-detection device.

* – At night, under certain atmospheric conditions, lightning flashes may be seen from distant storms. In these cases, it may be safe to continue an event. If no thunder can be heard and the flashes are low on the horizon, the storm may not pose a threat. Independently verified lightning detection information would help eliminate any uncertainty.

4. Review the lightning safety policy annually with all administrators, coaches and game personnel and train all personnel.
5. Inform student-athletes and their parents of the lightning policy at start of the season.

Revised and Approved January 2021

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T & F / CC CONTESTANT, COACH, OR TEAM PERSONNEL DISQUALIFICATION FORM

During the PIAA track & field Regular Season and Postseason, a disqualified track and field contestant, coach, and/or Team personnel shall not be permitted to participate **for the remainder of the day and in all Contests on the next Contest day of the same level (varsity, junior varsity, or otherwise) of competition from which the contestant, coach, and/or Team personnel was previously disqualified.** For a coach, participation in the next Contest includes any contact by the coach with members of the Team, including other coaches, between the time that the Team arrives at the Contest site and the conclusion of the last Contest of the day. The Principal shall direct the coach not to attend all of the Contest(s), in accordance with ARTICLE XIII, Section 8, of the PIAA By-Laws. In addition, NFHS Track and Field Rules 3-2-8 Penalty 2, 4-3-3 Penalty, 4-6-1 & Penalty, 4-6-3 and 8-6-1c may also apply. The meet official must complete this form on-line, as soon as possible, but no later than 24 hours following the completion of the Contest in which the disqualification took place. This form can be found at www.piaa.org under the Officials Section – Officials’ Forms category.

| | | | |
|---|------------------------------------|----------------------|------------------------------------|
| Name of Disqualified Player, Coach and/or Team Personnel | | School | |
| Date of Game | Location of Game/Tournament | | Time of Game |
| Visiting Team | | PIAA District | Visiting Team's Final Score |
| Home Team | | PIAA District | Home Team's Final Score |
| Name of Official Who Issued Disqualification | | | Level of Competition |

REASON FOR DISQUALIFICATION

DATE OF REPORT **OFFICIAL’S NAME** (person issuing DQ) **PIAA DISTRICT**