

2009-10 TSSAA Handbook

TRACK REGULATIONS

I. APPROVED EVENTS

The approved events for TSSAA meets are listed below:

A. Boys Track and Field Events

1. 3,200-meter run or two-mile run
2. Shot put
3. Discus
4. Long jump
5. Triple jump
6. High jump
7. Pole vault
8. Decathlon
9. 110-meter high hurdles or 120-yard high hurdles
10. 4 x 100-meter relay or 4 x 110-yard relay
11. 4 x 800-meter relay or 4 x 880-yard relay
12. 100-meter dash or 100-yard dash
13. 1,600-meter run or mile run
14. 4 x 200-meter relay or 4 x 220-yard relay
15. 400-meter dash or 440-yard dash
16. 300-meter intermediate hurdles or 330-yard intermediate hurdles
17. 800-meter run or 880-yard run
18. 200-meter dash or 220-yard dash
19. 4 x 400-meter relay or 4 x 440-yard relay

B. Girls Track and Field Events

1. 3,200-meter run or two-mile run
2. Shot put
3. Discus
4. Long jump
5. Triple jump
6. High jump
7. Pole Vault
8. Pentathlon
9. 100-meter high hurdles or 110-yard high hurdles.
10. 4 x 100-meter relay or 4 x 110-yard relay
11. 4 x 800-meter relay or 4 x 880-yard relay
12. 100-meter dash or 100-yard dash
13. 1,600-meter run or mile run
14. 4 x 200-meter relay or 4 x 220-yard relay
15. 400-meter dash or 440-yard dash
16. 300-meter low hurdles or 330-yard low hurdles
17. 800-meter run or 880-yard run
18. 200-meter dash or 220-yard dash
19. 4 x 400-meter relay or 4 x 440-yard relay

All of these, and only these, events shall be included in sectional/regional and state meets. It is not necessary that all these events be included in regular-season, conference and invitational meets.

Non-approved events may be run in dual, triangular, invitational, and conference meets provided the regulation in regard to the number of events a contestant may enter is observed.

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II. STATE MEET SCHEDULE

A. Decathlon and Pentathlon

The boys decathlon and girls pentathlon meet shall be held on Monday and Tuesday of the week of the State Track Meet. All qualifiers in all divisions will compete on Monday in the pentathlon and on Monday and Tuesday in the decathlon. The starting time both days will be 10:00 A.M., local time.

B. Running Events

All lane assignments will be based on the athlete's qualifying performance.

III. SCORING

The following scoring system shall be used in the state meet — 10-8-6-5-4-3-2-1.

IV. NUMBER OF EVENTS OPEN TO PARTICIPANTS

No contestant may participate in more than four events. Decathlon and pentathlon are not counted in the event limitation rule. This regulation applies to all track competition – regular-season meets as well as invitational, conference, sectional, regional, and state meets.

V. SECTIONAL, REGIONAL, AND STATE MEETS

In addition to the regulations above which apply to regular-season competition, invitational, conference, regional, sectional, and state meets, there are certain regulations that apply to only sectional, regional and state meets.

- A. In Division I Class A-AA, there shall be three sectionals: East, Middle, and West. Relay teams and individuals placing first and second in the Sectional meet shall advance from the sectional to the state meet. In addition, the top two performances from the 3rd and 4th place sectional finishers in all events shall qualify for the state meet.

In the event of a tie for the additional qualifiers, priority will be based on placement in the Sectional meet. The individual(s) who placed the highest in their Sectional shall advance to the state meet.

Example Event – Pole Vault (State Meet Qualifiers are in bold):

East	Middle	West
1st Place: 9'0"	1st Place: 9'0"	1st Place: 9'6"
2nd Place: 8'6"	2nd Place: 8'6"	2nd Place: 9'0"
3rd Place: 7'0"	3rd Place: 7'0"	3rd Place: 7'6"
4 th Place: 7'0"	4 th Place: 7'0"	4 th Place: 7'0"
		5 th Place: 7'0"

The top two finishers in each sectional meet in the decathlon plus the top six performances from the combined three sectionals shall advance to the State Decathlon. The top two finishers in each sectional meet in the pentathlon plus the top six performances from the combined three sectionals shall advance to the State Pentathlon.

- B. In Division I Class AAA, there shall be four sectionals. Relay teams and individuals placing first, second, third, and fourth shall advance from the sectional to the state meet. If there is a tie for fourth place in the sectional, the tie shall be resolved.

The top two finishers in the sectional meets in the decathlon plus the next four best performances from the combined sectional decathlons will qualify for the state meet. The top two finishers in the pentathlon plus the next four best performances from the combined sectional pentathlons shall qualify for the state meet.

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- C. In Division II, there shall be three regional meets: East Region, Middle Region and West Region. Relay teams and individuals placing first in the East Region shall advance to the state meet. Relay teams and individuals placing first and second in the Middle Region meet and West Region meet shall advance to the state meet. In addition, the top three performances from the 3rd – 5th place region finishers in all events shall qualify for the state meet.

In the event of a tie for the additional qualifiers, priority will be based on placement in the Region meet. The individual(s) who placed the highest in their Region shall advance to the state meet.

Example Event – Pole Vault (State Meet Qualifiers are in bold):

East	Middle	West
1st Place: 9'6"	1st Place: 9'0"	1st Place: 9'6"
2nd Place: 9'6"	2nd Place: 8'6"	2nd Place: 9'0"
3rd Place: 9'0"	3 rd Place: 8'0"	3rd Place: 9'0"
4 th Place: 9'0"	4 th Place: 8'0"	4 th Place: 8'0"

The top finisher in the East Region meet and the top two finishers in the Middle Region meet and West Region meet in the decathlon plus the top seven performances from the combined three regions shall advance to the State Decathlon. The top finisher in the East Region Meet and the top two finishers in the Middle Region meet and West Region meet in the pentathlon plus the top seven performances from the combined three regions shall advance to the State Pentathlon.

- D. A school may enter no more than three girls or three boys in any individual event and one team in a relay.
- E. During the coaches' meeting at sectional and regional track meets, the coaches involved shall select the site of the following year's sectional/regional track meet and the director. The time schedule for all regional/sectional meets shall be determined by the director and the participating schools.
- F. All schools entering sectional/regional meets must file entrance forms with the state office and with the meet director. It is not necessary for schools to file an additional entrance form for the next meet. The entrance form for the regional meet shall be filed with the director of the meet on or before the time the scratch meeting is held. A copy of the entrance form shall be mailed to the state office. Schools that do not file the entry form with the meet director by the time of the scratch meeting shall pay a \$25.00 penalty for each day they are late in order to enter the meet. The penalty check shall go to the meet director in order to cover meet expenses.
- G. If the coach of a state meet qualifier notifies the sectional/regional director and the coach of the third place finisher preceding the state track meet that a participant or relay team will not participate in the event at the state track meet, the third-place team or individual in that event from that section/region may participate in the state track meet. This change must be provided by the sectional/regional meet director to TSSAA prior to 8:00 A.M. the day of the state meet.

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PENTATHLON REGULATIONS

A. TIME AND ORDER OF EVENTS

The pentathlon is a one-day event. Order of events: 100-meter or 110-yard hurdles, shot put, high jump, long jump and 800-meter or 880-yard run.

B. SCORING

Scoring is according to the scoring chart approved by TSSAA. The chart approved by the TSSAA is the IAAF Scoring Tables as used by the Hytek database software. An athlete is given points according to her time, distance, or height in the particular event. After all the events are held, the points are totaled. The athlete having the most points is the winner. All athletes are ranked according to their total points.

C. CONDUCTING EVENTS

1. Running Events - In running events contestants are run in heats of three or four, with the exception of the 800- meter run. Fully Automatic Timing should be used if possible. If not, three watches should be on each runner, if at all possible. There shall be a minimum of two watches on each runner.

a. All rules as set out in the National Federation Track and Field Rule Book shall apply to the running events with the following exception:

(a) Contestant shall be allowed one false start in each event. If she has a false start, she shall be reduced one level in her scoring in that event. On the second false start, the contestant shall be disqualified in that event and shall receive 0 points in that event.

(b) In the 100-meter or 110-yard hurdles, the hurdles should be placed in all lanes that have an effect on the race. For example, if the race is run in lanes 2, 4 & 6, hurdles should be placed in lanes 1, 3, 5 & 7.

2. Field Events - All rules as set out in the National Federation Track and Field Rule Book shall apply to the field events with the following exception:

In the shot put and long jump, a contestant shall be allowed four attempts. If she scratches on all four attempts in an event, she shall be disqualified in that event and shall receive 0 points in the event.

D. TIE-BREAKER

The following tie-breaker shall be used for individuals tied for second place in the sectional or regional pentathlon in order to determine the one advancing to the state pentathlon competition:

1. Head-to-head competition between the competitors tied – if one competitor has won more events than all competitors who are tied, then that individual shall be declared the winner.
2. The individual with the most first-place finishes in competition against the entire field shall be declared the winner.
3. The individual with the most second-place finishes in competition against the entire field shall be declared the winner.
4. The individual with the most third-place finishes in competition against the entire field shall be declared the winner.
5. The individual with the most fourth-place finishes in competition against the entire field shall be declared the winner, etc.

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DECATHLON REGULATIONS

A. ORDER OF EVENTS

First Day - 100-meter or 100-yard dash, triple jump, discus, pole vault, 400-meter or 440-yard dash.

Second Day - Long jump, shot put, 110-meter or 120-yard high hurdles, high jump, 1,500 meter run.

B. SCORING

Scoring is according to the scoring chart approved by TSSAA. The chart approved by the TSSAA is the IAAF Scoring Tables as used by the Hytek database software. An athlete is given points according to his time, distance, or height in the particular event. After all events are held, the points are totaled. The athlete having the most points is the winner. All athletes are ranked according to their total points.

C. CONDUCTING EVENTS

1. Running Events - In running events contestants are run in heats of three or four, with the exception of the 1500-meter run. Fully Automatic Timing should be used if possible. If not, three watches should be on each runner, if at all possible. There shall be a minimum of two watches on each runner.

a. All rules as set out in the National Federation Track and Field Rule Book shall apply to the running events with the following exception.

(a) Contestants shall be allowed one false start in each event. If he has a false start, he shall be reduced one level in his scoring in that event. On the second false start, the contestant shall be disqualified in that event and shall receive 0 points in that event.

(b) In the 100-meter or 120-yard high hurdles, the hurdles should be placed in all lanes that have an effect on the race. For example, if the race is run in lane 2, 4 & 6, hurdles should also be placed in lane 1, 3, 5 & 7.

2. Field Events - All rules as set out in the National Federation Track and Field Rule Book shall apply to the field events with the following exception.

In the shot put, discus, long jump and triple jump, a contestant shall be allowed four attempts. If he scratches on all four attempts in an event he shall be disqualified in that event and shall receive 0 points in that event.

D. TIE BREAKER

The following tie-breaker shall be used for individuals tied for second place in the sectional or regional decathlon in order to determine the one advancing to the state decathlon competition:

1. Head-to-head competition between the competitors tied – if one competitor has won more events than all competitors who are tied, then that individual shall be declared the winner.
2. The individual with the most first-place finishes in competition against the entire field shall be declared the winner.
3. The individual with the most second-place finishes in competition against the entire field shall be declared the winner.
4. The individual with the most third-place finishes in competition against the entire field shall be declared the winner.
5. The individual with the most fourth-place finishes in competition against the entire field shall be declared the winner, etc.