

2023-2024 TSSAA Handbook

TRACK REGULATIONS

I. GENERAL REGULATIONS

TSSAA Uniform Rule:

All uniforms must follow the NFHS Rules. The referee will warn every participant prior to the meet that they must compete in a legal uniform, and if a contestant competes in an illegal uniform, then that contestant is disqualified from that event. There are no team warnings or individual warnings after the meet begins. Officials should use preventative officiating as much as possible.

II. APPROVED EVENTS

The approved events for TSSAA meets are listed below:

A. Boys Track and Field Events

1. Shot put
2. Discus
3. Long jump
4. Triple jump
5. High jump
6. Pole vault
7. Decathlon
8. 4 x 800-meter relay
9. 110-meter high hurdles
10. 100-meter dash
11. 4 x 200-meter relay
12. 1,600-meter run
13. 4 x 100-meter relay
14. 400-meter dash
15. 300-meter intermediate hurdles
16. 800-meter run
17. 200-meter dash
18. 3200-meter run
19. 4 x 400-meter relay

B. Girls Track and Field Events

1. Shot put
2. Discus
3. Long jump
4. Triple jump
5. High jump
6. Pole vault
7. Pentathlon
8. 4 x 800-meter relay
9. 100-meter high hurdles
10. 100-meter dash
11. 4 x 200-meter relay
12. 1,600-meter run
13. 4 x 100-meter relay
14. 400-meter dash
15. 300-meter intermediate hurdles
16. 800-meter run
17. 200-meter dash
18. 3200-meter run
19. 4 x 400-meter 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.

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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.

Field event heights at the regional, sub-sectional, and sectional meets must be in even number increments until there is only one competitor remaining (i.e. 5-00, 5-02, 5-04).

III. STATE MEET INFORMATION

A. Decathlon and Pentathlon

The boys' decathlon and girls' pentathlon meet shall be held between Wednesday and Friday of the week prior to the State Track Meet.

B. Running Events

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

C. Running Events in Division I Class AAA

The starting procedure for the 1600M, 3200M, and 4X800 M Relay will be a two alley start with a one curve stagger. The six best times advancing to the state meet will be seeded in the outside alley for all of these mentioned races. The number one seeded qualifier will be the first/inside runner in the outside alley (in lane 5).

Inside alley – Runners seeded 7th through 16th

Outside alley – Runners seeded 1st through 6th

Sections vs. Times will be used with the slowest seeded runners/teams in the first section for the following running events:

100 M High Hurdles, 100 M Dash, 4x200 M Relay, 4x100 M Relay, 400 M Dash, 300 M Hurdles, 800 M Run, 200 M Dash, and 4x400 M Relay

D. Field Events in Division I Class AAA

In the Long Jump and Triple Jump, there will be one flight of sixteen competitors with each competitor getting four jumps. After each competitor completes four jumps, then the top eight finishers will receive a medal.

In the Shot Put and Discus, there will be one flight of sixteen competitors with each competitor getting four throws. After each competitor completes four throws, the top eight finishers will receive a medal.

IV. SCORING

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

V. NUMBER OF EVENTS OPEN TO PARTICIPANTS

No contestant may participate in more than four events in any meet. The sub-section, section, and state meets are each a separate meet. 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, sub-sectional, sectional, regional, and state meets.

VI. 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 and Class AA, there shall be three sectionals: East, Middle, and West. Relay teams and individuals placing first and second shall advance to the state meet. In addition, the top two performances from the combined sectionals shall advance to the state meet.

In the event of a tie for the additional qualifiers in the field events, priority will be based on placement in the sectional meet. The individual(s) who placed the highest in their section shall advance to the state meet. In the event of a tie for the additional qualifiers in the running events, priority will be based on placement in the sectional meet. The individual(s) who placed the highest in their sectional meet shall advance to the state meet. If there is

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a tie for the eighth qualifier for the state meet between additional qualifiers in a running event, the tie will be broken with a coin flip.

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

East	Middle	West
1st Place: 9'6"	1st Place: 9'6"	1st Place: 9'6"
2nd Place: 9'6"	2nd Place: 9'6"	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 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 at the sectional level.

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.

- C.** In Division II Class A, there shall be three regional meets: East Region, Middle Region and West Region. Relay teams and individuals placing first and second shall advance to the state meet. In addition, the top two performances from the combined three Regions shall advance to the State Meet.

In Division II Class A, each school can enter a maximum of three athletes in the Decathlon and Pentathlon.

In Division II Class AA, there shall be three regional meets: East Region, Middle Region and West Region. Relay teams and individuals placing first in the Regional shall advance to the state meet. In addition, the top five performances in the Regional shall qualify for the State Meet.

In Division II Class AA, each school can enter a maximum of three athletes in the Decathlon and Pentathlon.

In the event of a tie for the additional qualifiers in the field events, 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. In the event of a tie for the additional qualifiers in the running events, priority will be based on placement in the region meet. The individual(s) who placed the highest in their region meet shall advance to the state meet. If there is a tie for the eighth qualifier for the state meet between additional qualifiers in a running event, the tie will be broken with a coin flip.

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

East	Middle	West
1st Place: 9'6"	1st Place: 9'6"	1st Place: 9'6"
2nd Place: 9'6"	2nd Place: 9'6"	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"

- 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 sub-sectional, sectional, or regional meets must submit their entries online with MileSplit. Once the athletes have been entered online, it is not necessary to submit them again for the next meet. Schools that do not submit their entries online by the deadline set by the meet director shall pay a \$25.00 penalty for each

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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 an automatic state meet qualifier in a running or field event notifies the sectional/regional director and the coach of the next place finisher that a participant or relay team will not participate in the event at the state meet, the next place team or individual in that event from that section/region may participate in the state meet. This change must be submitted by the sectional/regional meet director to TSSAA prior to 8:00 A.M. the Thursday of the week prior to the state meet via email to champs@tssaa.org.
If an at large qualifier decides not to participate in the state meet and notifies the state office, the next available at large qualifier may participate in the state track meet. This change must also be submitted by the sectional/regional meet director to TSSAA prior to 8:00 A.M. the Thursday of the week prior to the state meet via email to champs@tssaa.org.
- H.** If the coach of an automatic state qualifier in the decathlon/pentathlon notifies the sectional/regional director and the coach of the next place finisher that their participant will not participate in the event at the state meet, the next place individual from that section/region may participate in the state decathlon/pentathlon. This change must be submitted by the sectional/regional meet director to TSSAA prior to 8:00 A.M. the Friday prior to the state decathlon/pentathlon via email to champs@tssaa.org.
If an at large qualifier decides not to participate in the decathlon/pentathlon, the spot will remain open for the state decathlon/pentathlon.

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PENTATHLON REGULATIONS

A. EVENTS

The pentathlon is a one-day event. The following events make up the pentathlon: 100-meter hurdles, shot put, high jump, long jump, and 800-meter.

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) The field shall be allowed one false start in each event. If a contestant false starts after the field has been granted one false start, that contestant shall be disqualified in that event and shall receive 0 points in that event.
 - (b) In the 100-meter, 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 three attempts. If she scratches on all three 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. EVENTS

The following five events should each take place on the same day, however, meet directors may choose to swap Day One and Day Two in their schedule.

Day One - 100-meter; triple jump, discus, pole vault, and 400-meter.

Day Two- 110-meter high hurdles, shot put, long jump, high jump, and 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 the 110 meter high hurdles, contestants will run in heats of three or four. In the 100 and 400 meter dash, the contestants are divided into equal number of heats, and in the 1500 meter run all contestants will run together. 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) The field shall be allowed one false start in each event. If a contestant false starts after the field has been granted one false start, that contestant shall be disqualified in that event and shall receive 0 points in that event.
 - (b) In the 100-meter, 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 exceptions:
 - a. In the shot put, discus, long jump and triple jump, a contestant shall be allowed three attempts. If he scratches on all three attempts in an event, he shall be disqualified in that event and shall receive 0 points in that event.
 - b. Prior to the sectional decathlon, competitors must have a verified jump that cleared 7' to be eligible to participate in the pole vault. Without a verified 7' jump, that competitor will not be allowed to participate in the pole vault at the sectional and will receive 0 points for the event. If the competitor does not participate in the pole vault during the sectional but still scores high enough to advance to the state decathlon, he must have cleared 7' at a regular season meet at least one week prior to the state decathlon, or he will not be allowed to participate in the pole vault in the state decathlon and will receive 0 points for the 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.