

2023-2024 TSSAA Handbook

UNIFIED TRACK AND FIELD REGULATIONS

I. GENERAL REGULATIONS

TSSAA Uniform Rule:

All uniforms must follow 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 the contestant is disqualified from that event. There are no team or individual warnings after the meet begins. Officials should use preventative officiating as much as possible.

II. APPROVED EVENTS

The approved events for TSSAA Unified meets are listed below:

Unified Track and Field Events

1. Shot Put (mixed gender; 4 kg/8.8 lbs)
2. Girls' Long Jump
3. Boy's Long Jump
4. Girls' 100-meter Dash
5. Boys' 100-meter Dash
6. 4x100-meter relay (mixed gender; 2 athletes & 2 partners)

All of these, and only these, events shall be included in sectional and State meets. It is not necessary that all of these events be included in regular season, conference, and individual meets.

III. STATE MEET INFORMATION

A. Entries

All schools entering the State meet must submit their entries online at tn.milesplit.com.

B. Running Events

All lane assignments will be by blind draw. For the 4x100m relay, the team must compete in the following order: partner, athlete, partner, athlete.

C. Field Events

Each athlete and partner will be allowed three throws in the shot put and three jumps in the long jump.

D. Awards

Individual medals will be awarded in each event along with a team runner-up and champion and coach runner-up and champion. Team scores will be determined by the finish of individuals from that school. In the event of a team tie, priority shall be placed on the team with the most first place finishes, and then continue to second place, etc., until the tie is broken. If the tie still remains, a coin flip will determine the placement.

E. Substitutions

Once a team qualifies from the Sectional, they are allowed to make any substitutions to their athlete and partner roster up until one hour prior to the start of the event. For individual qualifiers, in the event that a partner is unavailable to attend, the athlete will be allowed to compete with an alternate partner. In the event that an athlete is unavailable to compete, the next best individual pair from the same sectional will be invited in their absence provided that TSSAA/SOTN office is notified by 8:00 A.M. the Thursday of the week prior to the state meet via email to ccoulter@tssaa.org.

F. Article II, Section 26 of the TSSAA Constitution & Bylaws

No partner or athlete may compete in the TSSAA State Championship for the sanctioned sport in which they are participating in the Unified competition.

2023-2024 TSSAA Handbook

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

For the Sectional and State meet, each athlete and partner can participate in a maximum of 2 events. Athletes can pair with different partners for each of their 2 events.

VI. SECTIONAL MEETS

- A.** In Unified Track & Field there shall be four sectionals. The first place team from the varsity division of each sectional will advance to the State meet, as well as the best individual qualifier in each event that is not a member of the advancing team. Scores will be determined by combining the distance or time of the partner and athlete. In the event of a team tie, priority shall be placed on the team with the most first place finishes, and then continue to second place, etc., until the tie is broken. If the tie still remains, a coin flip will determine the placement.
- B.** TSSAA will select the sectional sites and directors. The time schedule for all Sectional meets will be determined by the director and participating schools.
- C.** All schools entering the Sectional meets must submit their entries online at tn.milesplit.com.