

~ TRACK & FIELD REGULAR SEASON REGULATIONS ~

~ GENERAL INFORMATION ~

General Information

Divisions. There shall be one division for high school boys and one division for high school girls in each conference. Boys may not compete on girls' teams or against girls' teams and vice versa. If a school offers track and field for members of one gender, they must offer this activity for members of the other gender, if any student of that gender wishes to compete.

Number of Track and Field Meets.

- a. No student representing a member school shall participate in more than eight meets during the school year, excluding district, conference 1A area, 1 regional qualifiers, regional and state meets.
- b. Any time a student represents his/her school in a meet with more than three schools, it shall count as one of his/her eight track meets allowed during the school year.
- c. Each meet a school team enters will count as one meet for each participating individual (with or without loss of school time). Students are considered to be representing their school if they are wearing and/or using school equipment or being directed or transported by a school employee.
- d. A track and field meet is considered a meet when one-half or more of the field events and one-half or more of the track events are completed. If less than one-half of the field events and less than one-half of the track events are completed, and the meet cannot be continued, the meet shall be cancelled and does not have to count as one of the allowable eight meets. **(If there was loss of school time, the meet must be counted.)**
- e. School Week. A student or team representing a member school shall participate in no more than one contest, meet, or tournament per school week. Exceptions: Post-season competition, as well as district meets. School week means the week beginning at 12:01 am on the first instructional day of a calendar week and ending at the close of instruction on the last instructional day of the calendar week, excluding holidays.

Playing Rules. The current National Federation Track and Field Rules shall govern League Track and Field. These rule books may be ordered from the National Federation office.

Day of Week and Starting Time Regulation.. Students or teams representing a participant school are permitted to participate in an invitational track and field meet only as listed below:

- a. After 2:30 on Friday or the last day of the school week, or as early as the end of the academic school day for all participating schools on a day preceding a holiday or break. EXCEPTION: A student representing a participant school may participate in a maximum of two meets which start no earlier than 12:00 noon on Friday.
- b. Or on Saturday or school holidays;
- c. Or on any school day other than the last day of the school week with the following conditions:
 - (i) Students shall not miss any school time other than the in-school athletic class period.
 - (ii) Events shall not begin until after the end of the academic school day for all schools involved.
 - (iii) Schools utilizing this option are limited to a one day meet.
 - (iv) A school or student participating in this type of meet shall not enter another track and field meet during the same school week, Monday through Friday.
 - (v) No event shall start after 10:00 p.m.
- d. Eighth grade and below may not participate in track meets (to include the district meet) until after school on any school day. (Travel is permitted before school is out, but the meet shall not begin until school is out for all schools involved.)

Jurisdiction of Interdistrict Disputes. The State Executive Committee shall have jurisdiction in all disputes arising between district representatives that have been duly certified.

Representation. Each member school may enter one boys' team and one girls' team in the district meet.

- a. In individual events, a school may enter in the next higher meet only the individuals that qualified and only in that particular event.
- b. If a qualified contestant cannot enter the next higher meet, then the alternate (4th place or next eligible finisher) shall be eligible to participate.
- c. In relay events, qualification is by school and not by the individual. Individuals who qualify only on a relay team may not enter an individual event in the next higher meet unless they qualify for that individual event.

Relays. In relay events, six individuals may be listed as entries, any four of whom may compete.

- a. Being listed as a relay member does not count as an event until the individual checks in with the event clerk.
- b. It is not necessary to use the same four runners in the finals who competed in the preliminary round(s).
- c. If fewer than six runners are listed as members of a relay, additions to entries may be made provided they are made prior to entry and/or scratch deadlines as specified by the meet director.

Points. The point system in scoring high school track meets shall be the same in all district, regional and state meets.

- a. Points are as follows:

1st place - 10 points	2nd place - 8 points
3rd place - 6 points	4th place - 4 points
5th place - 2 points	6th place - 1 point
- b. The scoring exception is in the relays, where:

1st place - 20 points	2nd place - 16 points
3rd place - 12 points	4th place - 8 points
5th place - 4 points	6th place - 2 points
- c. To compute individual honors, add individual points as well as points scored on a relay team. (Example: Each participant on the first place relay teams receives five points for individual honors.)
- d. Points may be given for last place. For example: If six enter an individual event, points shall be allowed for sixth place. If six individuals enter an event, and one withdraws, points shall be awarded to five places.

Uniforms.

National Federation Track and Field Rule Book

Rule 4, Section 3 Competitors Uniform

Article 1 The competitor's uniform shall be worn as intended by the manufacturer, and have the following restrictions:

- a. Each competitor shall wear shoes.
 1. A shoe is a covering for the foot.
 2. Shoes shall be worn on both feet and shall have an upper and definitely recognizable sole and heel.
 3. The (shoe) upper must be designed so that it can be fastened securely to the foot.
 4. The use of slippers or socks does not meet the requirements of the rule.
- b. Each competitor shall wear a track top or one piece uniform issued by the school.

UIL Exception: For boys, body suits may only be worn under the shorts, but not in lieu of shorts.

1. Each competitor shall wear his/her assigned unaltered contestant number, when numbers are used.
2. The top and shorts may have the school identification and the top may have the competitor's name.
3. The top shall not be knotted or have a knot-like protrusion.
4. A single manufacturer's logo/trademark, no more than 2 foot 1/4 square inches with no dimension more than 2 foot 1/4 inches, is permitted on each item of apparel.
5. The American Flag, not exceeding 2 x 3 inches, is permitted.
6. Bare midriff tops are not allowed.
7. The top must hang below or be tucked into the waistband of the bottom when the competitor is standing erect.

- c. Each competitor shall wear a track bottom and/or one piece uniform issued by the school.
UIL Exception: For boys, body suits may only be worn under the shorts, but not in lieu of shorts.
 1. The bottom may have the school identification.
 2. Loose-fitting, boxer-type shorts are permitted for boys and girls
 3. The waistband of a competitor's bottom shall be worn above the hips.
- d. Visible Undergarments
 1. Any visible top worn under the uniform must be unadorned (except for manufacturer's logo) and of a single color.
 2. Visible items worn under the top and the bottoms do not have to be the same color.
 3. French or high cut apparel shall not be worn in lieu of bottoms.

Article 2 Additional restrictions for relay races and cross country competition.

- a. In relay races and cross country competition, each team member shall wear the same color and design of school uniform although the length of the bottom may vary.
- b. Any visible garment(s) worn under the top or bottom shall be a single color and the same color as those worn by other members of the relay team. **(Exception: If shorts are worn over a body suit, the body suit does not have to be a single color, but must be the same for all members of a relay team.)**

Article 3 Removing any part of the team uniform, excluding shoes, while in the area of competition, as defined by the games committee, shall lead to a warning and if repeated, to disqualification from the event. If the incident recurs, the athlete will be disqualified from further competition in the meet.

Article 4 Jewelry shall not be worn, except for religious or medical medals. A religious medal must be taped and worn under the uniform. A medical alert must be taped and may be visible.

Penalty (All Articles) For an illegal uniform or wearing jewelry the competitor is disqualified from the event.

Clothing.

- a. Extra clothing and hats and/or gloves may be worn in inclement weather with the meet director's prior approval.
- b. —Any protest of objectionable jewelry or head wear being worn by a runner must be called to the attention of the officials prior to the race. When objectionable jewelry or head wear is discovered on a competitor in a field event, the objectionable material must be removed before the competitor can resume competition.
 —The track and field uniform consists of a school issued top and bottom, which are not objectionable, and shoes, which may be supplied by the contestant. Socks are not part of the uniform. While tops of body suits may be considered tops, uniforms still require that bottoms, which are not objectionable, be worn over the body suit for the boys.
—Each competitors uniform shall consist of a full-length track top (singlet). A singlet is defined as a school issued top. The top may be long-sleeved, short-sleeved or tank style. A t-shirt is not considered to be a top. Tops with cut-off sleeves are prohibited. Bare midriff tops are not acceptable. The top (singlet) must hang below or be tucked into the waistband of the bottoms when the competitors is standing erect.
- c. Team members shall wear the school uniform. A competitor must be in the proper track uniform and wearing the assigned contestant number when numbers are used.
- d. In relay races, each team member shall wear the same color and design of school uniform although the length of the bottoms may vary. (Exception: If shorts are worn over a body suit, the body suit does not have to be a single color, but must be the same for all members of a relay team.)
- e. In individual events, when more than one visible undergarment is worn by the competitor, they do not have to be the same color.
- f. A contestant who competes with an illegal uniform, or is charged with unacceptable conduct, shall be disqualified from that event.