

RULE 4 & 5 (p.20 & 26) STARTER/REFEREE 2022

STARTING VIOLATIONS

- 1) failure to comply with starter's commands.....5-7-4a
- 2) body ON or OVER the starting line when gun is fired.....5-7-4b
- 3) moves after assuming the set position & before the gun..5-7-4c
- 4) failure to place blocks within own lane.....5-7-4d
- 5) repeated use of disconcerting acts.....5-7-4e

RUNNING INFRACTIONS

- 6) interference - bump, trip, impede opponent's path..4-6-5a...5-9-1
- 7) stepped on/over inside lane line on curve (3 consec steps) ...5-12-1a
- 8) ran outside assigned lane & interferes with another runner ..5-12-1bc
- 9) cut in before break line-or-doesn't finish in assigned lane...5-12-1d
- 10) ran inside track curb thereby gaining an advantage.....5-13-1

HURDLE INFRACTIONS

- 11) did not attempt to clear each hurdle.....5-14-2a
- 12) knocks down any hurdle with hand.....5-14-2b
- 13) advanced/trailed a leg/foot alongside & below hurdle gate.....5-14-2c
- 14) ran over hurdle not in the assigned lane.....5-14-2d
- 15) ran around a hurdle.....5-14-2e
- 16) interfered with another hurdler.....5-14-2f

RELAY INFRACTIONS

- 17) unclear if athletes are of the same team by uniform design 4-3-2a
- 18) violation of substitution (athlete name not on entry card)5-10-2
- 19) incoming runner pushes outgoing runner5-11-1
- 20) throwing the baton after race is ended.....5-11-2
- 21) failure to exchange in, or finish in assigned lane..5-10-4...5-12-1d
- 22) competitor wearing gloves during relay competition5-10-5
- 23) failure to pass baton in the exchange zone5-10-6
- 24) baton tossed, not handed between runners.....5-10-7
- 25) outgoing runner lines up outside designated zone.5-10-9

UNIFORM INFRACTIONS

- 26) failure to wear the school-issued/approved uniform.....4-3-1
- 27) uniform not worn as intended by manufacturer.....4-3-1
- 28) failure to wear shoes on both feet.....4-3-1a
- 29) failure to wear assigned number.....4-3-1b1
- 30) games committee may declare uniform top tucked in.....3-2-4j
- 31) uniform top has knotted protrusion; [or not tucked in]....4-3-1b3
- 32) bare midriff top - uniform top worn above waistband.....4-3-1b3
- 33) mfg's logo > 2¼ in. sq. or more than (1) per garment.....4-3-1b5
- 34) bottoms may have mfg's logo around the waistband.....4-3-1b5
- 35) removing part of uniform near finish line (1 warning)4-3-3
- 36) Temporary body adornment/offensive permanent tattoo.....mh5aa

CONDUCT – UNSPORTING.....(EVENT & MEET DQ)

- 37) conduct which is unethical; disrespectful toward an official...4-6-1
- 38) intentional contact with someone.....4-6-1
- 39) taunting, criticizing, or using profanity toward someone..4-6-1

CONDUCT – UNACCEPTABLE.....(EVENT DQ)

- 40) willful failure to follow an official's directions.....4-6-2
- 41) action/language that discredits to individual/school4-6-2
- 42) interference by non-participant team member (MEET DQ) ..4-6-3
- 43) assisted by pacing- or using an aid during race/trial.....4-6-5b
- 44) contestants joining hands during a race.....4-6-5c
- 45) communication using any device during race/trial4-6-5d
- 46) coaching from a restricted area4-6-5e
- 47) received assistance from competitor to finish race4-6-5g
- 48) using electronic communication during race/trial.....3-2-8a
- 49) using electronic device to review an official's decision.....3-2-8b

INCIDENT REPORT

(Deliver to Referee)

INDEX NUMBER	RULE NUMBER
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EVENT	HEAT	LANE
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JERSEY COLOR / SCHOOL COMPETITOR NUMBER

DESCRIPTION OF OFFENSE

STARTER SIGNATURE

WARNING
 EVENT DQ
 MEET DQ
 NO CALL

REFEREE DECISION

REFEREE SIGNATURE

RULE 4 & 5 (p.20 & 26) UMPIRE 2022

RUNNING INFRACTIONS

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- 3) ran outside assigned lane & interferes with another runner...5-12-1bc
- 4) cut in before break line-or-doesn't finish in assigned lane...5-12-1d
- 5) ran inside track curb thereby gaining an advantage.....5-13-1

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- 16) failure to exchange in, or finish in assigned lane. 5-10-4...5-12-1d
- 17) competitor wearing gloves during relay competition5-10-5
- 18) failure to pass baton in the exchange zone.....5-10-6
- 19) baton tossed, not handed between runners.....5-10-7
- 20) incoming runner interferes after passing the baton5-10-8
- 21) outgoing runner lines up outside designated zone.5-10-9

UNIFORM INFRACTIONS

- 21) failure to wear the school-issued/approved uniform.....4-3-1
- 22) uniform not worn as intended by manufacturer.....4-3-1
- 23) failure to wear shoes on both feet.....4-3-1a
- 24) failure to wear assigned number4-3-1b1
- 25) spike length violation designated by games committee ...3-2-4a
- 26) games committee may declare uniform top tucked in.....3-2-4j
- 27) uniform top is not tucked in; see 3-2-4j.....4-1-3b3
- 28) uniform top is knotted or has knot-like protrusion4-3-1b3
- 29) bare midriff top - uniform top worn above waistband.....4-3-1b3
- 30) mfg's logo > 2¼ in. sq. or more than (1) per garment.....4-3-1b5
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- 34) conduct which is unethical; disrespectful toward an official...4-6-1
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- 36) taunting, criticizing, or using profanity toward someone..4-6-1

CONDUCT – UNACCEPTABLE.....(EVENT DQ)

- 37) fail to report before FE begins or running event closed....4-1-3
- 38) willful failure to follow an official's directions.....4-6-2
- 39) action/language that discredits to individual/school4-6-2
- 40) interference by non-participant team member (MEET DQ) ..4-6-3
- 41) assisted by pacing- or using an aid during race/trial.....4-6-5b
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DESCRIPTION OF OFFENSE

UMPIRE SIGNATURE

WARNING
 EVENT DQ
 MEET DQ
 NO CALL

REFEREE DECISION

REFEREE SIGNATURE

DEFINING APPEAL

- 1) an APPEAL is to reverse a ruling.
- 2) an APPEAL is to correct an error.
- 3) a PROTEST is to express dissatisfaction with a decision/procedure.

WHAT IS SUBJECT TO APPEAL?3-5-3

- 4) Misapplication of a rule or error in placing3-5-3a [30-minute limit from announcement of event results]
- 5) Clerical error / team scoring error.....3-5-3b [48-hour limit from end of meet]
- 6) Correction of results (ineligible participant) ...3-5-3c [no time limit]
- 7) Fail to follow procedure announced in advance ...3-5-3d [time schedule; field event procedure; advancing]

NOT SUBJECT TO APPEAL 3-5-4

- 8) Judgment decisions pertaining to violations ..3-5-4a
- 9) A decision made by finish judges/timers.....3-5-4b [not involving misapplication of rule / procedure]
- 10) Whether a start is fair or legal.....3-5-4c

THE APPEAL PROCESS3-5-2

- 11) Inform meet monitor or referee VERBALLY.
- 12) If not resolved, a WRITTEN form goes to the Jury of Appeals.

DESCRIBE THE RULING OR SITUATION IN QUESTION

EVENT

SCHOOL

ATHLETE NAME / #

SIGNATURE (COACH)

NF RULE NUMBER IN QUESTION

JURY OF APPEALS DECISION

RULING REVERSED

ERROR CORRECTED

APPEAL DENIED

REFEREE SIGNATURE

Events not run in lanes
Regional/State Sections

3200

1 section by MHSAA guidelines
 (Single row on each waterfall line)

1600

1 section if 24 athletes or less
 2 sections if 25+ ➔ [16 in the last section]

800

1 section if 20 teams or less
 2 sections if 21+ ➔ [16 in the last section]

4x800

1 section @ Regionals
 1 section @ Finals if 20 teams or less
 2 sections @ Finals if 21+ teams
 [if 21 – 24 ➔ 12 teams in the last section]
 [if 25+ ➔ 16 teams in the last section]
 (Single row on waterfall line)

Events run in lanes

NO COMPUTER OR AUTO TIMER?

Seeding PRELIMS into SEMIFINAL HEATS

Example: 23 athletes; 8-lane track

- 1) Determine the number of heats:
 23 athletes **divided by** 8 lanes = 2.875 ➔ 3 heats
- 2) Determine who advances:
 - 8-lane track x 2 semi-final heats = 16 athletes
 - Top 5 times from each heat x 3 heats = 15 athletes
 - 15 athletes + best 6th place time = 16 athletes
- 3) Seeding into Semi-final Heats:
 - 1a = best first place time 1
 - 1b = 2nd best first place time 2
 - 1c = 3rd best first place time 3
 - 2a = best second place time 4
 - 2b = 2nd best second place time 5
 - 2c = 3rd best third place time 6
 - etc.
 - 6a = best sixth place time 16

Heat 2: 5c₁₅ 4b₁₁ 3a₇ 1c₃ 1b₂ 2c₆ 4a₁₀ 5b₁₄

Heat 1: 6a₁₆ 4c₁₂ 3b₈ 2a₄ 1a₁ 2b₅ 3c₉ 5a₁₃

Lane: 8 7 6 5 4 3 2 1

RECOMMENDATIONS FOR MIDDLE SCHOOL COMPETITION

Middle School Hurdle Specifications

from the NFHS 2022 Rule Book
 p. 73-74

55m Hurdles (5 hurdles: Boys Height-33" / Girls Height-30")

13 meters to the first hurdle - 8.5 meters between the hurdles -
 and 8.0 meters from the last hurdle to the finish.

START | 13m] 8.5m] 8.5m] 8.5m] 8.5m] 8m | FINISH

200m Hurdles (5 hurdles: Boys Height-30" / Girls Height-30")

Use 200-meter starting line and common finish line.

50 meters to the first hurdle - 35 meters between the hurdles - and
 10 meters from the last hurdle to the finish.

START | 50m] 35m] 35m] 35m] 35m] 10m | FINISH

Middle School Shot Put Weights

from the NFHS 2022 Rule Book
 Specifications for Implements
 Article [b.]; p. 73

Boys Shot Put Weight: 4.0 Kg

Girls Shot Put Weight: 6.0 pounds

Middle School Long Jump Specifications

from the NFHS 2022 Rule Book
 Specifications for Implements
 Article [c.]; p. 73

The FOUL LINE in the long jump should be approximately 8-feet from
 the near edge of the landing pit.

Junior High/Middle School Participation Limits

From the MHSAA Handbook

A student may participate in any three track and/or field events
 from the approved list of Junior High/Middle School order of events.