

Exceptions to National Federation Rules

The following events comprise the IESA state series--Boys:** 110 meter hurdles, 100 meter dash, 200 meter dash, 400 meter dash, 800 meter run, 1600 meter run, 4 x 100 meter relay, 4 x 200 meter relay, 4 x 400 meter relay, **1600M Mid-Distance Medley Relay**, pole vault, high jump, long jump, shot put, discus, wheelchair 100 M, and wheelchair shot put. **Girls:** 100 meter hurdles, 100 meter dash, 200 meter dash, 400 meter dash, 800 meter run, 1600 meter run, 4 x 100 meter relay, 4 x 200 meter relay, 4 x 400 meter relay, **1600M Mid-Distance Medley Relay**, pole vault, high jump, long jump, shot put, discus, wheelchair 100 M, and wheelchair shot put.

**The fully-automatic timing (FAT) operator may recall a start. (3-8-7)

Spikes up to 5/8" in length shall be permitted on cinder and/or grass tracks. The state host shall determine the length of spikes allowed at the state meet. [4-3-1] **NOTE: For the IESA state meets, only pyramid style spikes one-quarter (1/4) inch or shorter are permitted.

**100-meter low hurdles for girls are 30" (.762 meters) in height with 42 ft. 8 inches (13 meters) to the first hurdle and 27 ft. 10 3/4 inches (8.5 meters) between each hurdle. There are 10 hurdles in this race. 110-meter low hurdles for boys are 30" (.762 meters) in height with 45 ft. (13.716 meters) to the first hurdle and 30 ft. (9.144 meters) between each hurdle. There are 10 hurdles in this race. [5-3-8]

At the **SECTIONAL track meet, the 100 meter dash and hurdle events shall be run as timed finals. There are no preliminaries in these two events at the sectional level. At the **STATE** track meet, the 100 meter dash and hurdle events will be run with a preliminary round and a final round. The preliminaries for the low hurdles and the 100 meter dash at the state track meets shall have heat and lane assignments by sectional times. [5-5; 5-6-4]

The 200 meter dash, the 400 meter dash, the 800 meter run, the 1600 meter run, the 4 x 100 meter relay, the 4 x 200 meter relay, the 4 x 400 meter relay, and the **1600M Mid-Distance Medley Relay shall be run only in finals against time in all classes at the sectional and state level of competition. [5-5]

**There shall be eight finalists in all field events at the sectional level. The number of finalists in all running events at the sectional level shall be determined by the number of available lanes. If the sectional track has eight lanes, then there should be eight finalists in all running events. If the sectional track only has six lanes, then there should be six finalists in all running events. However, in all events, only six places are scored. [5-5, 6-2-4]

**Each contestant in each race shall be permitted one false start. [5-7-4]

**There shall be four total trials in the shot put, discus throw, and long jump. Once a competition has begun, except as scheduled, competitors are not allowed to use for practice purposes the runway, ring, takeoff area, or throwing implements associated with the competition. [6-2-15]

**For both boys and girls, the shot put should weigh 4.0 kilograms (8.818 lb.) with a diameter of 95 to 110 millimeters (3.740" to 4.331"). Discus should weigh 1 kilogram (2.205 lb.) with a diameter of 180-182 millimeters (7.087" to 7.165"). [6-6-2, 6-7-2]

**At the sectional meets, the starting height and all height progressions for the high jump and pole vault will be designated by the IESA Office.

**At the state track meets, the high jump may be conducted in flights. [6-2-21]

**At the State meet if an athlete has checked out of the high jump or pole vault and is the last jumper at a particular height, the event judge will call for the athlete and wait 10 minutes for the athlete to complete their attempt(s). If the athlete has not completed their attempt(s) within the 10 minutes, the bar will be raised to the next height and the athlete will be passed to the new height. [6-2-4]

***At the State Meet, all long jumpers- boys and girls- will jump from the 8' board.

At the state track meets, all pole vault contestants shall be assigned in order of their sectional qualification, with the person with the best height or distance being last in order. Each contestant will be granted a maximum of three trials at any one height. The bar will be raised 6" at a time for the first three bar raises. For all jumps attempted after the designated height has been achieved, the bar will be raised 3" at a time until one contestant remains. [7-4]

**At the Sectional and State meets, metric measurements shall be used in all field events.

**Uniforms may be taped or knotted when done for the purpose of allowing a better fitting uniform. [4-3-1(b)4]

**Clerical or team scoring errors may be corrected by the IESA at any time. [2-3-1]

**See By-Law 4.074 regarding the number of individual events a contestant may enter. [4-2-1]

**Two lane alleys must be run at all sectional and state events in the 800 and 1600. Waterfall and super alley starts are not permitted at sectional meets. [5-3-2]

**Wheelchair athletes should refer to the Track and Field Terms and Conditions for event and equipment modifications.

**Ties for first place in the field events at both the Sectional and State meets will be broken. [6-3-2b-4b]

Illustrations for Section 4.075

The following are provided for illustrative purposes only and are neither binding nor to be construed as having the effect of the By-laws or Constitution of this organization. In the event of a conflict, whether actual or believed, between an illustration contained in this section and any by-law or constitutional provision then in effect, the by-law or constitutional provision, as interpreted by the Board of Directors pursuant to Section 1.420 of the Constitution of this organization, shall control.

Q. My team was awarded the 1st place team plaque the day of the track sectional. Four days after the meet, my host school called to inform me that the team points had been added incorrectly and that my team really placed second at the meet. Do I need to return the 1st place plaque to the host school?

A. Yes. This By-Law allows for correction of team scoring errors at any time. Schools that may need to switch plaques because team scores were figured incorrectly on-site must do so. Sectional host schools should make every effort to avoid team scoring errors.