

## ***RULES OF COMPETITION:***

### **Running events:**

1. **No super-relays.** All relay entries must consist of athletes who attend the same school.
  - *Club team coaches: please read the instructions (above) for your submission of relay entries. Note that these guidelines only affect the submission of club team relay entries.*
  - ***Note:** this rule is consistent with how HS events like New Balance Indoor Nationals and New Balance Outdoor Nationals are conducted.*
2. Hurdle distances and heights are as follows:
  - Boys and Girls 100m hurdle height is 30 inches
  - Boys and Girls 300m hurdle height is 30 inches
3. Running events that do not start in lanes will utilize a waterfall start unless the volume of the field requires that we utilize alleys. Coaches are strongly encouraged to speak with their athletes prior to the meet and discuss this with them.
4. The 4 x 400 meter relay will be run with a two-turn stagger.

### **Field events:**

1. We will conduct horizontal jumps and throws in an open pit format. Athletes must conduct their attempts within the time frame provided (see the meet schedule). The number of attempts in the horizontal jumps and throws will be set prior to the start of the meet and announced.
2. As per NFHS rules, schools entering athletes in the pole vault must have a pole-vault certified coach in attendance at the meet. Information on pole vault certification is provided at the KHSAA website ([khsaa.org](http://khsaa.org)).
3. Coaches are strongly encouraged to ensure that their athletes understand how each field event will be conducted. Athletes should be informed about how an open pit/ring system works and that they should all check in at the start of their field event.
  - **Open Pit/Ring events** (long jump, triple jump, shot put, discus): athletes are not required to stay at the location of these events and may leave one of these field events to participate in another event. In shot put and discus in particular, the athlete is recommended to first inform the meet official at the event but must be sure to return before the end of the open pit/ring period. Coaches: once the long jump, triple jump, shot put and discus are closed, we will not allow late-appearing athletes to compete.
  - **High Jump and Pole Vault:** you must check in to your event at the beginning of competition for your event. Athletes who show up after competition begins may risk not being allowed to

compete. In both of these events, once the bar has been raised to the next height, the bar will not be lowered to a previous height.

- Pole vaulters: prior to competing, you will be asked to verify that your pole is appropriate for your reported weight. Athletes cannot compete with poles that are not appropriate for their weight.

4. Shot Put/Discus: We will provide implements at each throwing event. Unless a competitor can certify that their implement is of the appropriate weight (e.g. some implements have the weight printed on the implement itself), we will ask competitors to use the implements we provide.

- Girls Shot Put is 6 lbs
- Boys Shot Put is 4 kg (note that this is the weight of the HS girls shot put)
- Boys and Girls discus is 1kg (note that this is the weight of the HS girls discus)

### **Participation rules:**

1. Coaches may substitute one athlete for another athlete in any individual event, but only if both athletes have already been assigned a competitor number. We will not allow (late) adds at the meet. In order to conduct a smooth meet, we also ask that coaches report any scratches as soon as possible. Once the meet begins, scratches may be reported to the clerk of the course.

2. All disqualifications are final, but coaches should be aware that we will strive to only disqualify athletes as a last resort and where it is clearly appropriate. E.g., this includes situations where an athlete competes in a laned race, but leaves their lane during the event and impedes another athlete or relay team.

3. Athletes will wear competitor bibs. Any athlete who competes without a competitor number or with an incorrect competitor number is subject to disqualification.

4. **Seeding.** All races with multiple section finals will be seeded as fastest to slowest. Although not required, coaches are strongly encouraged to provide accurate seed/entry marks for their athletes when submitting entries. Seed/entry marks that are clearly incorrect will be changed to NT.

- ***Seeding in the 1600:*** we will verify the entry marks of all entries with the potential to qualify for the Friday night Distance Race of Champions 1600m run. Coaches should be prepared to provide evidence of performance for any athlete who may be potentially seeded into this race. If coaches would like to enter athletes in the 1600, and those athletes are capable of making the Friday evening seeded race, but cannot attend the Friday evening race, then please let us know about this conflict as soon as possible. Those athletes would be placed in the unseeded Saturday 1600m race (note that top finishers in the unseeded race do not receive awards).
- **No seed mark.** athletes entered without marks will be seeded as NT in the slower sections of any seeded final.