



2024

ACAA State Track Meet

**Rules
Summary**

&

**Tips for
Measuring**



Summary of Track and Field Rules

Excerpts from: 2024 NFHS Track and Field and Cross Country Rules Book.

Head event judges and recorders should refer to the rules or rules app if you have further questions. ACAA determines the participation limitations within their state, with six events being the maximum number (Art. 3-8-1).

Scoring of Events (Article 2-1 and 2-2)

Meets with 8 or more teams have a points system of 10-8-6-5-4-3-2-1 for 1st -8th place individual and relay races. For scoring purposes, a team is made up of one or more individuals representing a single school. The school/division overall winners is determined by totaling the individual and relay points. Note - some rules may be modified to meet our specific meet purposes.

All Running Events

Handoffs must be in the (30 meter) exchange zone (Art 5-6). Runners must stay in their lanes (Art 5-4) during handoffs for the 4x100 and 4x200. For races run entirely in lanes, after passing the baton, a runner should jog straight ahead and step off AFTER the track is clear (Art 5-8). Runners may not run into another runners assigned lane and/or impede another individual runner or relay team's handoff. Disqualification may be determined by the starter, timing crew, video records, starter, or lane judge. (Art 5-1)

Extraneous motion before the device is fired does not necessarily require a false start to be charged unless the runner leaves their mark with hand or foot after the set command or leaves their mark with a forward motion without the starting device being fired (Art. 8-4-4 NEW)

Track staggers are dependent on the geometry of each individual track, and a competent surveyor should determine the lane staggers (Art. 9-4-1 NEW).

4x100 M RELAY: Race shall be run **entirely in lanes.**

4x200 M RELAY OPTIONS:

When possible, run **entirely in lanes.** Handoff zones are determined by starting and finishing crew along with head referee. Coaches should report to the start when runners are called to understand the process for the event.

4x400 M RACE:

Run in **lanes for the first leg, as well as the first curve of the second leg** up to the nearer edge of the break line, where runners may leave their respective lanes and merge to the inside lane.

Jumping Events

Excerpts from: 2024 NFHS Track and Field and Cross Country Rules Book. Head EVENT JUDGES and Recorders should refer to the rules or rules app if you have further questions.

RECORDING TRIALS:

Horizontal Jumpers must indicate which line they are jumping from. Upon request and for safety reasons, judges may opt to mark (w/ tape) a closer jump line in order to reach the sand safely.

VERTICAL JUMPS (HIGH JUMP)

High jumpers must leave off one foot (Art. 6-10). Jumpers may scissor or flop to clear the bar. Record heights to the nearest inch. (ex. 5'8" for 5 ft. 8 in).

Starting heights (modified for ACAA competition level): Varsity Boys 4'10", Varsity Girls 4', Jr. High Boys 4'2", Jr High Girls 3'8".

Recording and Managing Event:

- When a competitor enters a vertical jump for the first time, at any height, no matter the number of competitors left, that this competitor is only permitted one minute for their attempt (Art. 6-2-2d)
- A bar will be used during competition; a bungee cord may be used during warm-ups.
- Bar raised in 2 inch increments.
- In the event of tie breakers the bar can be raised by 1 inches.
- If one athlete remains, he/she may request the bar to be raised by 1 or 2 inches.
- The bar WILL NOT be lowered during the competition.
- 2 practice jumps w/out the bar or w/ bungee cord are allowed.
- 3 trials per height. (Art. 6-1)
- Jumpers may elect to pass a trial or height.
- Judges may choose to run the event with flights. 5 jumpers minimal per flight. 9 or less jumpers will be one flight. (Art. 6-2)
- Markings recorded (-) for pass, (o) for VALID jump, (x) scratch/fail (Art. 6-1)
- Reasons for "Scratch" recorded: 1) plane of bar crossed, 2) bar is knocked down before the athlete clears the mat, 3) take of 2 feet

Check-outs- An athlete may check-out (notify head event judge) for another event and return to **current height** to finish jumping. The jumper may be added to a flight rotation if needed. The bar WILL NOT BE LOWERED during the event. One practice attempt at the current height w/ a bungee is allowed. The head judge of the event may also choose to let athletes complete in successive attempts due to needing to attend other events (Art. 3-4)

Jump-off: Any athlete withdrawing from a jump-off concedes the higher place but retains their performance in the event (Art. 6-3-2b NEW).

HORIZONTAL JUMPS (TRIPLE AND LONG)

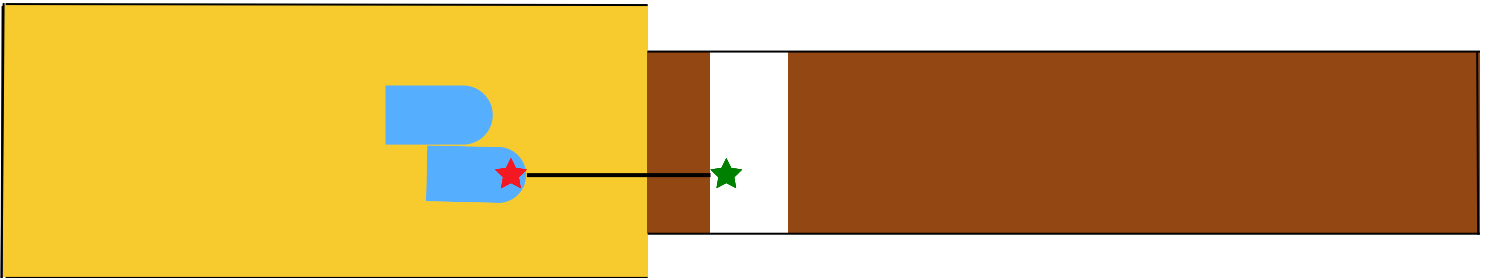
Measuring Jumps (Art. 6-2 to 6-3)

The measurement of each jump shall be made immediately after the trial. Once competition starts, runners may only run in the direction of the competition while on the runway (Art. 6-7).

The measurement of the jumps shall be made at **right angles** from the take-off line, or the take-off line extended, **to the nearest break in the landing** area made by any part of the body of the competitor or anything while attached to the body at the time it made a mark.

The measurement mark in the landing area, for each attempt, shall be preserved until removal is authorized by the Head Judge for the event. If the sand is accidentally raked, both judges must agree on the landing mark. If not in agreement, jumper may be asked to repeat the jump.

NOTE: In order to insure correct measurement of any jump, it is essential that the **surface of the sand in the landing area should be accurately controlled** so as to be level with the top of the take-off board.



★ Zero Mark of the tape will be at the nearest mark in the sand. Any part of the body that is closest to the white takeoff line. (Art 6-4)

★ Measure mark will be edge of white take-off mark closest to the sand/ toes must not cross but can be anywhere before that mark for a fair jump (Art 6-5)

Sample: 16' 4.25" (16 feet, 4 ¼ inches/ to nearest ¼ inch)

Reason for Scratch (Art 6-3):

1) Toe goes over front of takeoff line, 2) no somersaults, 3) in triple jump hopping does not land on same take-off foot or does not alternate stepping on last step, 4) fails to initiate jump in designated time assigned by judge.

Legal Throws (2 warm-up and 3 throws recorded)

Only count the legal throws. Check with the race director about whether there is a finals round or not. You may have to provide a “throw off if there are ties”. Athletes may choose to throw consecutive throws if competing in other events.

Measured from the nearest edge of the first mark made by the implement, to the point on the inside edge of the throwing circle or runway foul line nearest such mark. Draw the measuring device through the center of the throwing circle or runway where the two lines marking the throwing sector intersect. **Measurements are recorded to the nearest lesser inch (Shot Put) or the nearest lesser inch (Discus).(Art6-4)**

Measurement must be made with either a non-stretchable tape or certified scientific measurement device (laser). **Judges shall hold the tape such that the zero end is in the field and the measured distance is located at the ring.**

Athletes in the throws may apply tape to their fingers as long as the fingers are not taped together and all fingers can move independently (Art. 6-4-1, 6-5-1,6-6-1)

(Closest Mark in the sand to the ring and NOT how far it rolls)

Fouls (Art 6-2)

1. A foul throw is one which is counted as a trial but which is not measured due to violation of a rule. Mark foul w/ (X).

2. It is a foul if the competitor:

- After stepping into the circle, fails to pause before starting the throw.
- After stepping into the circle, touches any surface outside the circle or the top or end of the stopboard during a throw.
- Throws the implement so it does not fall within the sector lines. (The lines are “out of bounds”)
- Exits from other than the back half of the circle.
- Leaves the circle or runway before the implement has landed.
- In the discus, hits the cage and/or an object outside the sector before landing within the sector.
- In the shot put, allows the shot to drop behind or below the shoulder during the put attempt, or uses a cartwheel technique.
- Fails to initiate a trial that is carried to completion within 1 minute after being called for a trial, unless excused by the officials to participate in some other event.

Shot Put /Discus Weight of Equipment

| | Jr High Girls | Jr High Boys | HS Girls | HS Boys |
|----------|---------------|--------------|----------|---------|
| Shot Put | 6 lbs | 4 kg | 4 kg | 12 lbs |
| Discus | 1 kg | 1 kg | 1 kg | 1.6 kg |

Measuring Shot and Discus

Sample: 16' 04".75 (16 feet, 4 3/4 inches/ to nearest 1/4 inch)

