

# IESA Sectional Meet Clerk Instructions

## I. Pre-Meet Meetings

- All clerks will attend the pre-meet meeting to get their assignments from the head clerk.
- The head clerk will meet with the starters to discuss the race instructions that each will give to the runners for each race.
- CLERKS **SHOULD NOT** GIVE ANY FINAL RACE RESULTS OR QUALIFICATION INFORMATION TO ATHLETES!

## II. Race Instructions

- **Review start procedure.** Starting commands are the same no matter if runners are using starting block or not. (Review starting commands with competitors for each race.)
- **Review what the starting commands mean.**
- Review break points, exchange zones, use of markers, batons. *When break line is utilized, competitors shall run the entire distance to the break line in their assigned lanes and cross the line before breaking to the pole position.*
- **Review finish line protocol-** Remind participants to return in their lanes. For those races not run in lanes, remind them to listen to the instructions of finish line personnel.
- Make sure that each runner and relay team has the appropriate lane and starting position for each race.
- Hip Numbers (If Used):
  - ❖ Individual Races: Numbers placed on the left hip for those races not run in lanes. Numbers should correspond with initial lane assignment.
  - ❖ Relay Races: Numbers placed on the left hip of the last runner for those races not run in lanes. Numbers should correspond with initial lane assignment.

## III. Uniforms

- Check all competitor uniforms.
  - ❖ Competitors must compete in a school-issued or school-approved uniform that complies with NFHS Rule 4-3-1.
    - Any outer garment (e.g., t-shirts, sweatpants, tights) that is school-issued or school-approved becomes the official uniform, when worn.
  - ❖ One or two piece bodysuit, similar in color can be worn.
    - The jersey and shorts may have the school identification and the jersey may have the competitor's name.
    - A single manufacturer's logo/trademark (no more than 2 ¼" square) is permitted on each item of apparel.
    - American flag is permitted. (no more than 2x3 inches)
    - Bare midriff shirts are not acceptable. The jersey must hang below or be tucked into the waistband of the shorts when the competitor is standing upright.
  - ❖ Undergarments  
**Any visible garment(s) worn underneath the uniform top and/or bottom is now considered a foundation garment and not subject to logo/trademark/reference or color restrictions.**
  - ❖ **PENALTY:** For the wearing of an illegal uniform, when a violation is observed and noted by a meet official, the competitor shall be required to make the uniform legal before becoming eligible for further competition, and shall be issued a warning that a subsequent violation shall result in a disqualification from the event. The referee shall be notified of the violation of the observing meet official, and the referee shall then notify or cause to be notified the head coach of the offending school of the competitor's violation and warning.
    - It is the responsibility of the meet referee/starter, clerk of the course, and/or the respective field event head judge to inspect competitor uniforms prior to the start of the race or field event.
    - Officials are not to knowingly allow a competitor in an illegal uniform to participate in a race or field event.

- If a field event judge or clerk of the course is uncertain whether a uniform complies with NFHS Rule 4-3-1, the judge shall obtain a ruling from the meet referee/starter before starting the event.
- Referee/starters, Clerks of the Course and field event judges must be aware that schools may have multiple uniforms that they issue to their athletes.
- ❖ Athletes from the same school may participate in the same event in different school issued uniforms.
- ❖ If a competitor changes from an inspected school issued uniform to jersey (singlet) or shorts not issued by the school and competes in the meet in the illegal uniform, that athlete is disqualified from the event for unacceptable conduct.
- Relays:
  - All relay members must wear uniforms clearly indicating, through predominant color, school logo and color combination of all outer garments worn as a uniform, that members are from the same team.
    - The color of the tops/jerseys and outer bottoms for all relay runners and the color of the track jersey (singlet) for all relay runners must be the same. (Same means there can be varying shades of the one color.)
    - NOTE: The official should be able to observe that all members are from the same team.
    - ❖ The printing, design and/or lettering on the track jersey (singlet) must be such that each relay runner's school can be easily identified, and that as a person views the four track jerseys (singlets) together they appear similar and the relay runner's school is easily identified.
    - ❖ Shorts
      - Length does not have to be identical.
      - Style- Participants can mix body suits and shorts on the same team as long as the color is similar.
    - ❖ Jersey
      - Style- Sleeve length and style do not have to be identical as long as the team can be easily identified.
- Jewelry and watches are permitted.
- Uniforms may be taped or knotted when done for the purpose of allowing a better fitting uniform.
- Headbands and hair beads will be allowed.
- Body appliqués or other adornments will not be permitted for competition.
- Unadorned devices, such as bobby pins, barrettes and hair clips, no longer than 2 inches, may be worn to control a competitor's hair.
- Removable arm sleeves, calf sleeves, and wrist bands are all legal.