

# 2024-25 IESA Boys and Girls Track and Field Series Terms and Conditions



## CLASSIFICATION

The classification of each school participating in the 2024-25 IESA Class 1A, 2A, 3A, and 4A Track and Field Series will be determined by enrollment. Seventh and eighth-grade enrollment from the previous school year, as reported to IESA by the member school through the IESA Member Center, shall determine the classification of each school after a tabulation of entries in each sport and an equal split of the number of entries. Track and Field will be split into four equal classes, each comprising 25% of the participating schools.

Students compete in events within the Wheelchair Division regardless of school classification. They will compete at the sectional meet to which their school has been assigned, and at the State level, they will compete on the weekend their school is participating.

**Wheelchair Division:** students who use a wheelchair for mobility or sports or those classified as T/F 31-34, T51-54, or F51-57.

Students who qualify for the Wheelchair Division will compete separately for place and medals. Students with disabilities wishing to participate in this Division must have a statement of disability on file with appropriate personnel responsible for student health issues at the student's school. The IESA reserves the right to request this documentation as part of the entry process.

## DATES AND SITES

### A. Class 1A and 2A—Girls and Boys Seventh and Eighth Grade.

<b>BOYS &amp; GIRLS TRACK (CLASS 1A &amp; 2A)</b>			
<b>Activity</b>	<b>Week</b>	<b>2024-2025</b>	<b>2025-2026</b>
<b>Entry Deadline (Mon.)</b>	14	Oct. 7, 2024	Oct. 6, 2025
<b>Final Entry Deadline</b>		Nov 1, 2024	Nov 1, 2025
<b>Practice/Tryouts may begin (Mon.)</b>	35	Mar. 3, 2025	Mar. 16, 2026
<b>Cooperative Agreement Due</b>		Mar. 1, 2025	Mar. 1, 2026
<b>Meets may begin (Mon.)</b>	37	Mar. 17, 2025	Mar. 28, 2026
<b>Season Schedules Deadline (Mon.)</b>	39	Mar. 31, 2025	April 6, 2026
<b>Online Entry Deadline (Tue. @ 3 p.m.)</b>	44	May 6, 2025	May 5, 2026
<b>Online Entries Closed (Wed. @ 4 p.m.)</b>	44	May 7, 2025	May 6, 2026
<b>Sectional Seed Meetings (Wed.)</b>	44	May 7, 2025	May 6, 2026
<b>Sectionals (Fri. or Sat.)</b>	44	May 9 or 10, 2025	May 8 or 9, 2026
<b>State (Fri. &amp; Sat.)</b>	45	May 16, 17, 2025	May 15, 16, 2026
<b>Season must end (Sat.)</b>	49	June 14, 2025	June 13, 2026

B. Class 3A and 4A—Girls and Boys Seventh and Eighth Grade.

<b>BOYS &amp; GIRLS TRACK (CLASS 3A &amp; 4A)</b>			
<b>Activity</b>	<b>Week</b>	<b>2024-2025</b>	<b>2025-2026</b>
<b>Entry Deadline (Mon.)</b>	14	Oct. 7, 2024	Oct. 6, 2025
<b>Final Entry Deadline</b>		Nov 1, 2024	Nov 1, 2025
<b>Practice/Tryouts may begin (Mon.)</b>	35	Mar. 3, 2025	Mar. 16, 2026
<b>Cooperative Agreement Due</b>		Mar. 1, 2025	Mar. 1, 2026
<b>Meets may begin (Mon.)</b>	37	Mar. 17, 2025	Mar. 28, 2026
<b>Season Schedules Deadline (Mon.)</b>	39	Mar. 31, 2025	April 6, 2026
<b>Online Entry Deadline (Tue. @ 3 p.m.)</b>	45	May 13, 2025	May 12, 2026
<b>Online Entries Closed (Wed. @ 4 p.m.)</b>	45	May 14, 2025	May 13, 2026
<b>Sectional Seed Meetings (Wed.)</b>	45	May 14, 2025	May 13, 2026
<b>Sectionals (Fri. or Sat.)</b>	45	May 16 or 17, 2025	May 15 or 16, 2026
<b>State (Fri. &amp; Sat.)</b>	46	May 23, 24, 2025	May 22, 23, 2026
<b>Season must end (Sat.)</b>	49	June 14, 2025	June 13, 2026

- C. Sectional and state level competitions shall be held for both the 7<sup>th</sup> and 8<sup>th</sup> grade in all four classes. It is recommended that track sectionals shall be scheduled on Fridays at 1:00 or 2:00 p.m. or Saturdays at 9:00 or 10:00 am as listed on the approved IESA calendar. Any change in the scheduling of a track sectional must be approved by the Administrator for Track. See bylaw 4.073.
- D. Girls, boys, and wheelchair track and field events shall be held separately, preferably with all Class 1A/2A or Class 3A/4A sectional and state competition being held on the same date at the same location. It is permissible for boys’ sectional events to be held at different sites than girls’ sectional events on the same date if a majority of the schools participating in a sectional vote for a split.
- E. State Series Assignments may be accessed on the IESA website. Schools willing to host a sectional that is not set should immediately contact Nicole Schaeftbauer, Administrator for Track and Field.

**ENTRY FEES**

- A. Entry Fees
- Schools must pay an entry fee of \$70 by the initial entry deadline.
  - Schools may enter the activity after the initial entry deadline but must do so prior to the final entry deadline and the school may be subject to paying double fees.
  - Late entry fees will be waived for schools designated as new members, or for current member schools entering an activity for the first time, which petition to participate in an activity after the initial entry deadline.
  - Entry fees will be refunded only upon written request prior to the initial entry deadline.
- B. Withdrawal Fees
- Any school who withdraws from the IESA state series without notifying the IESA Office or withdraws from the state series after the seeding meeting shall pay a \$50.00 penalty, the cost of the officials for the contest which they forfeited, and that school’s share for one contest of any deficit assessment.

**PARTICIPANT ELIGIBILITY**

To enter any of the meets, a student must be eligible under all of the eligibility rules and conditions of the IESA.

## A. Participation

1. A student becomes a member of the school team whenever the student practices with the team or appears in a contest.
2. No student is eligible to participate at the same academic grade level for two different school years in the same sport. This is true whether the student attended a member or a non-member school. Participation in one interscholastic contest in a sport constitutes one season of eligibility in that sport.
3. No student shall be a member of a team using ninth grade or high school students.
4. Athletic activities designated as seventh grade shall consist of contestants in grades five through seven. In all other athletic activities, fifth through eighth graders are eligible to participate. **THE USE OF 4<sup>TH</sup> GRADE STUDENTS IS PROHIBITED FOR PRACTICE AND COMPETITION.**

## B. Residence and Transfer

1. A student shall be eligible if he/she attends the member school in the district in which he/she resides.
2. If a student's parents move from one school district to another during the school year, the student may retain eligibility for the remainder of the school year provided the student continues to attend the school in the district from which the parents moved.
3. In cases where a local Board Policy has been established for children of staff members to attend the school tuition-free, the student shall have eligibility at his/her school of attendance within the district where the parent/guardian is a full-time staff member. A full-time staff member is defined as a staff member employed and compensated by a school district who works thirty-five (35) or more hours per week for the district during the school year.
4. A transfer student is one who transfers from one school to another school after the first day of classes at his/her school.
5. A student who transfers from one school to another school shall be eligible to participate under the following guidelines:
  - a. The student would be eligible to participate in a sport at their new school during the current school year if, during the IESA designated season for a sport, the student had NOT participated in a tryout, organized practice, or contest in that sport at their previous school. See By-Law 2.072 regarding student status as a member of a team.
  - b. A student who transfers from one school to another and is eligible under section (a) above shall become eligible to participate in contests for the new school on his/her eleventh day of attendance at the new school in any sport or activity and provided all other eligibility requirements are met.

## C. Scholastic Standing

1. **All contestants shall be in grades five through eight and shall not have passed eighth grade standing.**
2. A student shall be doing passing work as determined by the local school district in all school subjects and the school shall certify compliance with this by-law. Use of a player, contestant, or participant shall be deemed such certification.
3. For all IESA activities, athletic as well as non-athletic, passing work shall be checked weekly. Eligibility will be applied to the Monday through Saturday following the week that was checked. Students must be passing each subject each week to be eligible. Grades shall be cumulative for the school's grading period.
4. The eligibility check shall be the same day each week unless school is not in session; then it must be taken on the last day of student attendance that week.

5. For fall sports, the first eligibility check shall be made following the first full week of attendance at the beginning of the school year. During the succeeding weeks of the school year, the eligibility check shall begin the week prior to the first contest in an activity.

#### **D. Age**

1. For seventh grade track sponsored by a member school, a student shall be eligible through age fourteen (**14**). If a student in a seventh-grade athletic activity becomes fifteen (15) from the beginning date of practice as determined by the IESA standardized calendar through the final event in the state tournament series, he/she is not eligible to participate in that activity. For boys and girls track, the final date of eligibility shall be governed by the member school's size classification.
2. For eighth grade track, a student shall be eligible through age fifteen (**15**). If a student in that activity becomes sixteen (16) from the beginning date of practice as determined by the IESA standardized calendar through the final event in the state tournament series, he/she is not eligible to participate in that activity. For boys and girls track, the final date of eligibility shall be governed by the member school's size classification.
3. Each student must provide the school principal with a birth certificate before practice or participation in any athletic activity. This must be a birth certificate or hospital record or a thermostatic copy of such. A baptismal certificate is not acceptable.
4. A student shall be permitted to try-out for those activities for which he/she is eligible by age.

#### **E. Physical Examination**

1. No student shall be permitted to compete in a try-out, practice, or game unless such student has filed with the principal a certificate of physical fitness issued by a licensed physician, physician's assistant, or nurse practitioner as set forth in the Illinois State Statutes not more than 395 days preceding such tryout, practice, or contest in any athletic activity.
2. Any student who is not allowed to participate in interscholastic activities as the result of a physician's directive may not return to play until they have received written clearance from a physician and a signed consent form from their parent/guardian.

**F. Participating Under An Assumed Name:** In the event students participate in interscholastic competition under any other name than their own, the principal shall immediately suspend violators from further interscholastic participation. The future interscholastic participation of violators and/or persons contributing to a violation shall then be considered by the Board of Directors.

**G. Provisions for Out of Season Contact:** After the official ending date of a sport season (according to the date listed in Division 4 of the IESA Handbook) students from the same member school may play together in a sport provided the school has no affiliation with the activity. In addition, a coach may coach the students from the school provided he/she is not coaching the students as an official representative of the school and is not receiving any school compensation for coaching.

### **SEASON LIMITATIONS**

- A. No member school participating in the boys and/or girls state series shall organize, hold tryouts, or practice prior to Monday of Week 35 in the IESA standardized calendar.
- B. A member school may conduct its first interscholastic contest in boys and/or girls track no earlier than Monday of Week 37 and its last interscholastic contest in boys and/or girls track no later than Saturday of Week 49 in the IESA standardized calendar.
- C. No athletic team for any member school may compete against an "all-star" team.
- D. **Team Season Schedules:** Complete season track and field schedules must be submitted online by the Monday of week 39 in the IESA standardized calendar.

## INDIVIDUAL LIMITATIONS

- A. In all interscholastic track and field meets, **students are allowed to participate in a maximum of four (4) events**. Relay teams may list a maximum of six athletes- **four runners and two alternates**. Any four of the six runners listed may run at either the sectional or state level of competition. Students may only be listed in two relays. If a student participates in two relays, one of the relays must be the 4x400. **Regardless of the participation grade level, no student may participate in both the 4x100 relay and the 4x200 relay.**

Athletes listed as a relay alternate will not have an event count toward their event total unless they participate in that event. Athletes may be listed as an alternate for both the 4x100 and 4x200 M Relay but may only participate in one of those relays.

- B. Each student shall be limited to participation in the following

<b>STUDENTS IN GRADES 5-7</b>	
INDIVIDUAL EVENTS	May participate at either or both grade levels not to exceed the maximum. Note: An individual athlete is not allowed to compete in the same event at both grade levels at any time.
RELAY EVENTS	one relay at the 7 <sup>th</sup> grade level and one relay at the 8 <sup>th</sup> grade level; or two relays at the 7 <sup>th</sup> grade level; or two relays at the 8 <sup>th</sup> grade level.  Note: Regardless of the participation grade level, no student may participate in both the 4x100 relay and the 4x200 relay.
<b>STUDENTS IN GRADE 8</b>	
	Students in eighth grade may only compete at the 8 <sup>th</sup> grade level.
RELAY EVENTS	two relays at the 8 <sup>th</sup> grade level.  Note: Regardless of the participation grade level, no student may participate in both the 4x100 relay and the 4x200 relay.

## COACH QUALIFICATIONS

To serve as a Head or Assistant Coach, athletic coaches in member schools in the sports in which the school participates in the IESA state series must:

- be regularly licensed by the ISBE as a teacher, administrator or school service personnel (i.e. counselor, social worker, speech therapist, etc.); or
- be a retired teacher/coach from an IESA or IHSA member school; or
- be a college student coaching as part of an official student teaching assignment; or
- be certified through an IESA-approved coaches education program, AND
- be a high school graduate or equivalent (see exception), and
- be officially employed by the local school board of the member school.

The IESA Board of Directors has approved the following courses: IESA/Human Kinetics Coaching Essentials course, IHSA/Human Kinetics Coaching Principles or Coaching Orientation course, or NFHS Fundamentals of Coaching Course.

A person with a substitute-only license must complete one of the approved coaching education courses to serve as a coach.

High school students may be assigned to assist with the coaching of athletic teams in a member school, provided they are under the direct supervision of a qualified coach.

Any coach who does not meet the IESA coaching qualifications detailed above will be suspended for a minimum of two games and will not be permitted to coach again until he/she completes an IESA-approved coaching education course. This includes practices as well as contests.

The Board of Directors may apply additional sanctions to schools with multiple violations for non-compliance with the coaching education By-Law.

## SEED MEETING

- A. It shall be the responsibility of the sectional track host to invite the coaches of the participating schools to a seeding meeting on Wednesday prior to the date of the meet.
- B. The Class 1A/2A seeding meeting will be held on May 7, and the Class 3A/4A seeding meeting will be held on **May 14**.
- C. The head coach (or another school representative) must attend the Sectional Seed Meeting. If a head coach (or another school representative) is not in attendance, the Sectional Meet Manager should seed the athletes from the non-attending school and contact the IESA administrator at the IESA Office immediately the following morning.
  1. **(NEW)** All Sectional seed meetings will be offered as in-person and virtual meetings. Attendees must communicate, in advance, to their host how they will be attending.
  2. Sectional managers may accept school requests to make exceptions for attendance at the Sectional Seeding Meeting. A letter requesting an exception for attendance must be sent to the Sectional Manager and signed by the school's principal or official representative prior to the beginning of the scheduled Seed Meeting.
  3. If the coach (or other school representative) fails to comply with these provisions, the coach and/or the competitors from that school may be sanctioned.
  4. The head Coach is responsible for contacting the Sectional Host immediately if, for any reason, they experience an emergency situation that would prevent them from getting to the seeding meeting on time (e.g., flat tire, traffic accident). Sectional managers are encouraged to provide participating coaches with a phone number to use in an emergency.
- D. If a coach or school representative fails to attend the track and field seeding meeting, the following sanctions will be applied:
  1. **Non-attendance first meeting:** School will be placed on probation.
  2. **Non-attendance second consecutive meeting:** School will be able to participate in the track and field state series of the current year but will not be able to participate in the track and field state series of the following year. The school may pay a \$250 fee for reinstatement to the state series.

## SEEDING

- A. **Sectional:** Heats should be drawn up, lanes assigned for track events, and flights determined for field events based on the Sectional Participant Information.
- B. **State:** The state meet shall be organized based on the sectional results.

## SECTIONAL PARTICIPANT ENTRIES

- A. The on-line Sectional Participant Information will provide an opportunity for each participating school to enter its athletes into each event and to list the accurate names of the Girls/Boys entered in the Sectional meet.
- B. No school shall enter competitors in a Sectional meet unless it intends for its qualifiers to participate in the State Final Meet if they qualify to advance.
- C. **On-line entry of Sectional Participant Information:** Each school entering the state series (whether entering a team or individuals) must submit its Sectional Participant Information **via the Athletic.net website**. If a school does not submit its Sectional Participant Information by the deadline, coaches and participants from that school are subject to sanctions, which could include but not be limited to being ruled ineligible to compete in the state series. Sectional Participant information must be completed within the following time frame:
  - 1. **Class 1A/2A- Participant registration for schools begins April 1 and ends May 6 @ 3:00 p.m.**
  - 2. **Changes may be made to 1A/2A Sectional Participant Information until 4:00 p.m. the day of the seed meeting.**
  - 3. **Class 3A/4A- Participant registration for schools begins April 1 and ends May 13 @ 3:00 p.m.**
  - 4. **Changes may be made to Sectional Participant Information until 4:00 p.m. the day of the seed meeting.**
- D. **LEGAL ENTRIES:** A member school will be permitted two entries in each individual event for boys and girls plus one entry in each relay for each boys and girls class in which it has entered the state series.
  - 1. Marks submitted for seeding purposes in the field events at the Sectional Seeding meeting shall be Metric distances actually achieved during the current outdoor Track and Field season.
  - 2. All times entered for the sectional meet must be fully-automatic times (FAT).
    - a. **To convert a manual time to a FAT time, please use the following conversion. First, round the manual time up to the higher tenth of a second. Then a conversion factor of .24 must be added.  $MT$  (manual time) + .24= FAT.**
  - 3. All field event marks should be entered in Metric measurement.
  - 4. Enter the names of all relay participants- both participating runners and alternates. **DO NOT LEAVE ANY OF THE RELAY PERSONNEL SPACES BLANK.** You will not be able to add names after 4:00 p.m. the day of the seeding meeting.
    - a. **In a relay event, only a time actually achieved at the metric distance during the current outdoor Track and Field season may be submitted for seeding purposes. Coaches may not submit combined individual times as a relay time.**
- E. Substitutions to the online Sectional Participant Information may be made until 4:00 p.m. the day of the seed meeting. **Only eligible participants listed on the Sectional Participant roster may be substituted into events or added to open events.** Coaches may not make any changes to their roster after 4 p.m. the day of the seed meeting or at the Seed Meeting.
- F. No changes may be made to the Sectional Participant Information after 4:00 p.m. the day of the Seed Meeting. Changes to Sectional Participant Information will NOT be allowed at the sectional seeding meeting.
- G. Teams without official entries at the seeding meeting shall be disqualified from sectional participation.
- H. Coaches are encouraged to bring a hard copy of their Sectional Participant Information to the Sectional Seeding Meeting.
- I. **REVIEW ALL OF YOUR PARTICIPANT INFORMATION PRIOR TO 4:00 p.m. THE DAY OF THE SEEDING MEETING.** Contestants shall be allowed to participate only in those events in which they are entered. On the day of the sectional meet, there are no substitutions—only scratches.

## ADVANCEMENT OF WINNERS

- A. The top sectional finisher shall advance to the state final meet. In addition, any individual or relay team who equals or surpasses the qualifying marks listed for each particular class and level as detailed in the track information shall advance to state level competition.
- B. Contestants must participate in the sectional meet and either place first in an event or meet the qualifying standard in order to advance to the state meet. Relay teams may consist of up to six (6) individuals and any of those individuals may run in the relay at the sectional level. Should the relay team qualify for the state meet, any four of the six may run at state.
- C. If the first-place finisher in a Sectional event scratches prior to the State meet, no athlete will be promoted to the vacant position.
- D. In the sectional Pole Vault and High Jump competitors must clear, at a minimum, the required opening height to be eligible for advancement to the state meet.
- E. In the Wheelchair Division, the top two athletes at each sectional event shall advance to the state final meet.

## TOURNAMENT STRUCTURE

- A. **Events:** The following events will be conducted at the Sectional and State Meets
  1. Girls Divisions- 100 M Dash, 100 M Hurdles, 200 M Dash, 400 M Dash, 800 M Run, 1600 M Run, 4x100 M Relay, 4x200 M Relay, 4x400 M Relay, Pole Vault, High Jump, Long Jump, Shot Put, Discus.
  2. Boys Division- 100 M Dash, 110 M Hurdles, 200 M Dash, 400 M Dash, 800 M Run, 1600 M Run, 4x100 M Relay, 4x200 M Relay, 4x400 M Relay, Pole Vault, High Jump, Long Jump, Shot Put, Discus.
  3. Wheelchair Division (both Boys and Girls)- 100 M Race, Shot Put
- B. **Scoring**
  1. In sectional meets, six places shall be scored 10,8,6,4,2, and 1 point, respectively, for all events.
  2. At the state meet, eight places shall be scored 10, 8, 6, 5, 4, 3, 2, 1.
  3. In case of ties, all points earned shall be evenly divided.
  4. No team points shall be awarded in the pole vault or high jump if starting heights are not equaled.
  5. No team points shall be awarded in the Wheelchair Division.
  6. 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.**

## TOURNAMENT POLICIES

- A. **Sportsmanship Card and Pass List**
  1. All head coaches must indicate that their students are in compliance with the sportsmanship and eligibility standards when completing their online Sectional Participant Information.
  2. The IESA Pass list must be shown at the state track meet in order to secure a school's packet of materials.
- B. **State Meet Packet**
  1. The administrator of each school participating in the state track meet shall be required to submit a signed list of the competitors and coaches from the school to be presented at the pass gate of the state track site.
  2. ***The IESA pass list must be shown at the state track meet in order to secure a school's packet of materials.***

3. **Each track school will receive 6 wristbands for their coaching staff to receive entrance to the State Track Meet. Wristbands must be worn throughout the entire two day meet for admittance. Replacement wristbands will not be issued.**
4. **State meet packets should be picked up onsite Friday- 8 a.m.- 1 p.m.; Saturday- 6:30 a.m. – 10 a.m.**

#### **C. Records**

1. Any record established in the state final athletic competitions shall be considered as the IESA record for that event. Marks established in competitions other than the state finals shall not be considered.
2. When fully-automatic timing is used for the state track meet, track records shall be established in hundredths of a second in running events. Note: All IESA running event records prior to 1994 have been changed to fully-automatic times.
3. IESA Boys and Girls State Field Event Records have been converted to their exact metric measurements. These conversions were NOT rounded to the nearest centimeter. This was done to provide full metric credit to state record holders in the field events. From 2023 forward, only the metric distance measured to the nearest lesser centimeter can be used to establish a new record in a field event.

#### **D. Sectional Weather Policy**

1. Sectional host schools are selected based on their all-weather facilities and their capability of completing a Sectional Meet on the designated dates. Sectional Meets must be scheduled for Friday or Saturday with a “rain” date of Monday. Unsafe weather conditions might make it necessary to suspend a Sectional Meet. But remember, there is no guarantee the weather will be better the next available day. The local Sectional Manager and Games Committee is responsible for making every effort to complete the Sectional Meet on the scheduled date. It may become necessary to suspend an event or the meet temporarily due to a severe storm or unusual weather conditions that cause competition to become hazardous. However, the competitors and coaches should be held at the site to wait for the clearing of weather conditions. Since time is of the essence, suspended meets or events should be reconvened on the same day as soon as the safety of the competitors is assured.
  2. Before a Meet Referee and Manager suspend a Sectional for another date, permission must be secured from the administrator in the IESA Office in charge of Boys' and Girls' Track and Field.
  3. Suspended meets or events will continue from the point of interruption. The jumps, shot put or pole vault may be moved indoors, if facilities are available.
- E. **Signs:** The displaying of signs, banners, placards, balloons, or constructed frames through which players run is prohibited. Local tournament managers should not permit these devices to be brought into the playing areas.
- F. **Noise-making Devices:** Tournament managers should not permit spectators to bring mechanical noise-making devices, megaphones, radios, or tape players into the playing area of the state tournament contest.
- G. **Communication Devices:** The competition/restricted area shall be free from electronic devices. This includes, but is not limited to: headphones, smart devices, cell phones, radios, iPods, etc.
- H. **Filming/Recording:** Filming and recording will be allowed in unrestricted areas and may be used for review with an athlete in these areas. It may not hold up the running of an event or be used to review a referee's decision.
- I. No alcoholic beverages shall be served at any IESA activity where students are participating.
- J. Smoking/Vaping is prohibited at the state finals facility (Eastside Center).
- K. If athletes or representatives of any school entered in an IESA state series tournament are found guilty of carelessly or maliciously breaking, damaging, or destroying property or equipment belonging to the host school or other visiting schools, such school shall be held responsible for costs incurred in repairing or replacing such property or equipment.

- M. The host school shall not make its facilities available to the visiting teams for practice sessions.
- N. Prayer at an IESA state series contest over a public address system is prohibited.
- O. Schools serving as a host must have signage in accordance with the Concealed Carry Act 430 ILCS66. This includes an IESA event that is held on school property and IESA events held off-premise (i.e. parks).

## TOURNAMENT RULES

- A. All interscholastic athletic games, meets, and contests participated in by IESA member schools shall be governed only by the rules written or officially adopted for those respective sports by the National Federation of State High School Associations and modified by the IESA. Schools hosting IESA state series contests that do not uphold the By-Laws or Terms and Conditions of a given activity governing the conduct of those contests may be subject to sanctions as determined by the Executive Director.
- B. At the State Track and Field Meet, field events may be conducted indoors if conditions deem it necessary.
- C. If the State Track and Field Meet can only be run on one day due to inclement weather, then races run in preliminaries could be run in finals only and will be determined by the state final manager and the IESA.
- D. The host school shall not make its track and facilities available to the visiting teams for practice sessions.
- E. All omissions from the state track and field meet shall be reported within 24 hours of posting of the state qualifiers or by Wednesday by 4pm whichever is later. Omissions reported after this deadline will not be added to the state meet.
- F. **Starting Blocks:** Blocks that are adaptable to the track surface without potential damage to the surface may be used by contestants; otherwise, starting blocks are provided by the management and must be used by the competitors that use blocks.
- G. Sectional reseeding may occur after the pre-meet scratch meeting for all running events. Any lanes vacated during the course of the meet shall remain vacant.
- H. A Sectional Games Committee must be appointed for each Sectional meet. The Games Committee shall be established at the sectional seed meeting. **The Sectional Games Committee shall be comprised of the Sectional manager and two (2) head coaches present at the seeding meeting.** Additionally, two (2) alternates should also be appointed at this time. The Sectional Games Committee shall conduct itself within IESA and NFHS Track and Field Rules. In accordance with NFHS Rule 3-2-4, the Sectional Games Committee shall act as the final Jury of Appeals for all appeals. The Jury of Appeals shall act in accordance to National Federation Rule 3-5. Situations **NOT** subject to appeal:
  1. Any judgment decision pertaining to violations or alleged violation of the rules.
  2. A decision made by the finish judges or timers that does not involve misapplication of a rule, or the terms and conditions of competition.
  3. Whether a start is fair and legal.
- I. At the State meet if an athlete has checked out of the **high jump or pole vault** and is the last jumper/vaulter 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.
- J. Schools who plan to enter athletes into Pole Vault must notify their Sectional Host prior to the sectional seed meeting of their intent. It is preferred that the Pole Vault be conducted at the assigned sectional site at the time of the sectional meet. However, due to increasing difficulties in obtaining sectional sites capable of conducting Pole Vault, the Pole Vault may be conducted at a different location prior to the Sectional (preferably Friday). If this is necessary, all schools competing must be:
  1. Notified of the new location and time of the event.

2. The event must be conducted at a time that would not prohibit the competitors from competing in any other event at the Sectional Meet.
  3. The Sectional manager would assign a non-biased individual to officiate the event.
  4. All competitors must have a coach accompanying them.
- K. Schools with athletes participating in the pole vault at the State Meet will be issued one pass for access to the coaching box adjacent to the pole vault area. This pass will only allow a single coach access to the pole vault coaching box and **must be worn while in this area**. It does not give coaches access to other restricted areas or any area other infield area. Individuals wearing the pass must be in compliance with the required qualifications of athletic coaches. Coaches will have their access to the coaching area revoked for the following:
1. Leaving the pole vault area to access other areas of the track.
  2. Coaching non-pole vault athletes while on the field.
- L. In the **Wheelchair Division**, the following modifications will apply:
1. **Throwing Events:** Students will be allowed to compete in throwing events from their wheelchair or a throwing-specific chair ("field chair").
    - a. The field chair must comply with the Adaptive Track & Field USA (ATFUSA) and World Para Athletics (WPA) rules or must comply with the following standards.
    - b. The field chair sitting surface including the cushion must not exceed 75 cm in height. If the field chair has a holding bar, it must be fixed (no articulating joints).
    - c. No part of the field chair may be outside the circumference of the circle. For the shot put, the wheelchair or field chair must remain stationary during the competition.
    - d. An individual may assist the athlete entering the ring. The athlete may have an individual hold the chair during the throw to prevent movement.
    - e. The wheelchair or field chair may be anchored with straps to stakes in the ground. The stakes and straps may be in or outside the throwing circle. The athletes may use non-elastic straps to anchor them into the chair.
    - f. Athletes may compete with one or both feet on or off the ground. If the athlete competes with a foot on the ground, the foot must be inside the circle and the athlete's buttocks may not rise off the seat of the chair until the implement lands.
    - g. The chair will be considered an extension of the athletes' body. For example: any part of the chair touching the stop board is a foul.
    - h. The size and weight of the discus and shot for the Wheelchair Division shall be the same as used for all other female and male participants.
  2. **Track Events:** Students must compete in a manually operated wheelchair and must propel themselves. Students may use a wheelchair or track (racing) chair for competition. It is recommended that athletes use a track (racing wheelchair) for racing events. If a track chair is used, it must meet the following specifications.
    - a. A wheelchair has a maximum of four wheels.
    - b. The diameter of the two largest wheels (including inflated tire) does not exceed 28 inches.
    - c. For a track chair, the third wheel's diameter does not exceed 20 inches (including inflated tire) and is not smaller than 10 inches. Only one push rim shall be attached to each large wheel.
    - d. The chair's seat, including cushion, shall not exceed 25 inches in height.
    - e. The athlete, when in a racing chair (on or off the track) shall wear an approved bicycle or wheelchair racing helmet. CPSC certified helmet (bike/skate).
    - f. The hub of the wheelchair's front wheels must be completely behind the vertical plane of the starting line at the beginning of the race.
    - g. If an unsafe situation or mechanical failure should occur during the race, a competitor may be assisted back into his/her chair by a bystander to continue racing, if requested by the athlete. No forward assistance or momentum should be provided.

- h. The finish is determined by the hub of the front wheels breaking the vertical plane of the finish line. **NOTE:** If not specifically mentioned in this document the chair shall comply with Adaptive Track & Field (ATFUSA) and World Para Athletics (WPA).

## EXCEPTIONS TO NATIONAL FEDERATION RULES

- A. The latest National Federation of State High School Associations rules shall govern the rules of play for all athletic activities with the following exceptions: [Number in parentheses indicate National Federation rule numbers.]
- B. The 200m dash, the 400m dash, the 800m run, the 1600m run, the 4x100m relay, the 4x200m relay, and the 4x400m relay shall be run only in finals against time in all classes at all levels of state series competition. [5-5]
- C. Shot put should weigh a minimum of 4.0 kilograms (8.81 lbs.) with a diameter of 9.50 to 11.00 centimeters (3 ¾" to 4 ¼"). Discus should weigh a minimum of 1 kilogram (2.20 lbs.) with a diameter of 180-182 millimeters (7.0866" to 7.16534"). [6-4-2, 6-3-2] **Note: IESA boys and girls throw the same shot and discus in competition.**
- D. 100m low hurdles for girls are .762 meters (30") in height with 13 meters (42 ft. 8 in.) to the first hurdle and 8.5 meters (27 ft. 10 ¾ inches) between each hurdle. There are 10 hurdles in this race. 110m low hurdles for the boys are 30" (.762 meters) in height with 13.72 meters (45 ft.) to the first hurdle and 9.144 meters (30 ft.) between each hurdle. There are 10 hurdles in this race. [5-3-8]
- E. One false start shall be permitted each contestant in each race. [5-7-4]
- F. Name and/or numbers of identical color and design on the same place of all members' uniforms shall be ruled identical. [4-3-1, 4-3-4, 4-3-5]
- G. **UNIFORMS:** Uniforms may be taped or knotted when done for the purpose of allowing a better fitting uniform. [4-3-1b3] Competitors shall wear school-issued or school-approved track and field uniforms that meet the interpretations of NFHS Rule 4-3-1 and 4-3-2 that follow:
1. One or two-piece bodysuits, similar in color can be worn.
  2. Stripes down the side of the uniform will not be an issue.
  3. Once a running event or a field event has started, there will be no disqualification for improper uniform.
  4. Competitors must compete in a school issued or school approved uniform that complies with NFHS Rule 4-3-1. 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. They are not to knowingly allow a competitor in an illegal uniform to participate in the 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 clerk of the course or judge shall obtain a ruling from the meet referee or starter before starting the event.
  5. 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.
  6. If a competitor changes from an inspected uniform to jersey, shorts, undergarment(s), and/or any other unapproved items, and competes in the meet in an illegal uniform, the athlete is disqualified from the event and the meet for unsportsmanlike conduct.
  7. **RELAYS:**
    - a. The color of the shorts for all relay runners and the color of the track jersey (singlet) for all relay runners must be similar. 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 team is easily identified.

- b. Any undergarments worn under the school issued or school approved uniform are not subject to being the same in color or style. It is legal for a team to wear more than one undergarment.
  - c. In relay races, the clerk of the course, referee or starter shall not disqualify a team if the uniform worn by all runners is not identical.
- 8. Contestants wearing jewelry will be permitted to compete. Narrow headbands to keep the hair from interfering with the contestant's vision will be permitted. Contestants with painted bodies or faces as well as costumes, adornment or items deemed unsafe will not be permitted to compete nor participate in awards ceremonies. Medical alerts must be worn so they are visible.
- 9. Removable are sleeves, calf sleeves and wrist sweat bands are legal to wear in competition.
- 10. Watches may be worn by competitors during track and field competition.
- H. 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. [4-3-1a, 7-2-15] **Only ¼" pyramid spikes will be allowed at the state meet. Athletes must report to all events with the appropriate spike length. Those athletes with illegal spikes will be asked to leave the event to make the necessary corrections. Athletes who are not present for their heat, section, or flight will not be granted an additional opportunity to compete.**
- I. The preliminaries for the low hurdles and the 100m dash at the state track meets shall have heat and lane assignments by sectional times. [5-6]
- J. At the Sectional Meet, the 100 M Dash and the 100/110 Hurdles will be run as finals only regardless of the timing method.
- K. At the State Meet, the 100 M Dash and the 100/110 Hurdles will be run with a preliminary round and a final round. Advancement from the preliminary round to the finals will be based on the following:
  - 1. The winner of each heat will advance to the finals.
  - 2. The remaining qualifying positions will be filled on the basis of time. **[5-5 and 5-6].**
- L. The fully-automatic timing (FAT) operator may recall a start. [3-8-8]
- M. When it is necessary to use manual backup times on missed heats in running events, they shall be immediately adjusted to fully-automatic timing (FAT) by the chief finish evaluator. [3-8-3]
- N. For the IESA Track and Field State Series (Sectional and State), there shall be four trials in with no finals in the long jump, shot put, and discus throw. At the state meet, competition will be run in flights. Once a competition has begun, except as scheduled, competitors are not allowed to use for practice purposes the runway, ring, take-off area or throwing implements associated with the competition.
- O. **At the State Meet, all long jumpers- boys and girls- will jump from the 8' board.**
- P. All high jump contestants shall be assigned in order of their sectional qualification, with the person with the best height or distance being last in order. At the state track meets, the high jump shall be conducted in flights. Each contestant will be granted a maximum of three trials at any one height. The bar will be raised 6 cm at a time until the designated height is reached. For all jumps attempted after the designated height has been achieved, the bar will be raised 3 cm at a time. [7-4]
- Q. At the state track meets, the pole vault shall be run "five alive". 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 16 cm 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 8 cm at a time until one contestant remains. [7-4]
- R. For the sectional and state meet, coaches will be required to complete the Pole Vault Weight Verification card. The verification card can be found on-line at [iesa.org](http://iesa.org).
- S. Clerical or team score errors may be corrected at any time by the IESA at any time.

## SPORTSMANSHIP

- A. **Coach:** Any coach ejected from a contest for unsportsmanlike conduct shall be ineligible.
1. **First offense:** For the next two (2) interscholastic contests at that level of competition (and all other interscholastic contests at any level in the interim). In addition, the coach must complete the NFHS Sportsmanship course online and pay a \$100.00 fine prior to regaining eligibility. Receipt of course completion and fine must be acknowledged by the IESA Office prior to the coach regaining eligibility.
  2. **Second Offense:** For the next five (5) interscholastic contests at the level at which the ejection occurred (and all other interscholastic contests at any level in the interim), in addition to a \$250.00 fine.
  3. Coach may also be subject to other penalties the IESA or the school may assess.
- B. **Player:** Any player ejected from a contest for unsportsmanlike conduct shall be ineligible.
1. **First offense:** For the next two (2) interscholastic contests at that level of competition (and all other interscholastic contests at any level in the interim). In addition, the player must complete the NFHS Sportsmanship course online prior to regaining eligibility. The IESA Office must acknowledge receipt of course completion and fine before the player regains eligibility.
  2. **Second Offense:** For the next five (5) interscholastic contests at the level at which the ejection occurred (and all other interscholastic contests at any level in the interim), in addition to a \$100.00 fine.
  3. Player may also be subject to other penalties the IESA or the school may assess.
- C. Any player or coach ejected from a contest for unsportsmanlike conduct who fails to sit out the remaining interscholastic contest(s) as required in By-Laws 5.121 and 5.122 shall cause the team(s) to forfeit that contest and possibly receive other penalties as determined by the Board of Directors.

## FINANCIAL ARRANGEMENTS

- A. The track sectional financial report will be sent to host schools.
- B. If a track sectional host does not have the facilities to charge admissions, a request can be made to the IESA Office for an amount equal to what is paid to the sectional starter. If the reimbursement is made, no assessments shall be made to participating schools.
- C. If there is a deficit in a sectional track meet, participating schools may be assessed by the host school on a per-team basis. Assessments shall be paid directly to the host school and shall not be sent by participating schools until the financial report is approved by the Executive Director.
- D. **State Meet:** Each member school hosting a state level athletic activity shall send all receipts and the vouchers for workers and expenses to the IESA Office within one week after the completion of the tournament. Expenditures not permitted shall be detailed on the financial report forms. One-third of the profit shall be returned to the host school and two-thirds of the profit retained by the IESA. Deficit expenditures shall be paid by the IESA. The state tournament host shall receive an amount approved by the Board of Directors as a merchandise stipend.
- E. Any outside vendors besides concessions at state tournament events shall be contracted at least one month in advance through the IESA Office instead of the host school.
- F. **TOURNAMENT PASSES**
1. The administrator of each school participating in the state track meet shall be required to submit a signed list of the competitors and coaches from the school to be presented at the pass gate of the state track site.
  2. IESA and IHSA media passes are honored.
  3. IESA Pass Cards will grant the holder plus one guest admission to regular season contests between IESA member schools only. Pass cards will not be accepted for the IESA Track and Field State Meet.

4. **Each track school will receive 6 wristbands for their coaching staff to receive entrance to the State Track Meet. Wristbands must be worn throughout the entire two day meet for admittance. Replacement wristbands will not be issued**

#### **G. ADMISSION PRICES**

1. Sectional: All tickets are \$10.00
2. State: Cash tickets= \$15.00; Digital tickets= \$12.00
3. Pre-Kindergarten children are free.

### **AWARDS**

- A. **SECTIONAL TEAM:** Plaques shall be awarded to the first-place team winner in all track sectionals. In case of a tie, a flip of the coin shall determine which team takes the award. Duplicate awards shall be made and should immediately be ordered by the host school from the IESA Office.
- B. **STATE TEAM:** Trophies shall be awarded to the first, second, third, and fourth-place winners in state final competition. When there is a tie for first place, no second-place trophy shall be given; when there is a tie for second place, no third-place trophy shall be given. In case of a tie, a flip of the coin shall determine which team takes the trophy home and a duplicate shall be ordered for the other school. Schools may purchase team medals at their own cost.
- C. **SECTIONAL INDIVIDUAL:** Ribbons will be presented to the first, second, third, fourth, fifth, and sixth-place winners in all sectional track meets. Relay teams that place at the sectional meet shall receive six ribbons. In the case of ties at sectionals, a flip of the coin will determine which contestant takes the award. Duplicate awards will be made and should be immediately ordered by the host school from the IESA Office in the appropriate place on the track results forms. No awards shall be presented in the pole vault or high jump if starting heights are not equaled. Unused awards should be returned to the IESA Office as soon as possible.
- D. **STATE INDIVIDUAL:** Medals will be presented to the first, second, third, fourth, fifth, sixth, seventh, and eighth-place winners in the state final track and field meet. Relay teams that place at the state meet will receive six medals. At the state finals, duplicate medals will be awarded for ties. When there is a tie for first place, no second place shall be given; when there is a tie for second place, no third place shall be given, etc.