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Illinois Elementary School Association

Track and Field Activity Update

State Series Reminders

ITEMS ONLINE

- Sectional Assignments
- Sectional Format
- Terms & Conditions
- State Meet Volunteer Form
- Pole Vault Weight Certification Cards
- Member School Directory
- Good Sport Reports
- Concussion tips

Member Center

- Host Interest
- Sectional Participant and Coaches Information
- Concussion Information and management

STATE

- All omissions from the state tournament must be reported within 24 hours of posting of the state qualifiers or by Wednesday at 4pm whichever is later. Make sure you are checking the qualifier link and not sectional results.
- Friday State Field events will start at 11:00am and running events will begin at 1:15. Please note that the 100 M Dash and Hurdle finals have been moved to Friday.
- 1/4" or less pyramid spikes are the only allowable spike at the IESA state Track and Field Meet.
- Qualifying standard and starting heights may be found on the Track and Field web page.

SECTIONALS

- Changes were made to the REQUIRED Sectional Order of Events. Please review this information online. **Please note that the 100 M Dash and Hurdles will be run as timed finals at the Sectional. This applies to both Manual and FAT timing methods.**
- **NEW:** We will be using Athletic.net for sectional entries. More information will be sent.
- **NEW:** Sectional meets may now be held on either Friday (1:00 or 2:00 p.m. start time) or Saturday (9:00 or 10:00 a.m. start time). Please inform parents.
- Please make sure to attend the seed meeting for your school as this is required.
Class 1A/2A seed meeting date: May 4 Class 3A/4A seed meeting date: May 11
- At sectional meets, the pole vault and high jump competitors must clear, at a minimum, the required opening height to be eligible to advance to state.
- At sectional meets ONLY TWO LANE ALLEY STARTS MAY BE USED. Waterfall and super alley starts are not permitted for the 800 and 1600.
- Events cannot be consolidated (Ex. You cannot run the 7th grade girls milers with the 8th grade milers).
- Times submitted in all individual events and relay events at the Sectional seed meeting shall be times **actually achieved in the current outdoor track and field season.** Practice times may not be submitted.
- For the sectional and state shot put, discus, and long jump, competitors qualifying for the finals will receive three additional attempts.
- **NEW:** Sectional seed meetings may offered in-person and virtually.

GENERAL

- **Schools are required to enter their track team schedule by Monday, of week 39 (March 28, 2022) in the track entry center.**
- All athletes are limited to 4 events for all interscholastic meets. This includes regular season, conference, and state series. "Exhibition" events must be counted in the event total for the athlete as well.
- A grade check must be conducted each week for all participants. Students must be passing each subject each week to be eligible.
- All members of the coaching staff who do not meet the coaching education by-law requirement must have completed an approved coaching education course prior to the start of the season.
- **NFHS rule change 5-6-4:** Competitors from the same team will no longer be split in the first round of competition.
- Pole Vault Padding must meet ASTM standards.

Track & Field and Cross Country Rules Changes - 2022

By NFHS on July 13, 2021

track & field/cross country

4-3-1b5: Clarifies that garments with logos completely around the waistband on uniform bottoms are legal.

Rationale: The change would minimize issues related to logo/trademark reference on uniform bottoms. In the sport of track and field uniform bottoms are increasingly being purchased by the athlete and not school issued. It is becoming more difficult to purchase some garments without the logo completely around the waistband. Allowing larger logos around the waistband has no bearing or impact on the race or event.

4-3-1b 8 (NEW): Clarifies that religious headwear is not considered a hair device.

Rationale: The NFHS Track and Field Rules Committee added this rule to clarify there is no need for prior authorization from the state association for religious headwear.

5-3-3: Clarifies when each exchange zone is to be used.

Rationale: Clarifies when each exchange zone is to be used based on the incoming runner.

6-2-7 (NEW): Clarifies that running in a direction other than how the event is conducted is prohibited in warm-ups with the exception of the high jump.

Rationale: Clarifies that running in the direction other than how the event is conducted is prohibited during warm-ups in horizontal jumps, pole vault and javelin and more clearly organizes warm-ups, competition, and conclusion of all field events.

6-9-9: Clarifies that an athlete is not penalized for a hat or sunglasses falling in the pit after they have made their mark.

Rationale: The change no longer penalizes the athlete for a hat or sunglasses falling in the pit after they have made their mark.

8-1-1a (NEW NOTE): Clarifies cross country course markings.

Rationale: The change states that other methods of marking a course should be used with a single wide line to help identify the turns and route of the course as a single wide line may not be the shortest route.

9-3-2 b, c (NEW): Clarifies when measurements for record attempts for vertical jumps needs to be taken.

Rationale: Putting all record information in one location and clarifying when measurements for record attempts at vertical jumps need to be taken.

2022 Editorial Changes

2-2-4, 3-2-3h, Rule 6, 6-5-1 Note, 6-9-1 Note (NEW) 2022

Points of Emphasis

MAJOR CHANGE REGARDING INDIVIDUAL LIMITATIONS

The Committee recommended and the Board approved a major change to the Individual Limitations. Students in grades 5-7 may now participate in the following:

INDIVIDUAL EVENTS at either or both grade levels not to exceed the maximum.

Note: At no time is an individual athlete allowed to compete in the same event at both grade levels.

RELAY EVENTS

one relay at the 7th grade level and one relay at the 8th grade level; or

two relays at the 7th grade level; or

two relays at the 8th grade level.

Note: Regardless of the participation grade level, no student may participate in both the 4x100 relay and the 4x200 relay.

Students in eighth grade may only compete at the 8th grade level.

This change does not alter the following:

- Athletes may only participate in a maximum of 4 events.
- Athletes participating in two relays must have one of those relays be the 4x400. Athletes may not participate in both the 4x100 and 4x200 M relays.

Coaches and hosts will need to be diligent in monitoring the legality of relay team personnel.

MAJOR CHANGE TO 21-22 STATE SERIES FORMAT

The IESA Track and Field State Series will move to a 4-class system this year.

The format will be as follows:

- 10 Sectionals in each class
- 7th and 8th grade boys and girls divisions
- Advancers would be the event winner plus anyone meeting the qualifying standard for each event
- Class 1A/2A state meets conducted at the same site. Class 3A/4A state meets conducted at the same site the following weekend.
- Track athletic fee- \$70 per level

Please note that different schools will need to consider hosting a track and field sectional meet. Dates for the 2022 meets are:

1A/2A– May 6 or 7; 3A/4A– May 13-14

NFHS FREE POLE VAULT COURSE

The NFHS, NCAA and USA Track and Field worked together to develop the *Pole Vault: Successful Skill Development Course*. This free, online course is a must view for track and field coaches, as well as students participating in the pole vault. The course was designed to help both coaches and athletes with the fundamental skills of pole vaulting. It will help teach the best practices and techniques that will help promote safety in the sport.

Learn more about the course at www.nfhslearn.com and share this information with student's interested, coaches, and parents in your school.

NFHSlearn.com has many other courses for a fee that you or your school may like to explore.



IESA

1015 Maple Hill Rd.
Bloomington, IL 61705
Phone: 309-829-0114
Fax: 309-829-0625
E-mail: iesa@iesa.org