2016 Track & Field Manual
This TRACK & FIELD MANUAL has been prepared and designed to provide general information for use in the administration of NSAA track & field competition. It will serve as a guide to the participating schools and will provide greater consistency throughout the state. The regulations in this manual shall be considered official unless the schools are notified of a change. Changes, additions and clarifications to the 2016 Manual are highlighted in yellow.

Please notice that all Approved Rulings and Interpretations regarding track and field are now published in this Track & Field Manual.

All coaches and athletic directors are urged to read this manual thoroughly and to save it for future reference.

Nate Neuhaus, Assistant Director, is the NSAA staff member responsible for the administration of Track and Field. He can be reached at nneuhaus@nsaahome.org as well as 402 489 0386

**NSAA MISSION STATEMENT**

The public and non-public high schools of Nebraska voluntarily agreed to form the Nebraska School Activities Association for the following purposes:

- To formulate and make policies which will cultivate high ideals of citizenship, fair competition, sportsmanship and teamwork which will complement the member schools’ curriculum programs.
- To foster uniformity of standards in interscholastic activity competition
- To organize, develop, direct and regulate an interscholastic activity program which is equitable and will protect and promote the health and physical welfare of all participants.

**CHANGES, UPDATES AND CLARIFICATIONS TO THE 2016 TRACK AND FIELD MANUAL ARE HIGHLIGHTED IN YELLOW**

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- Games Committee Rules – Page 22 & 23
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- Field Event Locations – Page 23
  - Girls Pole Vault will be held on a raised portable runway
- State Championship Schedule – Page 26 & 27
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- 1600m and 3200m Super Alley Assignments – Page 29
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- Available Shot & Disc (State Championships) – Page 30 & 31
- State Meet Regulations for 400 Meters and Longer – Page 32
**2016 NFHS Rules Changes & Rationale**

**3-6-4 New, 3-19-3:** Changes the responsibility of checking the starting blocks from the implement inspector to the head starter.

**Rationale:** Placing the responsibility of inspecting all starting blocks is more appropriate with the starter, who has this expertise, rather than with the implement inspector who has expertise with throwing implements.

**3-10-7 New:** Head event judges may use white and red flags to signal fair or foul for a field event trial.

**Rationale:** The use of flags will assist with efficient administration of the field events. Communication between officials, coaches and fans is enhanced by the visual signal, similar to the use of flags by umpires.

**6-1-1 thru 5, 6-2-9:** Expands and clarifies definitions of trial/attempt, flight, round, pass, foul and what determines the initiation of purposeful action of completing the specific throwing event.

**Rationale:** Expands the definitions for throwing events for greater clarity in application of the throwing rules and updates to accepted current sport terminology.

**6-5-2 New:** Establishes a maximum diameter for the boys and girls indoor shot puts to account for the synthetic cover.

**Rationale:** To account for the thickness of the synthetic covering of an indoor shot, which is not present on the outdoor implement, a maximum diameter is needed in the specifications for the implement.

**6-6-1:** The javelin shall be constructed of metal or other suitable material, which could be wood or newer materials, with a metal point or rubber tip.

**Rationale:** Updates the current javelin specifications by eliminating reference to wood, which is no longer a commonly used material. The change will permit use of newer materials, such as carbon fiber, in the construction of the javelin.

**7-1-1 thru 7, 7-2-1:** Expands and clarifies definitions of trial/attempt, flight, round, pass, foul and what determines the initiation of purposeful action of completing the specific jumping event.

**Rationale:** Expands the definitions for jumping events for greater clarity in application of the jumping rules and updates to accepted current sport terminology.

**7-6-3:** Updates size of takeoff board to accepted sport specifications by recommending it be 8 inches wide, but permits up to 24 inches.

**Rationale:** Updates to accepted current sport equipment specifications for the takeoff board while not resulting in existing boards becoming non-compliant.

**7-2-2, 6-2-5:** Clarifies language regarding when the order of competition may be changed for consistency in all field events and removes duplicate language.

**Rationale:** Removes duplicate language contained elsewhere in existing rules and adds language regarding when the order of competition may be changed for consistency in all field event rules.
9-1-3b New: Permits the use of double boundary lines marking both the inside and outside boundaries of the cross country course.

**Rationale:** The use of the double painted line provides additional guidance to the runners, better defines the race course for spectators, and allows for natural barriers (grasses, hedges, etc.) which appear on many of the newer courses.

9-3-3a, b New: Recommends the use of a video/photograph back-up system for cross country when transponders are used for place finish with a review activated when the timing system indicates a one-tenth second or less differential.

**Rationale:** Recommends the use of a video/photograph back-up system when order of finish in cross country is determined using a transponder system. Transponders can read early or late, come off the runner etc. The video back-up can confirm close finishes and also assist if other problems arise using the transponder system at the finish line.

9-3-4, 5 New, 9-4-6, 8, 9, 10: A finish corral is recommended at cross country meets in which the transponder system is used for the order of finish.

**Rationale:** The finish line is opened to its full width when using transponders for order of finish allowing competitors to race through the line. The use of a chute may restrict running space therefore, the corral should be used with transponder place finish. The corral enhances competitors’ ability to perform administrative tasks as directed by meet management and then progress in an orderly fashion out of the corral culminating all race activity.

**2016 NFHS POINTS OF EMPHASIS**

1. **Role of officials inspecting duties, a general review**
2. **Use of flags by officials**
3. **Number of competitors in sections of distance races**
4. **Forces disassociated with competitor’s actions in high jump and pole vault**
5. **Multiple logos on uniform bottoms are non-compliant**

**KEY DATES**

<table>
<thead>
<tr>
<th>Event</th>
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<tr>
<td>Start of Spring Practice</td>
<td>Week 35, Monday, February 29, 2016</td>
</tr>
<tr>
<td>First Spring Contest</td>
<td>Week 37, Thursday, March 17, 2016</td>
</tr>
<tr>
<td>NSAA District Entry Deadline</td>
<td>Not applicable (District Host will set deadline)</td>
</tr>
<tr>
<td>District Meet (Class A &amp; D)</td>
<td>Week 45, Wednesday, May 11, 2016</td>
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<tr>
<td>District Meet (Class B &amp; C)</td>
<td>Week 45, Thursday, May 12, 2016</td>
</tr>
<tr>
<td>State Meet</td>
<td>Week 46, Friday &amp; Saturday, May 20 &amp; 21, 2016</td>
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**NSAA and NFHS Policy Statement on Steroids**

The Nebraska School Activities Association (NSAA) and the National Federation of State High School Association (NFHS), strongly oppose the abuse of anabolic steroids and other performance-enhancing substances by high school student-athletes. Such use violates legal, ethical and competitive equity standards, and imposes unreasonable long-term health risks.

The NSAA and the NFHS support prohibitions by educational institutions, amateur and professional organizations and governmental regulators on the use of anabolic steroids and other controlled substances, except as specifically prescribed by physicians for therapeutic purposes.
NSAA Point of Emphasis on Pole Vault

A point of emphasis is to be communicated to all track and field coaches and administrators regarding the pole vault, stressing that NFHS rules require vaulters be placed on vaulting poles for warm-up and competition that are rated at or above the vaulter’s actual weight. This expectation results from a concern about legal liability and reports of some vaulters in Nebraska being equipped with poles that are rated less than the vaulter’s actual weight. Coaches must sign the pole vault verification card for all competitions, verifying the vaulter’s weight and the weight rating of the pole being used.

The NSAA Board of Directors will reserve the option to spot check weights through weigh-ins for vaulters if there are concerns about compliance with this rule.

Warning about the Inherent Dangers of Track and Field

Schools, coaches, student athletes and parents should be aware that track and field, like all sports, will always have inherent dangers. Although rare, death or catastrophic injury can result from participation in this sport, and care should be taken by all concerned to minimize such dangers through the use of appropriate equipment, proper training methods and common sense.

The NSAA encourages student athletes in all activities, and their parents, to discuss risks and risk minimization with coaches, school administrators and state high school association officials.

NSAA BYLAWS GOVERNING ALL ACTIVITIES

2.11 PENALTIES

2.11.1 School Violations. For violation by a member school of any of the provisions of the Constitution, Bylaws, or rules adopted by the Representative Assembly or approved by the member schools or the Board of Directors, the Board of Directors or Executive Director may impose, but not be limited to, one or more of the following penalties:

2.11.1.2 Issue a private or public reprimand to the school.
2.11.1.3 Recommend that the responsible school official receive a private or public reprimand.
2.11.1.4 Enforce the forfeiture of one or more contests in team or individual sports.
2.11.1.5 Enforce the forfeiture of points scored by students in individual competition.
2.11.1.6 A student or staff member may be reprimanded, placed on probation, or suspended from participation for one or more contests.
2.11.1.7 Recommend that the school declare the guilty student ineligible for up to ninety school days or the remainder of the school year.
2.11.1.8 Place the school on probation for a period not to exceed one calendar year.
2.11.1.9 Suspend a school for part or all of the season of an activity.
2.11.1.10 Expel the school from Association membership for a period not to exceed one calendar year.
2.11.2 Student Violations. If a student violates any of the provisions of the Constitution, Bylaws, or Approved Rulings during the course of an Association-sponsored district contest, playoff, or state contest, the Board of Directors or Executive Director may suspend the student from further competition for any portion or all of the remainder of the subdistrict, district, playoff, or state contests.

2.11.3 Participant Ejections from Athletic Contests. Any participant ejected from a contest for unsportsmanlike conduct shall be ineligible for the next athletic contest at that level of competition and all other athletic contests at any level during the interim, in addition to the other penalties the NSAA or the school may assess.

2.11.4 Coach Ejections from Athletic Contests. Any coach ejected from a contest for unsportsmanlike conduct shall be ineligible to coach the next athletic contest at that level of competition and all other athletic contests at any level during the interim, in addition to the other penalties the NSAA or the school may assess.

2.11.5 Investigation. Prior to the assessment of any penalty, the Executive Director will gather data in order to establish intent, fault, and the effect an ineligible participant had on any interschool contest. These factors shall be weighed in determining the severity of the penalty assessed. The Executive Director’s decision may be appealed to the Board of Directors.

2.11.6 Institution Control. If the said violation is brought to the attention of the Board of Directors as a result of self-policing by the offending school, the Board of Directors shall issue the highest of commendations to the administration of the school for its efforts in enforcing the Constitution.
Student/Team Membership Requirements

2.2.1 To be a participant in any NSAA activity at either the varsity or non-varsity levels of competition, an individual must be a bona fide student of a member high school. Exempt-school or home-school students, unless enrolled in a minimum of twenty credit hours of schoolwork in the member high school, are not eligible to represent a member school in NSAA activities, regardless of the level of participation or competition.

3.3.7 Eligibility for District / State Competition
1. In all athletic activities, teams wishing to enter a subdistrict, district, or state contest shall have participated in a minimum of five interschool varsity contests prior to the subdistrict, district, or state contest.
   a. Exceptions to the requirements for a team that has not participated in at least five interschool varsity contests would be considered if the team was unable to participate if weather conditions forced a cancellation of scheduled contests. Other extenuating circumstances would be considered by the Executive Director on a case-by-case basis.
2. In order to participate in a district or state tournament, a student is required to have been a member of the school’s team for at least twenty school days prior to the first day of the subdistrict, district, or state tournament.
   a. Exceptions to the requirements for a student who is not a member of the school team for twenty school days would be considered if an individual was unable to participate because of illness, injury, or transfer from another high school. School, team, or game suspensions, regardless of the underlying cause, shall not be considered as exceptions to this participation rule.
3. In all athletic activities, students wishing to enter a subdistrict, district, or state contest shall have been available to participate in at least 30% of the school’s varsity interschool contests prior to the subdistrict, district, or state contest.
   a. Exceptions to the requirements for a student who has not been available to participate in at least 30% of the school’s varsity interschool contests would be considered if an individual was unable to participate because of illness, injury, transfer from another high school, or if weather conditions forced a cancellation of scheduled contests. School, team, or game suspensions, regardless of the underlying cause, shall not be considered as exceptions to this participation rule.
   b. When determining whether a student has been available for 30% of the school’s varsity interschool contests, one would divide the number of varsity interschool contests for which the student was available by the school’s total number of varsity interschool contests; all decimals .1 or above would be rounded up to the next higher whole number.
   c. The term “available to participate” means that the student was a bona fide member of the team, eligible to participate for the school at some level of competition in the sport, not suspended from participation in activities for violation of school, team, or NSAA rules, and not involved in outside participation activities (exception: Olympic Development Program or national team activities as approved by the NSAA.)
4. For situations pertaining to eligibility to participate in district or state contests that are not specifically addressed by these guidelines, the Executive Director shall have the authority to waive membership and participation requirements on a case-by-case basis.

Reference
3.11.1-3.11.12 During a sports season, a school shall not permit a student who is not a member of the high school’s team, an adult, a college student, or alumni to participate in any practice session, drill, scrimmage, or game in which a school team is involved (e.g., boys’ soccer team member cannot participate with girls’ soccer team members, etc.). This does not prevent a coach from being involved for the primary purpose of teaching or demonstrating a skill, method, or technique.

3.5 PARTICIPATION ON NON-HIGH SCHOOL TEAMS AND IN NON-HIGH SCHOOL COMPETITION
3.5.1 Any student who participates in any athletic contest other than as a representative of his/her high school during the season of the sport involved becomes ineligible to represent his/her school in that sport for one or more contests or the remainder of the season.

Reference
3.5.1 Eligibility for District/State Competition. To be eligible to participate in a district and/or state contest a student shall have been a member of the school’s team and shall have been available to participate in at least eighty percent (80%) of the school’s scheduled interschool contests and not have missed more than twenty percent (20%) of the school’s scheduled contests because of participating in non-high school competition.
a. The term “available to participate” means that the student was a bona fide member of the team, eligible to participate for the school at some level of competition in the sport, and not involved in outside participation activities (exception: Olympic Development Program or national team activities as approved by the NSAA.)
b. The term, “school’s scheduled interschool contests,” is defined as those contests which appear on the school’s varsity schedule at the beginning of the season. An exception to this requirement will be considered if a student was unable to participate because of injury, illness, or had transferred from another high school.

3.5.2 **Individual Instruction.** During a season of a sport, a student is permitted to take individual instruction from a person other than the high school coach at times other than scheduled high school practice sessions, but such instructions shall not interfere with, nor be substituted for the high school coaching, practice sessions, or contest.

**Reference**

3.5.2 During a season of a sport, a student is permitted to take individual instruction from a person other than the high school coach. Group instruction, practices with outside teams, and tryouts for outside teams other than as a part of a college or university recruiting visit, however, are not permitted.

**PROTESTS**

3.12.4 **Protests.**

3.12.4.1 Protests based upon the eligibility of players will be considered by the Executive Director and Board of Directors.

3.12.4.2 Protests based upon play situations and situations which involve judgment on the part of game officials will not be considered.

**NSAA Policy on Anonymous Calls and Communications**

The Nebraska School Activities Association expects individuals with complaints and reports regarding member schools to duly identify themselves. Anonymous letters, electronic mail, and phone calls directed to the NSAA shall be forwarded by the NSAA Executive Director to the school administrator of the school in question, with no further action being taken by NSAA unless a violation is subsequently reported by the member school.

**NSAA Sportsmanship Guidelines and Ejections**

1. Enforcement of the “sit-out rule” for ejections from high school contests for unsportsmanlike conduct is a responsibility of the member school. Failure to properly enforce this rule could result in other sanctions by the NSAA.

2. Administrators will be expected to promptly file a report with the NSAA whenever a participant or coach from their school has been ejected from any high school contest. Such filing must be done online under the AD login section of the NSAA webpage.

3. A participant or coach ejected from a contest for unsportsmanlike conduct shall be ineligible for the next athletic contest at that level of competition and any other athletic contest at any level during the interim.

4. Enforcement of the “sit-out rule” is expected to begin immediately, regardless whether it is regular-season or tournament play.

5. Any participant ejected a second time during a season from a contest for unsportsmanlike conduct shall be ineligible for the next two contests at that level of competition and all other athletic contests at any level during the interim, in addition to other penalties the NSAA or school may assess.

6. Any participant ejected a third time during a season from a contest for unsportsmanlike conduct shall be ineligible for the next three contests at that level of competition and all other athletic contests at any level during the interim, in addition to other penalties the NSAA or school may assess.

7. During the time of their “sit-out” suspension, athletes who are ejected for unsportsmanlike conduct may not suit up or participate, but it is the school’s discretion whether such athlete is able to travel with the team or sit on the team bench.

8. Coaches who are ejected for unsportsmanlike conduct may not coach in any contest or be present at the contest site during the time of their “sit-out” suspension. Coaches who are ejected will also be required to successfully complete the NFHS online course “TEACHING AND MODELING BEHAVIOR” within 10 days of the ejection. Failure to successfully complete the course will result in a suspension from coaching for the remainder of the season. In those situations in which the ejection of the coach occurs near the end of the season or during the NSAA end-of-season play, the coach will be required to successfully complete the NFHS Sportsmanship online course before being able to coach the following season or year.

9. Coaches who are ejected a second time in a season will be required to sit-out the next two contests at that level, plus all other contests at other levels during the interim. Coaches may not be present at the contest site during the time of
their “sit-out” suspension. Any coach ejected a second time will also be required to successfully complete the NFHS online course “FUNDAMENTALS OF COACHING” within 10 days of the ejection. Failure to successfully complete the course will result in a suspension from coaching for the remainder of the season. In those situations in which the ejection of the coach occurs near the end of the season or during the NSAA end-of-season play, the coach will be required to successfully complete the NFHS Fundamentals of Coaching online course before being able to coach the following season or year.

10. If the ejection takes place in the final game of the season, the suspension will carry over to the following season.
11. When schools have students or coaches with multiple ejections, the school shall submit to the NSAA a written management plan on how they plan to remediate the problem.
12. Officials will be expected to file with the NSAA an ejection report for any ejection of a player or coach from a contest online. Any unusual situation that occurs prior to, during, or after a contest should also be reported.
13. Prompt reporting to the NSAA office by the official is necessary. Officials are asked to submit their electronic report or call the NSAA office by the day following the ejection.
14. Officials are asked to be specific in listing the reason(s) for an ejection.
15. Affiliated officials (officials registered from contiguous states) will also be required to perform this reporting function.
16. There is no appeal process for ejections for unsportsmanlike conduct.
17. The Executive Director shall reserve the right to consider the length of suspensions when some levels of competition are scheduled on an irregular basis (e.g., three weeks between regularly scheduled non-varsity contests).

RULES MEETINGS

The NSAA presents rules meetings in order to inform and educate coaches, officials, and judges about NFHS playing rules and rules changes, NSAA guidelines and approved rulings, and to discuss health and safety issues related to activities participation.

2.12.2.2 All head coaches are required to attend an NSAA Rules Meeting or complete an NSAA Rules Meeting online annually. Failure to do so will result in possible late fees and suspension penalties.

Online rules meetings are initially offered at no cost to coaches or officials, followed by a period with a $25 “Late” Fee, followed by a period with a $50 “Delinquent” Fee. The following sanctions and fees are applicable to those coaches who fail to complete the rules meeting by the expiration of the “Delinquent” Fee period.

Absence from the required rules meeting OR FAILURE TO COMPLETE THE ONLINE RULES MEETING by March 11th will result in the following sanctions:

First Offense in Three-Year Period
The head coach will be suspended from coaching in any competition in that activity until
(1) The head coach COMPLETES THE NSAA’S ONLINE RULES MEETING OFFERED AT THE LATE FEE of $100; and
(2) The head coach successfully completes the open book test for officials/judges of that activity (70% or higher); and the school’s administration verifies that the coach has read all the supporting NSAA, National Federation, and safety information.

During this regular season suspension period, the head coach may continue to coach the team at practices.

Second and Subsequent Offenses in Three-Year Period
The head coach will be suspended from coaching in all NSAA end-of-season play (subdistricts, districts, playoffs, and state competition).
(1) The head coach COMPLETES THE NSAA’S ONLINE RULES MEETING OFFERED AT THE LATE FEE of $200; and
(2) The head coach successfully completes the open book test for officials/judges of that activity (70% or higher); and the school’s administration verifies that the coach has read all the supporting NSAA, National Federation, and safety information.

During this regular season suspension period, the head coach may continue to coach the team at practices.

Online Track & Field Rules Meetings

<table>
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<tr>
<th>Date Range</th>
<th>Fee</th>
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<tbody>
<tr>
<td>February 15 to March 1</td>
<td>No charge</td>
</tr>
<tr>
<td>March 2 to March 8</td>
<td>“Late” Fee of $25</td>
</tr>
<tr>
<td>March 9 to March 11</td>
<td>“Delinquent” Fee of $50</td>
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</table>
NSAA BYLAWS

3.11.10 TRACK
3.11.10.1 Boys and Girls Track and Field shall be conducted during the spring sports season.
3.11.10.2 The track and field season shall begin the first day of practice as permitted by NSAA rules and shall end with the state meet.
3.11.10.3 National Federation track and field rules shall govern the track and field athletics of this Association except that the order and number of events shall be determined by the Executive Director.
3.11.10.4 Participation in interschool track and field competition by any school student shall be limited to a total of nine meets involving four or more teams. This would not include district or state competition.

- The nine meet total includes Varsity and Sub-Varsity contests. Not nine of each.
- Athletes are limited to one meet per day.
- “Champion Invitationals,” “Best of,” and “Special Select” meets count as a meet and as a part of the individual student’s nine meet limit.

The penalty for exceeding contest limitations by a school or an individual shall be the exclusion from competition in the district and/or state competition. Exhibition or unattached participation in interschool high school competition in attempt to circumvent the game, match or meet limitation shall not be permitted.

NSAA APPROVED RULINGS

1. An individual shall be disqualified from further competition during the district or state meet if the athlete is scratched from an individual track or field event after the official scratch-and-add deadline.
   a. For the state meet, this is any time after an individual has qualified for the state meet in an individual event.
   b. Any exceptions to this Approved Ruling must be approved by the NSAA in advance.

2. The use of smokeless tobacco by competitors is prohibited. Violation will result in disqualification from the event.
   Contestants officially become competitors when they report to the clerk of course or field event judge for an event in which they are entered.

3. Each district meet shall use a camera or video recorder to assist the finish judge or the referee if there is a disagreement among pickers. This is an aide to the judge or referee and is not the final decision. At all district track and field meets, in case of inclement weather or equipment failure, the Head Finish Judge shall determine if video is to be used.

4. Adds and Scratches: The addition of a participant in any event will be permitted in cases where the participant is already entered on the District roster and providing no additional heat is required.

5. If during a track and field meet, an event(s) is a part of the order of events and individuals participate in the event, the event(s) must be scored and points must be counted toward the team totals.

6. All scheduled and postponed regular season varsity contests must be played prior to the start of District or State Competition. Once District or State Competition begins, no regular varsity contests shall be permitted.

7. Height progression. The pole vault and high jump will be advanced 6 inches and 2 inches, respectively, until seven competitors or less are left in the competition. They will then progress at 4-inch and 1-inch intervals, except at all district meets the state qualifying mark will be inserted into the progression. For example, if the state meet automatic qualifying mark in the girls pole vault is 9’8” and there are seven or fewer competitors left in the competition at 9’6”, the progression will be 9’6”, 9’8”(automatic qualifying mark), 9’10”, 10’2”, 10’6”, and so on.

8. State Track and Field Meet. The Association will provide a team trophy to the winner and runner-up of each class. Medals will be provided for the eight place winners in each event. The State meet will be scored on an eight-place basis: Places to count 10-8-6-5-4-3-2-1.
Approved Rulings and Interpretations for 3.12.2

Schools are expected to utilize track starters that are registered with the Association for all varsity level meets.

NSAA ATHLETIC BYLAWS

3.1.2 The division of sports seasons shall be as follows: No school shall register more than one varsity team per sport and no student shall participate simultaneously in more than one sport per season.

3.2.3 Organized Practice. No organized practice in any sport shall be held during the “school year, out of season” period. An organized practice shall be defined as:

Track and Field. An organized practice shall mean more than three students under direct supervision of a sponsor. If more than one group is practicing at the same time, it shall be called an organized practice.

3.6 ALL STAR COMPETITION

3.6.1 No member school shall permit its students to neither compete in any all-star contest nor be a member of any all-star team. No athletic team from any member school shall compete against any all-star team. A student violating this rule shall be declared ineligible for all interscholastic competition for a period of one year from the date of last offense.

3.6.2 A member school, a conference of member schools, or a league of member schools shall not conduct or promote all-star contests during the school year. A member school may petition the Executive Director for a waiver of the all-star rule for individuals provided the school season for the sport has been completed and the student has completed his/her eligibility in that sport.

3.6.3 A member school, a conference of member schools, or a league of member schools may sponsor All-Star competition which involves graduated seniors. Member schools may permit the use of their facilities, equipment, and provide uniforms for such competition.

3.6.4 The term "all-star" is defined as a player or players chosen on the basis of their individual accomplishments or reputation gained while competing in interschool competition. YMCA, YWCA, AAU, USVBA, etc. teams which are organized between sports seasons by individuals or clubs, or individuals selected through a designated try-out session shall not be considered as all-star competition.

3.3.8 Out-of-State Contests:

3.3.8.1 a. Students participating in interscholastic contests, whether held in or out of the state, must qualify for participation under the rules and regulations of his/her respective state association.

b. Members of the NSAA may compete with schools outside the state, provided the out-of-state school is a member in good standing in its own state association.

c. Refer to Section 1.8.5 for procedure to follow when competing in interstate competition.

Summer Activities

Reference

3.2.7 The “school year, out-of-season” period begins on the date of the official start of fall activities. Summer activities are regulated between the Tuesday following Memorial Day and July 31. Between the end of the summer activities period and the start of the school year, out-of-season period (August 1 through the official start of fall practices), the following shall apply: (1) The organized practice rule shall be in effect; (2) Conditioning programs may be held; (3) Attendance at commercial camps and clinics is permissible, but the organized practice rules shall be in effect for such camps and clinics; and (4) No school-sponsored clinics or camps may be held.

3.2.7.1 Allowable Summer Activities: During the summer a member school may organize the following:

3.2.7.2 Summertime School-Sponsored Camps/Clinics: A school may organize a camp or clinic in any sport from the Tuesday following Memorial Day through July 31. The camp shall be limited to no more than ten days over a period of 21 consecutive calendar days starting with the first date of the camp/clinic.

a. Summertime school-sponsored camps/clinics include planned physical activities that are instructional and competitive in nature where actual games can be played or simulated by camp attendees.

b. Summertime school-sponsored camps/clinics shall be voluntary and open to all interested students from grades 9-12.

c. The use of school facilities and equipment is permitted in accordance with local school board policy.
Unattached Participation

1. The following guidelines should be followed in allowing out-of-season participation by students in meets or events which are not sanctioned or sponsored by the Nebraska School Activities Association and its member schools.
   a. Contestants shall not use any school uniform or be identified with the school.
   b. Contestants shall not use school equipment.
   c. The school shall provide no resources for the participants, or release coaches on school time to transport participants to or from the event, or to coach out-of-season athletic events.

NFHS and NSAA Rules

2016 National Federation of State High School Associations (NFHS) Track and Field Rules and Nebraska School Activities Association (NSAA) rules and regulations shall govern all track and field competitions.

NFHS Shot Put and Discus Throwing Sectors

The 34.92° throwing sector shall be used for all shot put and discus events.

DISTRICT TRACK AND FIELD MEETS

Admission Prices

Admission prices for all NSAA District Track and Field Meets shall be $4.00 for students and $5.00 for adults per session.

1. A District Track and Field Meet ticket may be sold at the following prices:

   Single Session - Students $4.00, Adults $5.00
   Using the single session admissions as a base, Meet Directors may establish prices for a District Meet ticket or multi-session ticket depending on their time schedule.

2. RECEIPTS: As the host of the NSAA District Track & Field Meet, you will receive the entry fees from the teams entered:
   Class A--$25.00, B--$25.00, C--$20.00, D--$20.00 per boys’ team and per girls’ team. It will be your responsibility to hire the starter(s) and referee.
   a) Officials Fees (Per Starter):
      - Starter Fee - $200.00 (maximum allowable per starter)
      - Starter Mileage (One-way miles X $1.00 per starter)
      - Referee Fee - $100.00 non-NSAA Registered (maximum allowable)--$200.00 NSAA Registered (maximum allowable)
      - Referee Mileage (One-way miles X $1.00)
   b) Catastrophic insurance deduction, eight per cent of gross receipts.
   c) Distribution of Receipts
      - 25% to NSAA of Balance.
      - 75% to Host School of Balance.
      - Each school may be assessed a proportional part of the expenses.
      - These expenses may not be listed as tournament expenses.

   If there is a track rental from an outside school and/or rental of an Automatic Timing device from an outside entity, you should notify participating schools of a possible surcharge prior to the meet.
   d) The financial report should be completed immediately following the close of the championship; that financial report will be provided in an electronic format for subdistrict and district directors.
District and State Track and Field Meet Regulations

Classification of schools for district and state meet competition shall be based on total boy-girl enrollment, grades 9-11, with the enrollment of unisex schools doubled.

1. District qualifying meets shall be held in all classes to determine the qualifiers for the state meet.
2. Dates: District meets will be held during Week 45.
   a. Class A and Class D will be held Wednesday, May 11.
   b. Class B and Class C will be held Thursday, May 12.
3. Class A and B host sites shall use fully automatic timing (FAT) systems for district competition.

Handicap Accessibility

Facilities must provide reasonable accommodations for special needs.

Classification

Boys and girls track and field is divided into four classes for competition as follows:
1. Based on combined boy and girl enrollment, grades 9-11, with the enrollment of unisex schools doubled.
2. The 32 largest schools shall be Class A. (32 boys, 32 girls)
3. The next 60 largest schools shall be Class B. (60 boys, 60 girls)
4. The next 88 largest schools shall be Class C. (88 boys, 88 girls)
5. The remaining schools are placed in Class D.

Note: Breaking ties when the three year average is the same:
   If schools are tied in enrollment for the last position or positions of a class, the following tie-breaker will be applied:
   a. The first tie-breaker will be a three-year average of enrollment which includes the year on which the current year’s classification is based and the two previous years. The higher three-year average will be in the larger class.
   b. If the tie still exists, then the school with the higher immediate previous year’s enrollment will be placed in the larger class.
   c. If a tie still exists, it will be decided by a coin flip in the NSAA office.

District Assignments

1. Class A has four districts. Class B has six districts. Classes C and D have eleven districts.
2. If a school decides not to compete after district assignments are made, no change will be made in district assignments. If two or more schools decide not to compete, or two or more schools close, consolidate, or enter into a cooperative agreement, the districts may be adjusted to restore a near equal number of schools or to take advantage of a reduction in travel distance.
3. If a school(s) decides to participate in an activity after district assignments are completed, the school(s) will be assigned to a district with the fewest number of schools unless the travel distance is too great. If the travel distance is too great, the school(s) will be assigned to the nearest district.

4. Class A (4 Districts)
   a. Class A schools are the 32 largest schools registered for track and field and they were assigned to four districts.
   b. Class A is divided equally and assigned to four districts using a left to right method based on enrollment. The method of counting the number of schools registered for Class A was determined by counting the 32 largest schools for Class A girls and the 32 largest schools for Class A boys.
   c. Single gendered schools will be paired together when needed.

5. Class B (6 Districts)
   a. Class B schools are the next 60 largest girls and 60 largest boys schools.
   b. Schools are assigned to a district according to the school’s geographical location. Available sites and facilities are also considered.
   c. Beginning with the school located the farthest west; schools to the east are added until the pre-determined number of schools which are to compose a district is reached. Schools located to the north and south may be selected if total travel distance to a meet site can be decreased. This sequence continues until all schools are assigned to districts.
   d. Single gendered schools will be paired together when needed.
6. **Class C (11 Districts) and Class D (11 Districts)**
   a. Schools are assigned to a district according to the school’s geographical location. Available sites and facilities are also considered.
   b. Beginning with the school located the farthest west; schools to the east are added until the predetermined number of schools which are to compose a district is reached. Schools located to the north and south may be selected if total travel distance to a meet site can be decreased. This sequence continues until all schools are assigned to districts.

**District Information**

All district track & field meets shall be conducted by 2016 National Federation of State High School Association (NFHS) Track and Field Rules and Nebraska School Activities Association (NSAA) rules and regulations.

1. **Adds and Scratches:** The addition of a participant in any event will be permitted in cases where the participant is already entered on the District eligibility list and providing no additional heat is required.
2. **Awards.** Medals and plaques will be shipped directly from Awards Unlimited. The plaques and medals should be examined for possible damage or shortage as soon as they are received.
   - In case of a tie for the team championship, a duplicate plaque will be ordered, and the runner-up plaque should be returned to the NSAA office. If there is a tie for the runner-up place, a duplicate plaque will be ordered. This does not apply to individual events.
3. **Disqualification Report.** A supply of cards, on which disqualifications shall be reported, will be sent to meet directors. If any competitor is disqualified during competition (not false starts), a complete report shall be recorded on one of these cards. The card would then be mailed, along with the meet results, to the NSAA office.
4. **Distance Races.** In the distance races, if the participants are required to stay in lanes or alleys around the curve and then cut for the pole, they should be allowed to cut for the pole at a marked spot just as they finish the curve.
5. **Places to be Reported.** Meet directors are required to submit district results to the NSAA. Places to be reported for each event are indicated on the district result entry from via your AD Login page. Any participant that equals or exceeds the automatic qualifying height or distance in the field events, as listed in this Manual, should be included with the report.
6. **Qualifying from Prelims to Finals:**
   - **Class C and Class D (Manual Timing)**
     If more than one heat is required, no winner or second place in the heat shall be denied a chance to qualify for the next round of competition.
     - When running two heats, qualify the first four runners in each heat.
     - When running three heats, the first and second place runners and the two fastest thirds shall qualify for the finals.
     - When running four heats you shall qualify first and second.
     - If you have more than four heats you must run semifinal qualifying heats.
   - **Class A and Class B (Fully Automatic Timing)**
     - When running two heats, the first and second place runners and the next four fastest times will qualify for the finals.
     - When running three heats, the first place runner and the next five fastest times will qualify for the finals.
     - When running four heats, the first place runner and the next four fastest times will qualify for the finals.
     - If you have more than four heats you must run semifinal qualifying heats.

**It is important that all districts are using the same qualifying procedures**
1. **Regulations**: Entry regulations shall be the same as for regular season track and field meets.
   - The NSAA District Track and Field Entry and the District Roster form are accessed and submitted on-line. Go to the NSAA web site (www.nsaahome.org) and click on “School Login.” Enter your pass code, go to Select an Activity, and select Track & Field from the drop down menu. Select your school name next to Boys Track Entry Forms and Girls Track Entry forms. You can e-mail these to the District Director by clicking on email/printer friendly version. You may make changes to this form up until the due date. After that, you will need to contact the NSAA. On or before the entry deadline, e-mail your entry and mail your entry fee to the director of your district meet.
   - An individual may be entered in only FOUR EVENTS to include relays and all individual events.
   - If a competitor scratches from an individual event after the meet begins, the competitor shall be disqualified from further competition.

2. **Dates**: Submitting entries to the NSAA is necessary only if the district host requires it.

3. **Entry Fees**: The entire amount of the entry fee is to be sent to the director of your meet. It will be applied to the cost of conducting the meet. The following amounts per team (boys' team and girls' team) have been set as the entry fee for schools in each class regardless of the number of competitors entered: Class A--$25.00; Class B--$25.00; Class C--$20.00; Class D--$20.00.

4. **Submitting Times**: In order to assist the district host in arranging the program, be sure to give the best time of record from the current year as requested on the entry blank. The time or distance submitted must have been made during interschool competition. Times must be the result of an actual distance race, which means that relay splits shall not be used. It is recommended that the results be from a major meet.
   - If changes are to be made in the time or distances because of improved performances in competition made after the district entry was submitted, these changes must be in possession of the host of your district meet prior to the making of heat and lane assignments.
   - The addition of a participant in any event will be permitted in cases where the participant is already entered on the District roster and providing no additional heat is required.
   - The district host is responsible for establishing the entry process and deadlines for submitting district entries. The district host will provide these expectations to participating schools in the pre-meet information.
   - **District Entry procedure**:
     - Initial entries submitted (Deadline to be set by district host).
     - District host provides participation report to schools for confirmation.
     - District hosts should allow a final scratch and add / replace opportunity on the day of the meet. (Deadline to be set by district host).

**Equipment**

It is recommended that meet directors furnish official standard equipment for the shot and discus wherever possible. If these implements are provided for the meet, all contestants in these events are required to use the implements furnished. In case it is not feasible to furnish these implements, provision should be made for weighing in and checking the specification of shots and discuses before their use in the meet is permitted.
Field Events

1. The field events should start at least one hour before the track events and run through to completion.
   a. Where two meets are being held at the same location, it shall be the duty of the meet director to determine the order by classes.
   b. Field events competition shall be conducted according to Rules 6 and 7 of the 2016 NFHS Track and Field Rules Book.
2. Shot Put and Discus: Athletes will be placed in flights, with the best competitors in the last flight. (Flights will have the best performance listed first.) Competitors will each take two consecutive throws. After everyone in the flight has completed the two consecutive throws, each competitor will get one additional throw. Eight individuals shall qualify for the finals.
   a. In the finals of these events, competition shall be in the reverse order of performance, in single rotation, so that the best qualifier will compete last.
   b. The head judge may change the order of competition in prelims or finals to accommodate those who may be excused to participate in other events. Any reasonable request for a change in order should be granted. The judge may choose to permit a competitor to take his/her preliminary trials in succession.
3. Long Jump and Triple Jump: Athletes will be placed in flights with the best competitors in the last flight. Flights will have the best performance listed first.
   Each competitor will take one jump at a time until everyone in that flight has completed his/her three preliminary jumps. Eight individuals shall qualify for the finals.
   a. In the finals of these events, competition shall be in the reverse order of performance, in single rotation, so that the best qualifier will compete last.
   b. The head judge may change the order of competition in prelims or finals to accommodate those who may be excused to participate in other events. Any reasonable request for a change in order should be granted. The judge may choose to permit a competitor to take his/her preliminary trials in succession.
4. Pole Vault and High Jump: Starting heights should be determined from district entries. Continuing flights of five will be used in the high jump and pole vault, with the best competitors jumping last.
   a. Height progression. The pole vault and high jump will be advanced 6 inches and 2 inches, respectively, until seven competitors or less are left in the competition. They will then progress at 4- and 1-inch intervals, except at all district meets the state qualifying mark will be inserted into the progression. For example, if the state meet automatic qualifying mark in the girls pole vault is 9'8" and there are seven or fewer competitors left in the competition at 9'6", the progression will be 9'6", 9'8" [automatic qualifying mark], 9'10", 10'2", 10'6", and so on.
   b. Rule 7-5-5. Prior to warm-up, the field referee or head field judge shall inspect each pole to be used in the competition to verify that the poles are legal equipment, per Rule 7-5-3. This includes checking the placement of a top hand-held band, numerical pole ratings a minimum of ¾ inches in a contrasting color located within or above the top hand-held band, and the proper binding of adhesive tape of uniform thickness when used. The binding shall not be on or above the top hand hold band.
   c. The coach shall verify the vaulter will use a pole rated at or above the vaulter’s weight and that legal poles have been provided for that competitor. This verification will be done by signing the "Event Entry Card."
5. Rule 2 Section 2 of the 2016 National Federation Track and Field Rules Book shall be followed in determining the scoring of ties.
6. Rule 7-3 will be used for breaking ties.

Meet Director’s Authority

1. Authority: The director of the meet is granted full authority for the conduct and management of the meet and is responsible for carrying out the rules and regulations.
2. The meet director and/or his/her designee shall be responsible for handling unsporting conduct by a spectator(s) and other matters outside the competition rules.
3. Emergency Postponement: Inclement weather and/or poor track and field conditions may force the postponement of a district track and field meet. The meet director (WITH PERMISSION FROM THE NSAA EXECUTIVE DIRECTOR) has the sole authority for the postponement and rescheduling of such meet.
   a. In determining whether to postpone or to hold the meet as scheduled, the director should consider the following factors:
      1) the weather and road conditions at the site of the meet
      2) existing weather and road conditions at the locations of the schools which are to compete that day
      3) road conditions between the meet site and the competing schools
      4) by contacting the weather bureau, attempt to determine what the weather conditions will be immediately prior to, during, and following the meet.
b. If, after considering the various factors, the meet director determines that competition is to go on as scheduled, all schools are to be notified early enough to allow each team sufficient time to travel to the meet site. Once the decision has been made to hold the event as scheduled, and any team has begun to travel, the meet shall be held.

c. If the meet director feels a postponement is necessary, he/she shall receive permission from the NSAA Executive Director before postponing the day's activities. Once the meet has been postponed, the director shall be responsible for setting the new time, date, and site, if necessary, for the continuation of the meet. The previously agreed upon schedule may have to be changed in order to complete the meet by the required dates.

d. Neither meet receipts nor funds from the NSAA are to be used to reimburse any school for additional expenses incurred because of a postponed meet.

**Media – Student Media, Media Credentials, & Broadcasting**

All media operations (admission, access and accommodations) for Regular Season contests are at the Host School discretion.

The NSAA Media Manual outlines policies for Media Credentials, Student Media, Broadcasting Policies and other specifics surrounding NSAA post-season contests.

Post-season contests include: Districts, Sub-Districts, Sub-State, Playoffs and State Championships. The Media Manual is posted on the NSAA website’s Media Page. [http://nsaahome.org/media-info/](http://nsaahome.org/media-info/)

**Officials**

1. Each district shall have a minimum of the following designated officials: Meet Director, Referee, and Starter.
2. Other officials needed for the conduct of a large meet include:

<table>
<thead>
<tr>
<th>Official</th>
<th>Official</th>
<th>Official</th>
</tr>
</thead>
<tbody>
<tr>
<td>Assistant Starter</td>
<td>Head Field Judge</td>
<td>Meet Announcer</td>
</tr>
<tr>
<td>Clerk of Course</td>
<td>Head Finish Judge</td>
<td>Scorer</td>
</tr>
<tr>
<td>Finish Line Recorder</td>
<td>Head Umpire &amp; at least four assistants</td>
<td>Wind Gauge Operator</td>
</tr>
</tbody>
</table>

**Order of Running Events**

- All districts shall use this order of running events, with the girls' events being run first.
- All preliminaries except 400 meter dash, 800 meter run, 1600 meter run, 3200 meter run and all relays.
- Starting time may be set by the meet director, providing the schools are so notified.

**Scoring**

All district meets will be scored on a six-place basis; places to count 10, 8, 6, 4, 2, and 1.
District Track & Field Schedule
(Recommended Schedule of Events for a 1:00 pm start)

Field Events:
1:00 pm  girls’ pole vault, boys’ high jump, boys’ long jump, girls’ triple jump, boys’ discus, girls’ shot put
2:30 pm  boys’ pole vault, girls’ high jump, girls’ long jump, boys’ triple jump, girls’ discus, boys’ shot put

Running Events:
2:00 pm  3200 meters relay (finals)  5:00 pm 100 girls high hurdles
2:30 pm  100 girls high hurdles  5:15 pm 110 boys high hurdles
2:45 pm  110 boys high hurdles  5:25 pm 100 meters
3:00 pm  100 meters  5:40 pm 800 meters run
3:20 pm  400 meters (finals)  6:00 pm 300 hurdles
3:40 pm  3200 meters run (finals)  6:25 pm 200 meters
4:10 pm  200 meters

***Break***

5:00 pm 100 girls high hurdles
5:15 pm 110 boys high hurdles
5:25 pm 100 meters
5:40 pm 800 meters run
6:00 pm 300 hurdles
6:25 pm 200 meters
6:35 pm 1600 meters run
6:55 pm 400 meters relay
7:10 pm 1600 meters relay

Please note that race times are approximate. We will not begin an event more than 15 minutes ahead of schedule unless weather conditions dictate otherwise.

Plaques and Medals
1. A plaque is provided by the NSAA for the team champion and runner-up.
2. Medals are provided for the first six places in individual events and for each member of the first six relay teams.

Qualifying for the NSAA State Track and Field Meet

1. **Class A. There will be four Class A district meets.**
   a. The winners of the first FOUR places in each individual running event will qualify for the state meet, plus the next 8 fastest times of the non-qualifiers, regardless of place in a finals event. There shall be a maximum of 24 qualifiers. If there is a tie for the last qualifying spot, none of those tied shall qualify.
   b. The winners of first, second and third places in the relay events qualify for the state meet, plus the next 4 fastest times of the non-qualifiers, regardless of place in a finals event, with a maximum of 16 relay teams qualifying. If there is a tie for the last qualifying spot, none of those tied shall qualify.
   c. In field events, the first four places shall qualify for the state meet.
   d. Athletes placing first, second, third or fourth must have cleared 9’ 6” or higher to qualify in the boys’ pole vault and 6’ 6” or higher in the girls’ pole vault.
   e. Regardless of place would mean that in RELAY events at district meets, any relay team who finished 4th - 7th place in their district meet could qualify for the state track meet if their time was one of the four fastest times of non-qualifiers from all districts submitted. It would not matter what place in their respective district they finished, but that the time was one of the four fastest of the non-qualifiers.
   f. Regardless of place would mean in the individual running events with preliminaries and finals, the next 8 fastest times of the non-qualifiers may come from “finals” competition only. This means in the events with preliminaries and finals, 5th-8th place could qualify for the state track meet if their district finals time was one of the next 8 fastest time of the non-qualifiers from all districts submitted. In the individual running events that are run as “finals only”, 5th-12th place could qualify for the state track meet if their district finals time was one of the next 8 fastest times of the non-qualifiers from all districts submitted.
   g. In the event the FAT timing system would fail in any district in any running event, any individual running event would qualify the top 6 places and any relay event would qualify the top 4 places. This would pertain only to those events where the FAT failed. In the event of a tie for the last qualifying spot, none of those tied shall qualify in that event.
2. **Class B.** There will be six Class B district meets.
   a. The winners of the first three places in each individual running event will qualify for the state meet, plus the next 6 fastest times of the non-qualifiers, regardless of place. **Regardless of place is to mean that any competitor who finishes 4 through 6 in their respective district meet could qualify for the State Meet if their time is one of the 6 fastest times of the non-qualifiers from all districts submitted.** There shall be a maximum of 24 qualifiers. If there is a tie for the last qualifying spot, none of those tied shall qualify.
   b. In the field events, the first three places shall qualify for the state meet.
   c. The winners of first and second places in the relay events qualify for the state meet, plus the four fastest times of the non-qualifiers regardless of place, with a maximum of 16 relay teams qualifying. If there is a tie for the last qualifying spot, none of those tied shall qualify.
   d. Athletes placing first, second, or third must have cleared 9' 6” or higher to qualify in the boys’ pole vault, and 6’ 6” or higher in the girls’ pole vault.

3. **Class C.** There will be eleven Class C district meets.
   a. The winners of the first two places and the two fastest thirds in each individual running event qualify for the state meet. There shall be a maximum of 24 qualifiers. If there is a tie for the last qualifying spot, none of those tied shall qualify.
   b. In the field events the first two places shall qualify for the state meet.
   c. The winners of first place in the relay events qualify for the state meet, plus the five fastest times of the non-qualifiers regardless of place, with a maximum of 16 relay teams qualifying. If there is a tie for the last qualifying spot, none of those tied shall qualify.
   d. Athletes placing first or second must have cleared 9’6” or higher to qualify in the boys’ pole vault and 6’6” or higher in the girls’ pole vault.

4. **Class D.** There will be eleven Class D district meets.
   a. The winners of the first two places and the two fastest thirds in each individual running event qualify for the state meet. There shall be a maximum of 24 qualifiers. If there is a tie for the last qualifying spot, none of those tied shall qualify.
   b. In the field events, the first two places shall qualify for the state meet.
   c. The winners of first place in the relay events qualify for the state meet, plus the five fastest times of the non-qualifiers regardless of place, with a maximum of 16 relay teams qualifying. If there is a tie for the last qualifying spot, none of those tied shall qualify.
   d. Athletes placing first or second must have cleared 9' 6” or higher to qualify in the boys’ pole vault and 6’ 6” or higher in the girls’ pole vault.

5. **Ties.** Individuals tied for the district’s last state qualifying spot in races of 200 meters or less must compete for that qualifying spot in a run-off. Only the winner of the run-off will qualify for the state meet. In all other individual events those individuals tied in the district meet or in time comparisons for the state meet will not qualify unless the tied individuals ran in the same race, and one was picked ahead of the other.
   a. In the field events, those tied for the last qualifying spot shall qualify if places cannot be determined by using the tie breaker rule for field events.
   b. Relay teams tied for the fastest time will not qualify for the state meet.
   c. Ties in time comparisons for the relay qualifiers will be broken by giving preference to the team(s) with the highest place in head to head competition. If the tie for qualifying still exists, those teams tied will not qualify.
6. **Additional Qualifiers.** In addition to the regular qualifiers in the individual events, as outlined above, additional qualifiers in Class A will be allowed if their time is one of the six fastest from all districts, regardless of place. If there is a tie for an extra qualifying spot, those individuals tied will not qualify unless the tied individuals ran in the same race, and one was picked ahead of the other.
   a. There are no additional qualifiers in the relays.
   b. In addition to the regular qualifiers in boys' field events, all qualify who equal or exceed the following in Boys' 2016 NSAA District Track and Field Meets. The qualifying marks are determined by using the average distance/height of 6th place for the past 3 years.

<table>
<thead>
<tr>
<th>Boys Field Event</th>
<th>A</th>
<th>B</th>
<th>C</th>
<th>D</th>
</tr>
</thead>
<tbody>
<tr>
<td>High Jump</td>
<td>6’ 3”</td>
<td>6’ 3”</td>
<td>6’ 2”</td>
<td>6’ 1”</td>
</tr>
<tr>
<td>Long Jump</td>
<td>21’ 5”</td>
<td>21’ 2”</td>
<td>21’ 0”</td>
<td>20’ 3”</td>
</tr>
<tr>
<td>Triple Jump</td>
<td>43’ 10”</td>
<td>43’ 5”</td>
<td>43’ 0”</td>
<td>42’ 0”</td>
</tr>
<tr>
<td>Shot</td>
<td>53’ 10”</td>
<td>51’ 7”</td>
<td>50’ 9”</td>
<td>49’ 6”</td>
</tr>
<tr>
<td>Discus</td>
<td>154’ 8”</td>
<td>151’ 4”</td>
<td>148’ 10”</td>
<td>138’ 9”</td>
</tr>
<tr>
<td>Pole Vault</td>
<td>13’ 8”</td>
<td>13’ 8”</td>
<td>13’ 8”</td>
<td>12’ 10”</td>
</tr>
</tbody>
</table>

   c. In addition to the regular qualifiers in girls' field events, all qualify who equal or exceed the following in Girls' 2016 NSAA District Track and Field Meets. The qualifying marks are determined by using the average distance/height of 6th place for the past 3 years.

<table>
<thead>
<tr>
<th>Girls Field Event</th>
<th>A</th>
<th>B</th>
<th>C</th>
<th>D</th>
</tr>
</thead>
<tbody>
<tr>
<td>High Jump</td>
<td>5’ 3”</td>
<td>5’ 1”</td>
<td>5’ 1”</td>
<td>5’ 0”</td>
</tr>
<tr>
<td>Long Jump</td>
<td>16’ 10”</td>
<td>16’ 7”</td>
<td>16’ 3”</td>
<td>16’ 5”</td>
</tr>
<tr>
<td>Triple Jump</td>
<td>35’ 8”</td>
<td>35’ 0”</td>
<td>34’ 5”</td>
<td>34’ 4”</td>
</tr>
<tr>
<td>Shot</td>
<td>39’ 4”</td>
<td>40’ 6”</td>
<td>39’ 3”</td>
<td>38’ 0”</td>
</tr>
<tr>
<td>Discus</td>
<td>123’ 7”</td>
<td>121’ 2”</td>
<td>123’ 7”</td>
<td>114’ 6”</td>
</tr>
<tr>
<td>Pole Vault</td>
<td>10’ 3”</td>
<td>9’ 7”</td>
<td>9’ 8”</td>
<td>9’ 10”</td>
</tr>
</tbody>
</table>

**Responsibilities of the Meet Director**

1. The meet director should furnish the individuals and teams with the specific details of the meet, to include:
   a. Awards, plaques
   b. Coaches' and contestants' admission procedures
   c. Coaches' hospitality
   d. Entry Fees
   e. Location of the following areas: Check-in and final declaration, warm-up, training room or areas, parking, dressing room.
   f. Meal and lodging information
   g. Method of seeding entries
   h. Order of events and time schedule
   i. Person to whom to send publicity data
   j. Qualifying and scoring procedures.
   k. Seating area for coaches and contestants

2. Types of runways, approaches, and spikes required
3. If there are any special pre-meet or post-meet activities scheduled for athletes or coaches, these should be described in detail so competitors and coaches can make arrangements to attend.
4. The key to a well-administered meet is the ability of meet directors to analyze their needs for officials, workers, and special committees. They then must secure competent help and delegate the appropriate responsibilities to these individuals. If they "try to do it all themselves," they will almost assuredly fail.
5. In all district track & field meets competition areas shall be designated for all track and field events. In these competition areas only competitors and track officials shall be allowed. In rare cases where coaches must help conduct an event, they become track officials and not a coach. They should not attempt to do both at the same time. In field events, the
competition areas should be large enough to ensure safety to both the competitors and the non-competitors, including coaches.

6. As the date of the meet draws near, the meet director must be certain that the track and field event areas are properly marked and that all necessary equipment is readily available. All staggerers, starting lines, exchange zones, and finish lines must be double-checked to be certain that each is in accordance with the rules. Materials and supplies for officials must be readily available.

7. Press accommodations should include pre-meet publicity releases to all segments of the news media. Those in the working press who have conscientiously helped promote the meet, as well as those who have been specifically assigned to the meet, should be accommodated with press badges. All members of the press should be made aware of the director’s written policy regarding photographers, interviews, etc. The working press, except for authorized photographers, will be seated in the designated press box area. Photographers who have appropriate identification may be given permission to place themselves in position to get action photographs during the meet. However, this number must be limited so that they do not interfere with the orderly progress of the meet or the spectators’ view.

8. Spectator interest can be increased through the use of visible indicators showing height and distance in the field events, as well as scoreboards and timing devices (such as football field clock) that keep the fans informed during the meet. The selection of the public address announcer is of utmost importance. His/her comments will either add to or detract from the general conduct of the meet. The public address announcer who rattles on or who tries to give play-by-play commentary detracts from the meet. On the other hand, the announcer who correctly calls attention to upcoming events and who provides background information on outstanding contenders or performances will add to the interest of the spectators.

9. Prior to the meet, the director will call a meeting of all meet officials and, well in advance, mail out material which will review their appointments and duties. During this meeting the meet director will remind all officials that they were selected because of their individual competence and integrity, and that the success of the meet ultimately lies in their hands. The director will discuss any matters concerning special events, emphasizing that all events are to be conducted without variation from the rules book. The director may wish to remind the officials that when they are not working an event, they should be in the stands.

10. The meet director must be available at all times during the meet. The director is the expediter, the one person who should be able to answer all questions asked by athletes, officials, press, or spectators concerning the operation of the meet.
   a. The director will provide the scorer with forms for use in making application for recognition of an outstanding performance or record.
   b. The director should establish a central location during the meet, usually within the infield, and be in that vicinity on call throughout the meet.
   c. The director will make arrangements for all working officials to be critiqued before departure from the site and to discuss any phase of the meet in order to make necessary improvements for the next meet.

11. A check list similar to the following will serve as a valuable aid to the director during his/her pre-meet preparation:
   a. Workers needed:
      1) Starter(s)
      2) Meet Referee
      3) Runners (both track and field events).
      4) Hurdle crews.
      5) Pit crews.
      6) Finish-line tape holders.
   b. Field event equipment:
      1) Umpire’s table--scales, gauges
      2) Markers for discus
      3) Tape measures (steel, nylon, or fiberglass) for:
         Discus 300' (100 m)
         Long and triple jump 100' (30 m)
         Shot 100' (30 m)
         High jump 50' (15 m)
         Pole vault 50' (15 m)
      4) Clip Boards--one for each event with:
         Time schedule
         Entry list--event cards
         Qualifying procedure
         Rule book regulations governing each field event.
         5) Pens or pencils
         6) Crossbars
         7) Jump standards--pole vault and high jump.
         8) Flags--red and white for:
            Long and triple jumps
            Discus and shot put.
         9) Brooms--shot and discuss.
         10) Shovels, rakes or leveling board--long and triple jumps
         11) Wind gauges
         12) Sector flags--shot and discus
         14) Stepladder--measuring pole vault.
         15) Cross-bar replacers
         16) Visible event indicators for: Shot, Discus, Pole Vault, High Jump, Long Jump, Triple Jump
   c. Track and field event equipment:
      1) Watches and/or Fat System
2) Clipboard for clerk, and finish-line recorder with:
   Time schedule
   Entry list--event cards
3) Umpires' flags—yellow and white
4) Identification badges--marshals.
5) Finish yarn or gauze--head finish judge.
6) Judges' stand--at each finish line
7) Wind gauges
8) Rules book--referee
9) Sufficient hurdles.
10) Pens or pencils
11) Cut-in flags or markers.
   d. Miscellaneous:
      1) Jackets and caps for officials (or ribbons).
      2) Lane indicators
      3) Medical procedures:
         Doctor in attendance or on alert
         Certified Athletic Trainer(s) in attendance
         Rescue squad on alert.
   First aid equipment available
4) Training room supplies
5) PA system and walkie-talkies
6) Press accommodations.
7) Extra starter pistol, shells (black powder) and whistles.
8) Record application forms--scorer or records' clerk.
9) Trophies and medals
10) Awards stand
11) Watches, synchronized, regulated, and tested.
12) Batons
13) Wet or dry lime markers
14) Numbers and pins for contestants.
15) American flag and tape/CD of the National Anthem
16) Benches at all field events.
17) Lighting detectors if available
18) Severe or inclement weather procedures in place for the meet

Responsibilities of the Referee

The referee is directly in charge of all activities during competition. The referee is responsible for the supervision of all meet officials. The referee has the sole authority to rule on infractions or irregularities which are not covered within the rules. The referee may seek the advice of the assistant referee, head umpire, field referee/head field judge before making a ruling. The referee shall also answer questions which are not specifically placed under the jurisdiction of other officials.

Responsibilities include:

1. PRE-MEET DUTIES
   A. Inspect all track and field event competition areas and event equipment. For the pole vault, inspect the landing system, planting box, upright standards positioning and hard and unyielding surfaces.
   B. Meet with the meet director, running and field referee(s), clerk(s), of the course, head finish judge and the head umpire.
   C. Define areas of responsibilities during the meet for appropriate officials.
   D. Obtain and review all games committee information.
   E. Communicate with coaches and team captains, either verbally or in writing regarding the following:
      1) A statement concerning sportsmanship.
      2) Certification that all contestants are properly equipped and uniformed.
      3) Any special circumstances, procedures and information pertinent to the meet;
         a. Events boys and girls are competing together, but scored separately (unanimously agree)
         b. Non-contested events (must unanimously agree)
         c. Allowable track markings
         d. Restricted areas
         e. Entry limitations
         f. Starting height in vertical jumps
         g. Number of attempts in throws and horizontal jumps
         h. Communicate any special circumstances to the clerk of course and/or the head field judge, as needed.
            For example, prostheses and medical alerts
         i. Others as conditions dictate.

2. DUTIES DURING MEET
   A. Directly responsible for ensuring fair competition.
   B. Will collaborate with the games committee with respect to emergency situations and hazardous weather.
   C. Must check and certify record performances in all track and field events.
   D. Make decisions that are final except for any appeal procedure established prior to meet.
E. Authority begins upon arrival at meet site and concludes 30 minutes after the last event results have been announced or made official.

F. Authority to disqualify a runner who commits an infraction personally observed by the referee, but not reported because of the absence of an umpire.

G. When a competitor is warned or disqualified, the referee shall notify or cause to be notified, the competitor or the competitor’s coach, of the disqualification or warning.

H. Record team warning for DQ.

I. Must approve the official scorer’s final results, sign the score sheet and record the time the meet was officially concluded.

J. The referee is also authorized to disqualify a competitor who commits an infraction personally observed by the referee.

K. Referee’s authority begins on arrival and concludes 30 minutes after last event’s results are official. (See Rule 3.4.2 for reports)

L. Protests based upon eligibility of competitors will be honored by the NSAA Board of Directors, but protests based upon meet situations and those which involve judgment on the part of the referee will not be accepted.

2016 State Track and Field Championships

Admission Prices

**Tickets will be sold on Friday for the Saturday session.**

<table>
<thead>
<tr>
<th></th>
<th>ADULTS</th>
<th>STUDENTS</th>
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<tbody>
<tr>
<td>Friday</td>
<td>$9.00</td>
<td>$6.00</td>
</tr>
<tr>
<td>Saturday</td>
<td>$9.00</td>
<td>$6.00</td>
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Admission will be charged for the shot put and for the discus venues at the State Meet. Also, admission will be charged at the Boys Town indoor facility when State Meet field events are moved indoors because of inclement weather.

Awards

1. The NSAA will provide a team trophy to the winner and runner-up of each class. Medals will be provided for the eight place winners in each event. Scoring for both individual and relay events will be 10-8-6-5-4-3-2-1. The coach of the championship team shall receive an award.

2. Gold Medal: After comparing the first place performances in each class (A, B, C, and D), the individuals and relay teams with the best winning performances in each event will receive gold medals. If the event winners in two or more classes have identical performances, each will receive a gold medal. You must be declared the event winner in your class to be considered for the GOLD MEDAL.

3. All State champions in an event shall be presented their medals at the same time in front of the viewing public. After these presentations, the overall gold medal shall be awarded.

Coaches’ Passes

1. Coaches’ passes will be distributed according to the number of contestants (boys and girls) a school qualifies. Schools qualifying 1-5 individuals will be given 3 coaches’ passes. An additional pass will be granted for each additional five qualifiers or fraction thereof, with a maximum of 5 passes.

2. Example: Class A for each boys’ and girls’ team: 1-5 qualifiers = 3 passes. Classes B, C, D if only boys’ or girls’ team qualifies: 1-5 qualifiers = 3 passes; 6-10 qualifiers = 4 passes; 11+ qualifiers = 5 passes. Classes B, C, D if both boys and girls qualify (combined total): 1-5 qualifiers = 3 passes; 6-10 qualifiers = 4 passes; 11+ qualifiers = 5 passes.

Contestants’ Passes

1. The Friday pass will admit contestants to the grandstand and those in uniform to the infield.

2. The Saturday pass will admit contestants to the grandstand.

3. In order to gain admittance to the infield on Saturday, a contestant must have a Saturday pass and his/her name and number in the program as a Saturday competitor in the jumping, vaulting, 1600 meter, 800 meter, or on the sheet which gives the Saturday qualifiers.

NSAA Championship Participation Certificates

NSAA State Participation Certificates will be accessible and printed by each member school having students who have qualified for the NSAA State Championship in that activity program. The NSAA State Participation Certificates link can now be found at the bottom of your school AD’s page identified as: **NSAA State Participation Certificates.**
Enforcement of Rules

1. Each year certain rules pertaining to unsportsmanlike conduct and/or equipment are ignored or haphazardly enforced by coaches and meet officials during the regular track and field season. This type of neglect places a competitor at a disadvantage and in some cases has resulted in disqualification in the district and state meets when the rules are strictly enforced.

2. 2016 National Federation of State High School Associations (NFHS) and the Nebraska School Activities Association (NSAA) rules and regulations will be used to conduct the 2016 NSAA State Track and Field Meet.

Games Committee
The Games Committee for the State Track and Field Meet shall include the Meet Director(s), the Head Referee, the Head Field Event Referee, and a selection of head track coaches from across the state. This committee will be responsible for the overall administration of the state meet.

Games Committee Rules

1. **Acceleration Zones**: Teams may use flat spot markers, not to exceed 12" in diameter. Teams may use their own markers or those provided by the meet administration. Tape or chalk cannot be used.

2. **Announcements**: Only emergency announcements will be made over the public address system.

3. **Headwear**: The wearing of decorative headwear/caps while competing is prohibited. Adornments on helmets used for pole vaulting is also prohibited. Headbands may be worn by track & field competitors but must be unadorned. A single manufacturer’s logo/trademark/reference is permitted on the headband/headwear/cap.

4. **High Jump**: Only tape may be used for marks on the high jump apron. The competitors shall not be allowed to place tape within a 25' radius of the cross bar measured from the midpoint. The competitors are responsible for furnishing their own tape and removing it when it is no longer needed. No focal point markers are allowed.

5. **Height Progression**: The Pole Vault and High jump will be advanced 6-inches and 2-inches, respectively, until seven competitors or less are left in the competition. They will then progress at 4-inch and 1-inch intervals.

6. **Official "Call"**: There will be only one official call for competitors to report for an event. This call will be approximately 15 minutes prior to the scheduled beginning of the event. The time schedule in the program is approximate; however no running event will start more than 15 minutes ahead of the printed schedule. Field events will not start ahead of the scheduled time unless approved by the Games Committee. As soon as an event is completed, the next will start. It is the responsibility of the competitor to be present when the event is ready to start.

7. **Spikes**: Shoe spikes are allowed but must not penetrate the running surface more than one-quarter inch in all events. The penalty for use of illegal spikes is event disqualification. No spikes are allowed at Boys Town Facilities.

8. **Warm-up**: There shall be a minimum of 30 minutes warm-up allowed between classes in the shot put, long jump, and high jump; and 45 minutes for the triple jump and discus. A minimum of 60 minutes will be allowed between classes in the pole vault. Any athlete who has not entered the competition and has been off of the pole vault runway for one hour or more will be allowed an additional two minute warm-up but shall enter the competition at that height. The competitor will have choice of bar or not. A bungee cord will not be used in warm-up.

   a. **Pole Vault**: The first 20 minutes will be without the bar. The next 20 minutes the bar may be placed at the starting height, or 12” or 24” inches above the starting height. The last 20 minutes will be at height(s) determined by the event judge. A bungee cord will not be used for warm-up at the state meet.

   b. **High Jump**: The first 15 minutes the bar will be placed 2 inches below the starting height. The next 10 minutes the bar will be placed at the starting height and the last 5 minutes the height(s) will be determined by the event judge.

   c. **Discus**: There will be at least a 10 minute warm-up period in the competition ring between flights.

9. **Aerosol Sprays**: The use of aerosol sprays or other adherent material on implements, shoes, or throwing surfaces is prohibited in all field events, except the pole vault. In the pole vault, they may be used on the hands and the pole.

10. **Official Time / Video**: Finish Lynx fully automatic timing system is the official timing device. The timing device operator shall be responsible for the operation of the finish timing device. The chief finish evaluator shall be responsible for evaluation and interpretation of the official pictures/video and determine the finish places and times. This Finish Lynx system is the only video system approved by the Games Committee.

11. **Electronic Devices**: NFHS Rule 3-2-8: Electronic devices may be used in unrestricted areas and coaching boxes, providing the location does not interfere with progress of the meet as determined by the meet referee.

    a) Electronic devices shall not be used to transmit information to the competitor during the race or trial.

    b) Electronic devices shall not be used for any review of an official’s decision.

    c) State associations may also have policies in place to further address the use of electronic devices.

**PENALTIES:**

1) A competitor shall be disqualified from the event.
2) Team personnel (e.g., coach, manager, etc.) shall be disqualified from further participation in the meet for unsporting conduct.

Athletes and coaches are reminded that the use of electronic devices and/or wireless communication devices such as cell phones, pagers, radios, music devices with headsets (iPods) and any other type of electronic device and/or wireless communication device is prohibited while the athlete is warming-up or competing and/or while they are in the warm-up or competition areas. The competition areas are as follows: Inside the fence that surrounds the track; inside the fence that surrounds the discus areas; inside the fence that surrounds the shot put areas.

12. **Infield Entrance**: Contestants must enter the track infield through the south or north gates. Pole vaulters are encouraged to use the SOUTH gate to bring in their vault poles for better accessibility. Only those contestants in uniform with an official number will be allowed onto the infield. Managers' passes are good only for the grandstands.

13. **Direction of Competition**: The direction that the events will be conducted is determined by the Games Committee.

14. **Flights**: Competitors are not allowed to change field event flights. In those field events where competitors are placed in flights, competitors with the best performance will be placed in the last flight. Within each flight the best performances will be listed first. In the high jump and pole vault with continuing flights, the best performers will be listed last.

15. **Raised Curb**: The raised curb has been removed from the inside of the track. Colored discs will be used to mark the alleys on the first curve in races run with alleys at the start.

16. **Official Implements**: Competitors will not be allowed to bring their own shot, discus, relay batons or starting blocks inside the stadium or into the practice areas. The implements for the shot put and the discus for warm-up and for competition are provided by the NSAA and are the only implements that can be used.

17. **Starting Blocks**: Gill Blocks with option of Moye Extender will be provided.

18. **Starting Heights**: The starting heights in the pole vault and the high jump are set by the Games Committee on the Saturday following the district meets, May 14th. The Games Committee can adjust the starting heights during the State Meet.

19. **Shot Put and Discus**: No focal points markers are allowed.

20. **Relay Batons**: The NSAA will supply all of the batons for each of the relay races in the State Track and Field Meet. Schools will not be allowed to use their own relay baton for any relay race at the State Meet. Schools can warm-up using their own school relay baton. Please do not bring your school relay baton to the check-in area.

21. **Dismissal from Competition**: Each contestant must officially become a competitor (See Rule 4, Section 1 – Art. 1 & 2). If said competitor wishes to forego competition within a given event, the event administrator, e.g. starter, field event judge, may “dismiss” the competitor from that event. But said dismissal is allowed only after the competitor has abided by the established procedures for reporting to the event. Failure to report or check into the event with the clerk / judge will result in disqualification from further participation in the meet. NOTE: Regarding Rule 4, Section 2, Art. 2 – “Dismissal” from an event does not alter the entry limitations for the competitor.

22. **Pole Vault Coaches’ Box**: Each school that qualiﬁes a vaulter (boy or girl) will be permitted one coach in the coaches’ box area located in the infield during warm-up AND competition. Entrance to the infield will be at the SOUTH GATE. A pass will be issued to each coach at the gate. No other gates will issue passes. Coaches must keep the pass visible and remain in the coaches’ box area at all times. Coaching from outside the coaches’ box area will result in immediate dismissal. Communication with other athletes not competing in the vault and meet officials is prohibited. Once coaches enter the coaches’ box, please remain in the area until your vaulter has been eliminated. Coaches will be required to leave the area once their athlete has been eliminated.

23. **Super Alleys**: The 1600m run and 3200m run will use the super alley (DOUBE WATERFALL) start.

24. **FAT Operator**: The FAT operator may recall a race.

### Field Events

1. When competitors are excused to compete in another event, they must report back to the event judge within 10 minutes after the completion of the athlete’s participation in the event they are excused to compete in.

2. If the Head Field Event Judge rules that the delay is reasonable and beyond the control of the competitor, he/she shall direct the event judge to alter the order of competition to include the competitor when he/she is available.

3. The event judge may choose to permit a competitor to take preliminary or final trials in succession before being excused to compete in another event.

### Field Event Locations

The Discus will be held on the Burke soccer field northwest of the stadium. The Shot Put will be held northeast of the stadium by the Burke tennis courts. The Triple Jump will be held on the infield on the west side. (Distances from board to pit; 26’, 31’ and 36’) The Long Jump will be held on the infield on the east side. The High Jump will be held on the infield on the North end. Boys Pole Vault will be held on the permanent runway on the east side. Girls Pole Vault will be held on a raised portable runway on the east side of the infield.
Inclement Weather Procedures

1. The State Track and Field Meet Games Committee will make all decisions on how to best conduct the State Track and Field Meet in case of inclement weather.
2. Coaches, athletes, spectators and meet workers will all be notified by the public address announcers as to what the plans are for the State Track and Field Meet events during inclement weather.
3. Some field events may be moved to the indoor facility (Palrang Field House) at Boys Town. If this happens, a shuttle will be set up by the south entrance to the stadium to transport the athletes to Boys Town.
4. In order to scratch out of an event, if it is moved to Boys Town, the athlete’s Head Track and Field Coach must sign off on a scratch card along with the Meet Director. This scratch needs to be done at the NSAA Information Building on the south end of Burke Stadium.

Gold Medal Competition

1. For gold medal competition, a contestant must follow the established height progression until the present gold medal standard has been exceeded. A contestant may pass any turn or complete height, except during a jump-off for 1st place.
   - Example: On Friday, the best pole vault performance is by a Class B athlete who has jumped 13’0”. On Saturday, the Class C competition has been reduced to one contestant and the bar is at 12’8”. The bar must be raised to 13’0”. The contestant may jump or pass at this height. If the contestant passes, he/she must stay in gold medal progression until the gold medal height has been successfully exceeded. Once the gold medal height has been exceeded, the jumper has the option of raising the bar to whatever height he/she chooses. The jumper’s last cleared height will become the new gold medal standard, which succeeding class competitors must exceed.
2. Exception: After an athlete in the pole vault and high jump has been determined to be the winner of the event, they may select any height below the gold medal height in an attempt to set a state meet class record.
   - Example: The gold medal standard has been established Friday morning by a Class B athlete at 15’10”. In the afternoon Class D competition John Doe is the only remaining competitor in the event. He has just cleared 13’0”. The Class D record is 13’2”. John Doe could raise the bar to 13’ 2 1/2”. After clearing the bar at 13’ 2 1/2”, the bar would be raised to 13’4” which would return him to gold medal progression. The jumper’s last cleared height will become the new gold medal standard, which succeeding class competitors must exceed.
4. Gold Medal: After comparing the first place performances in each class (A, B, C, and D), the individuals and relay teams with the best winning performances in each event will receive gold medals. If the event winners in two or more classes have identical performances, each will receive a gold medal. You must be declared the event winner in your class to be considered for the GOLD MEDAL.

NSAA Information Building

An NSAA-staffed information building will be located at the south end of the stadium complex. Questions concerning number assignments, lost numbers, relay cards, or written appeals should be brought to this area. Any questions or problems you might have in regard to the State Track and Field Meet should be brought to the NSAA staff person on duty. Only school personnel will be allowed to submit concerns.

Jury of Appeals

1. The Jury of Appeals will be appointed by the NSAA State Track and Field Games Committee.
2. A referee’s decision may be appealed to the Jury, which will either confirm the referee’s ruling or render the final decision.
3. All appeals to the Jury must be presented in writing on an NSAA Appeals form that will be available in the NSAA information Tent.
4. Appeals must be based on a misapplied or misinterpreted rule.
5. Judgment decisions may not be appealed.

NSAA Approved Rulings

Scratches: Any contestant who qualifies for the State Track and Field Meet in an individual event may not be scratched from that event to participate on a relay team. Any contestant who does scratch from an individual event will be disqualified from further competition.

1. If, because of injury or illness, which is certified by a doctor, a competitor is forced to scratch from an event in which he/she has qualified, the competitor must have permission from the doctor before taking part in any further competition. Under no circumstances will a competitor be allowed to scratch from an event and compete later in the same session.
2. Relay Teams. Personnel of relay teams may be changed from those who ran at the District Meet.
3. Any other exceptions to the NSAA Track and Field Approved Rulings must be approved by the NSAA in advance.
Each contestant must officially become a competitor (See Rule 4, Section 1 – Art. 1 & 2). If said competitor wishes to forego competition within a given event, the event administrator, e.g. starter, field event judge, may “dismiss” the competitor from that event. But said dismissal is allowed only after the competitor has abided by the established procedures for reporting to the event. Failure to report or check into the event with the clerk / judge will result in disqualification from further participation in the meet.

NOTE: Regarding Rule 4, Section 2, Art. 2 – “Dismissal” from an event does not alter the entry limitations for the competitor.

**Opening Ceremonies**

1. Saturday morning opening ceremonies will be held prior to the beginning of competition.
2. **The parade of athletes will no longer be included in the opening ceremony.**

**Reimbursements**

1. **Mileage.** Mileage reimbursements will be based on the number of participants (qualifiers, number on roster) and one coach. (Note: Student Managers will not be included.) A school’s mileage reimbursement will be figured using the following formula: \[(\text{#miles one way} \times \# \text{trips}) - 50 \text{ miles}] \times \text{appropriate amount listed below:}\]

<table>
<thead>
<tr>
<th>Amount per mile</th>
<th>Number of participants/coaches</th>
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<tbody>
<tr>
<td>$0.85</td>
<td>1-6</td>
</tr>
<tr>
<td>$1.70</td>
<td>7-12</td>
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<tr>
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<td>$3.40</td>
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<td>$4.25</td>
<td>25-30</td>
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<td>$5.10</td>
<td>31+</td>
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2. **Lodging.** If lodging is used, $15 per participant and one coach will be paid based on the following criteria: (Note: Times listed are scheduled competition start times.)

   ◆ Night before competing—a) Before 10:00 a.m., 76 + miles away; b) Between 10:00 a.m. and 3:00 p.m., 150+ miles away; c) At or after 3:00 p.m., 250+ miles away
   ◆ Night of (still competing in State Meet)—**76+ miles away
   ◆ Final Night (Day eliminated)—**5:00 p.m. or later, 200+ miles away.

**Track Facility**

1. All races around one or more curves will be run counter-clockwise
2. Direction of races run on the straightaway will be determined by the Games Committee.
3. Team tents are not allowed inside Omaha Burke Stadium. Team tents can be set up on Thursday night and be left up during the duration of the State Track and Field Meet. The NSAA and Omaha Public Schools (OPS) are not responsible for the security of these tents.
The 2016 Boys' and Girls' State Track and Field Championships will be held at Burke Stadium, 12200 Burke Blvd., Omaha, NE on Friday and Saturday, May 20 and 21.

**Friday--Preliminaries except 3200 meter events.**

- **Class D and Class B.** The first running event will begin at 9:00 A.M., with the girls' Class D events being run first, followed by the girls' Class B, boys' Class D, and boys' Class B events. The schedule will progress in this order through all of the scheduled events. Events will follow this time schedule as closely as possible. These times are approximate. Events will not start more than 15 minutes ahead of the posted times.

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
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<tbody>
<tr>
<td>9:00 A.M.</td>
<td>3200 Meter Relay Finals</td>
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<tr>
<td>9:55 A.M.</td>
<td>100 Meter High Hurdles</td>
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<tr>
<td>10:15 A.M.</td>
<td>110 Meter High Hurdles</td>
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<tr>
<td>10:35 A.M.</td>
<td>100 Meter Dash</td>
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<tr>
<td>11:15 A.M.</td>
<td>400 Meter Dash</td>
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<tr>
<td>11:55 A.M.</td>
<td>3200 Meter Run Finals</td>
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<tr>
<td>12:55 P.M.</td>
<td>300 Meter Low Hurdles</td>
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<tr>
<td>1:15 P.M.</td>
<td>300 Meter Int. Hurdles</td>
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<tr>
<td>1:35 P.M.</td>
<td>200 Meter Dash</td>
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</table>

**Friday--Preliminaries except 3200 meter events.**

- **Class C and Class A.** The first running event will begin at 3:30 P.M. with girls' Class C events, followed by girls' Class A, boys' Class C, and boys' Class A. Events will follow this time schedule as closely as possible. These times are approximate. Events will not start more than 15 minutes ahead of the posted times.

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>3:30 P.M.</td>
<td>3200 Meter Relay Finals</td>
</tr>
<tr>
<td>4:25 P.M.</td>
<td>100 Meter High Hurdles</td>
</tr>
<tr>
<td>4:45 P.M.</td>
<td>110 Meter High Hurdles</td>
</tr>
<tr>
<td>5:05 P.M.</td>
<td>100 Meter Dash</td>
</tr>
<tr>
<td>5:45 P.M.</td>
<td>400 Meter Dash</td>
</tr>
<tr>
<td>6:25 P.M.</td>
<td>3200 Meter Run Finals</td>
</tr>
<tr>
<td>7:25 P.M.</td>
<td>300 Meter Low Hurdles</td>
</tr>
<tr>
<td>7:45 P.M.</td>
<td>300 Meter Int. Hurdles</td>
</tr>
<tr>
<td>8:05 P.M.</td>
<td>200 Meter Dash</td>
</tr>
</tbody>
</table>

**Saturday--All Finals.**

- **All Classes.** The first running event will begin at 9:30 A.M. with the girls' Class D 800 meter run. It will be followed by girls' C, B, and A. The boys' four classes will then follow in the same order. These times are approximate. Events will not start more than 15 minutes ahead of the posted times.

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:00 A.M.</td>
<td>Special Olympics 100 Meter Dash</td>
</tr>
<tr>
<td>9:30 A.M.</td>
<td>800 Meter Run</td>
</tr>
<tr>
<td>10:45 A.M.</td>
<td>400 Meter Relay</td>
</tr>
<tr>
<td>12:00 Noon</td>
<td>100 Meter High Hurdles</td>
</tr>
<tr>
<td>12:15 P.M.</td>
<td>110 Meter High Hurdles</td>
</tr>
<tr>
<td>12:30 P.M.</td>
<td>100 Meter Dash</td>
</tr>
<tr>
<td>12:55 P.M.</td>
<td>400 Meter Dash</td>
</tr>
<tr>
<td>1:45 P.M.</td>
<td>1600 Meter Run</td>
</tr>
<tr>
<td>2:55 P.M.</td>
<td>300 Meter Low Hurdles</td>
</tr>
<tr>
<td>3:10 P.M.</td>
<td>300 Meter Int. Hurdles</td>
</tr>
<tr>
<td>3:25 P.M.</td>
<td>200 Meter Dash</td>
</tr>
<tr>
<td>3:55 P.M.</td>
<td>1600 Meter Relay</td>
</tr>
</tbody>
</table>
Friday and Saturday - Field Events.

<table>
<thead>
<tr>
<th>Event</th>
<th>Boy/Girl</th>
<th>CLASS A</th>
<th>CLASS B</th>
<th>CLASS C</th>
<th>CLASS D</th>
</tr>
</thead>
<tbody>
<tr>
<td>Long Jump</td>
<td>♦ Boys</td>
<td>3:00 p.m. Sat.</td>
<td>8:30 a.m. Sat.</td>
<td>10:30 a.m. Sat.</td>
<td>1:00 p.m. Sat.</td>
</tr>
<tr>
<td></td>
<td>*Girls</td>
<td>3:00 p.m. Fri.</td>
<td>11:00 a.m. Fri.</td>
<td>5:30 p.m. Fri.</td>
<td>9:30 a.m. Fri.</td>
</tr>
<tr>
<td>Triple Jump</td>
<td>♦ Boys</td>
<td>6:00 p.m. Fri.</td>
<td>9:00 a.m. Fri.</td>
<td>3:00 p.m. Fri.</td>
<td>12:00 noon Fri.</td>
</tr>
<tr>
<td></td>
<td>*Girls</td>
<td>11:00 a.m. Sat.</td>
<td>1:30 p.m. Sat.</td>
<td>8:30 a.m. Sat.</td>
<td>3:30 p.m. Sat.</td>
</tr>
<tr>
<td>Shot Put</td>
<td>♦ Boys</td>
<td>5:30 p.m. Fri.</td>
<td>9:00 a.m. Fri.</td>
<td>3:30 p.m. Fri.</td>
<td>11:00 a.m. Fri.</td>
</tr>
<tr>
<td></td>
<td>*Girls</td>
<td>1:00 p.m. Sat.</td>
<td>11:00 a.m. Sat.</td>
<td>3:00 p.m. Sat.</td>
<td>8:30 a.m. Sat.</td>
</tr>
<tr>
<td>Discus</td>
<td>♦ Boys</td>
<td>11:00 a.m. Sat.</td>
<td>1:00 p.m. Sat.</td>
<td>8:30 a.m. Sat.</td>
<td>3:00 p.m. Sat.</td>
</tr>
<tr>
<td></td>
<td>*Girls</td>
<td>3:00 p.m. Fri.</td>
<td>12:00 noon Fri.</td>
<td>5:30 p.m. Fri.</td>
<td>9:00 a.m. Fri.</td>
</tr>
<tr>
<td>High Jump</td>
<td>♦ Boys</td>
<td>3:00 p.m. Fri.</td>
<td>12:00 noon Fri.</td>
<td>5:30 p.m. Fri.</td>
<td>9:00 a.m. Fri.</td>
</tr>
<tr>
<td></td>
<td>*Girls</td>
<td>3:00 p.m. Sat.</td>
<td>8:30 a.m. Sat.</td>
<td>1:00 p.m. Sat.</td>
<td>10:30 a.m. Sat.</td>
</tr>
<tr>
<td>Pole Vault</td>
<td>♦ Boys</td>
<td>9:00 a.m. Sat.</td>
<td>9:00 a.m. Fri.</td>
<td>3:30 p.m. Fri.</td>
<td>1:00 p.m. Sat.</td>
</tr>
<tr>
<td></td>
<td>*Girls</td>
<td>3:30 p.m. Fri.</td>
<td>9:00 a.m. Sat.</td>
<td>1:00 p.m. Sat.</td>
<td>9:00 a.m. Fri.</td>
</tr>
</tbody>
</table>
Heat and Lane Assignments

100-200-400 Meter Dashes, 300 Meter Hurdles, 100 Meter Hurdles & 110 Meter Hurdles:

Class C and Class D will have three preliminary heats. The first place winner in each heat and the next five fastest times will qualify for the finals in the state meet.

- The winners of the district qualifying meets will be assigned to heats, with the fastest winner in heat I, the second fastest winner in heat II, the third fastest winner in heat III, the fourth fastest winner in heat III, the fifth fastest winner in heat II, etc.
- The second places in the district meets will then be placed in the same manner that the winners were placed. The second and third places will follow where the previous place left off.

Class B will have three preliminary heats. The first place winner in each heat and the next five fastest times will qualify for the finals in the state meet.

- The winners of the district qualifying meets will be assigned to heats, with the fastest winner in heat I, the second fastest winner in heat II, the third fastest winner in heat III, the fourth fastest winner in heat III, the fifth fastest winner in heat II, and the sixth fastest winner in heat I.
- The fastest second place winner will be placed in heat II, second fastest in heat III, the third fastest in heat I, the fourth fastest in heat I, the fifth fastest in heat III and the sixth fastest in heat II.
- The fastest third will be placed in heat III, the second fastest in heat I, the third fastest in heat II, the fourth fastest in heat II, the fifth fastest in heat I, and the sixth fastest in heat III.
- The 6 additional qualifiers will be placed the same way as the district winners above.

**HEAT I**--To include:

- The Fastest District Winner
- 6th Fastest District Winner
- 3rd Fastest District 2nd Place Finisher
- 4th Fastest District 2nd Place Finisher
- 2nd Fastest District 3rd Place Finisher
- 5th Fastest District 3rd Place Finisher
- The Fastest Additional Qualifier
- 6th Fastest Additional Qualifier

**HEAT II**--To include:

- 2nd Fastest District Winner
- 5th Fastest District Winner
- The Fastest District 2nd Place Finisher
- 6th Fastest District 2nd Place Finisher
- 3rd Fastest District 3rd Place Finisher
- 4th Fastest District 3rd Place Finisher
- 2nd Fastest Additional Qualifier
- 5th Fastest Additional Qualifier

**HEAT III**--To include:

- 3rd Fastest District Winner
- 4th Fastest District Winner
- 2nd Fastest District 2nd Place Finisher
- 5th Fastest District 2nd Place Finisher
- The Fastest District 3rd Place Finisher
- 6th Fastest District 3rd Place Finisher
- 3rd Fastest Additional Qualifier
- 4th Fastest Additional Qualifier
Class A will have THREE preliminary heats. The first place winner in each heat and the next FIVE fastest times will qualify for the finals in the state meet.

- The winners of the district qualifying meets will be assigned to heats, with the fastest winner in heat I, the second fastest winner in heat II, the third and fourth fastest winners in heat 3.
- The fastest second place finisher will be placed in heat 2, the second and third fastest second place finishers will be placed in heat 1, the fourth fastest second place finisher will be placed in heat 2.
- The first and second fastest third place finishers will be placed in heat 3, the third fastest third place finisher will be placed in heat 2, the fourth fastest third place finisher will be placed in heat 1.
- The first fastest fourth place finisher will be placed in heat 1, the second fastest fourth place finisher will be placed in heat 2, the third and fourth fastest fourth place finishers will be placed in heat 3.
- The first, fourth and seventh fastest additional qualifiers will be placed in heat 2; the second, third and eight fastest additional qualifiers will be placed in heat 1; the fifth and sixth fastest additional qualifiers will be placed in heat 3.

Exception: Two runners from the same school shall not be placed in the same heat, unless three from that school are entered.

Lane Assignments--Preliminaries and Finals:

- Fastest time in the district or preliminaries assigned to lane 4.
- Second fastest time in districts or prelims assigned to lane 5.
- Third fastest time in district or prelims assigned to lane 3.
- Fourth fastest time in districts or prelims assigned to lane 6.
- Fifth fastest time in districts or prelims assigned to lane 2.
- Sixth fastest time in districts or prelims assigned to lane 7.
- Seventh fastest time in districts or prelims assigned to lane 1.
- Eighth fastest time in districts or prelims assigned to lane 8.

In case of identical times, the higher place will take precedence.

800 Meter Run, 400 Meter Relay, 1600 Meter Relay.

Two sections against time, with the qualifier’s times from districts the basis for assignment to sections. The fastest qualifiers will be assigned to second section. Lanes are assigned according to 1.e. formula above in sections with eight or fewer competitors. In the 800, sections with more than eight competitors’ positions will be assigned as in 3.b and c below.

3200 Meter Relay.

One section, to be run in alleys, three positions per alley. Positions are assigned as follows:

- Sections with 8 competitors, the formula in 1.e will be used.
- Sections with 9 competitors, the fastest qualifying time will be assigned to lane 3; second fastest, lane outward, with the sixth fastest in lane 8. The seventh, eighth, and ninth will be assigned from the pole outward in alley 1 (first two lanes). Sections with 10 to 24 competitors will be assigned to 4 alleys.
- The fourth fastest will have position 2, alley 2.
- Assignments will continue in this pattern through the first 9 competitors.
- The tenth, eleventh, and twelfth times will be assigned positions 1, 2, and 3 in alley 1.
- The next 1 to 12 competitors will be assigned using the same pattern in row 2 of each alley.
- Tiebreaker criteria for schools that have the same relay time: The higher district finish between schools tied will be used to break the tie for placement in rows and alleys.

1600 Meter Run & 3200 Meter Run

One section, to be run in 2 super alleys. Positions are assigned as follows:

- Alley 1 (Lanes 1-8) to include the 9th fastest qualifier to the 24th fastest qualifier. #9 will have the inside position.
- Alley 2 (Lanes 5-8) to include the 1st fastest qualifier to the 8th fastest qualifier. #1 will have the inside position.
Batons
The NSAA will supply all of the batons for each of the relay races in the State Track and Field Meet. Schools will not be allowed to use their own relay baton for any relay race at the State Meet. Schools may warm-up using their own school relay baton. Do not bring your school relay baton to the check-in area.

Team Packets
1. Packets will be available for Coaches to pick up:
   - Thursday, May 19 – 4:00 P.M. to 7:00 P.M. - WEST SIDE OF BURKE STADIUM
   - Friday, May 20 – After 7:30 A.M. - East Side of Burke Stadium
2. Each contestant in the state meet will be required to wear a number on the back of his/her track and field shirt. A number will be assigned in advance to those who qualify; a program, the numbers, and pins will be included in each school packet.

Shoes
Concrete footing will be used for the shot and discus in the state meet. The regular track surface will be used for the runways in the high jump, long jump, triple jump and pole vault. Short, indoor spikes which will not penetrate the surface more than one-quarter inch or rubber-soled shoes must be used in all track and field events. If competition is moved to Boys Town, spikes are not allowed in the Palrang Field House.

State Meet Regulations for Field Events
1. **Flights**: Athletes will be placed in flights according to district performance. The best performances will be placed in the last flight with the best qualifying performance listed first within the flight. Competitors are not allowed to change flights.
2. **Shot and Discus**: In the preliminaries competitors will each take two consecutive throws. After everyone in the flight has completed the two consecutive throws, each competitor will get one additional throw. **9 competitors shall qualify for the finals**
   a. In the finals of these events, competition shall be in the reverse order of performance, in single rotation so that the best qualifier will have the opportunity to compete last.
   b. The following throwing implements are available for use in the State Track Meet. **PLEASE DO NOT BRING YOUR OWN SHOT AND DISCUS TO BURKE STADIUM**.
   c. Available Shots

<table>
<thead>
<tr>
<th>AVAILABLE SHOTS</th>
</tr>
</thead>
<tbody>
<tr>
<td>BOYS</td>
</tr>
<tr>
<td>12 lb. Iron (114 mm)</td>
</tr>
<tr>
<td>12 lb. Cast Iron</td>
</tr>
<tr>
<td>12 lb. (108 mm) Lathe Turned</td>
</tr>
<tr>
<td>12 lb. (115 mm) Lathe Turned</td>
</tr>
<tr>
<td>12 lb. (117 mm) Lathe Turned</td>
</tr>
<tr>
<td>12 lb. (103 mm) Stainless Steel</td>
</tr>
<tr>
<td>Allowable size range (98.4 mm – 117.5 mm)</td>
</tr>
</tbody>
</table>
3. **Long Jump and Triple Jump**: Each competitor will take one jump at a time until everyone in that flight has completed three preliminary jumps. **9 competitors shall qualify for the finals**. In the finals of these events competition shall be in the reverse order of performance, in single rotation, so that the best qualifier will compete last. In the triple jump the take-off boards are set at 26’, 31’ and 36’ to the pit. The take-off boards will be of a textured surface. Runways are 125 feet.

4. **Pole Vault and High Jump**: Starting heights will be determined by the Games Committee and posted to the NSAA website on the Saturday following the districts meets, May 14th. Continuing flights of five will be used in the high jump and pole vault with the best competitors listed last.

5. **Height Progression**: The pole vault and the high jump will be advanced 6 and 2 inches respectively, until 7 competitors or fewer are left in competition. They will then progress at 4-inch and 1-inch intervals until one competitor is left.

6. **Field Events**:
   a. When competitors are excused to compete in another event, they must report back to the event judge within 10 minutes after the completion of the athlete’s participation in the event they are excused to compete in.
   b. If the Head Field Event Judge rules that the delay is reasonable and beyond the control of the competitor, he/she shall direct the event judge to alter the order of competition to include the competitor when he/she is available.
   c. The event judge may choose to permit a competitor to take preliminary or final trials in succession before being excused to compete in another event.
State Meet Regulations for 400 Meters and Longer

1. **400 Meter Dash.** Start and finish on the west side. Start from stagger and stay in lanes the entire distance.

2. **800 Meter Run.** Start and finish on the west side. Start from stagger and stay in lanes around the first curve then cut for the pole.

3. **1600 Meter Run.** Start and finish on the west side. Start from super alleys and stay in alleys around first curve then cut for the pole.

4. **3200 Meter Run.** Start and finish on the west side. Start from super alleys and stay in alleys around first curve then cut for the pole.

5. **400 Meter Relay.** Start and finish on the west side. Start from stagger and stay in lanes the entire distance.

6. **1600 Meter Relay.** Start and finish on west side. Start from three-curve stagger. The first runner will stay in his lane all the way. The second runner will run in his lane around the first curve then cut for the pole. All other exchanges shall be on the basis of the first off the last curve.

7. **3200 Meter Relay.** Start and finish on west side. Start from stagger and stay in alleys around first curve then cut for the pole.

Callam Photography

The Nebraska School Activities Association has contracted with Callam Photography who will be photographing participating students throughout the State Meet. These action shots will be posted on their website, [http://callamsportsphoto.com](http://callamsportsphoto.com), the week following the state meet. During the awards ceremony, will be Callam Photography taking photos of the medalists on the awards stand as well as champion and runner-up team photos.

Timing

Fully automatic time will be used. Times will be recorded in 1000th's in all track events. Thousandths will be used to break ties. The State Meet the games committee has approved Finish Lynx fully automatic timing system as the official timing device. The timing device operator shall be responsible for the operation of the finish timing device. The chief finish evaluator shall be responsible for evaluation and interpretation of the official pictures/video and determine the finish places and times.

NSAA Track and Field Records Procedure

1. In an effort to develop uniformity and consistency in conducting high school track and field meets and to establish an accurate record of metric performances throughout the track and field season, the Nebraska School Activities Association has established a procedure by which records will be maintained.

2. For years the NSAA's recognized state records had to be set at the state championship meets. Now, under the rules of a program approved by the NSAA Board of Directors, state records can be set during the regular season. The state meets will have state meet records, and these performances will be considered for the state records as well.

3. The program covers all four classes and went into effect during the 1979 track and field season.

Requirements

1. Track and field events must be conducted in metric distances to be considered.

2. Performances will be considered only from meets involving four or more schools and conducted according to National Federation-NSAA track and field rules. Performances must be certified on an NSAA official record application.

3. National Federation Track and Field Rule 10-1 shall be followed. Among these requirements are: Anemometer on sprint races and long/triple jumps, and certification that the facility meets National standards.

**NOTE:** Beginning in 1995, no record can be granted unless the time is recorded by FAT (fully automatic timing) or the manual time, with the differential equation included, exceeds the currently listed State Record and was recorded by at least three watches. Hand held times shall be rounded up to the slower 1/10th of a second before adding the conversion factor of .24 seconds, between fully automatic timing (FAT) and manual timing (MT), which must be used when converting times (i.e., MT+.24=FAT). Applications for records must be submitted to the NSAA office within the calendar year of the performance.
Responsibilities

1. The school which the athlete represents is responsible for submitting the record application to the NSAA prior to the deadline (December 31). The meet director must help in completing the record application; however, the individual representing the athlete’s school must accept the responsibility of seeing that the form is submitted to the NSAA office.
2. The school will be notified that the application has been received and approved.
3. Do not submit any applications unless all the above requirements are met. An anemometer must be in operation for all races of 200 meters or less and for the long and triple jumps.
4. A Track and Field Record Application is located online at nsahome.org under Track and Field.
5. For example, the State records for the boys in the 220 Yard Dash are:

<table>
<thead>
<tr>
<th>Class</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Class A</td>
<td>21.6</td>
</tr>
<tr>
<td>Class B</td>
<td>21.4</td>
</tr>
<tr>
<td>Class C</td>
<td>22.0</td>
</tr>
<tr>
<td>Class D</td>
<td>22.3</td>
</tr>
</tbody>
</table>

Application can be made for any 200-meter performance by an athlete in each of these classes, if his 200-meter time equals or is better than the record listed above.

6. State meet records for boys and girls track and field are listed in the NSAA Record Book and are posted online at nsahome.org under Other Information--Publications and Order Forms.

Standards

1. The Nebraska School Activities Association will follow the NFHS policy on track and field transition from yards to meters for record purposes.
2. Records for field events will be recorded in the English measurement.
3. In all running events where the metric race is shorter than its yard counterpart (such as 200 meters instead of 220 yards), the current NSAA yard record will remain as the record until the record time is beaten by an athlete running the metric distance.
**Fan/Spectator Support Items**

In the Chart below, ONLY those items marked “Yes” will be allowed as fan/spectator support items at all NSAA Sub-District, District, State Playoffs and State Championships.

Sportsmanlike vocal cheering and support from the team bench area are encouraged. The items indicated on this page are for use by fans/spectators.

**Prohibited items:** Confetti/shredded paper, powder (baby, talc, etc.), Laser light/pointer, flashing objects, miniature sports balls, objects or candy thrown into the crowd, Artificial noise makers, (included but not limited to horns, cow bells, bells, buzzers, clickers, thunder sticks, rattles, instruments not part of a band), whistles, air horns, sirens, cannons/muskets/guns/fireworks, live animals

Regulations listed are subject to facility restrictions.

<table>
<thead>
<tr>
<th>SPORT</th>
<th>BA</th>
<th>BB</th>
<th>CC</th>
<th>FB</th>
<th>GO</th>
<th>SO</th>
<th>SB</th>
<th>SW</th>
<th>TE</th>
<th>TR</th>
<th>VB</th>
<th>WR</th>
</tr>
</thead>
<tbody>
<tr>
<td>Balloons</td>
<td>Yes</td>
<td>No</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>No</td>
<td>Yes</td>
<td>Yes</td>
<td>No</td>
<td>No</td>
<td>No</td>
</tr>
<tr>
<td>One School Banner per school</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
</tr>
<tr>
<td>Hand held signs</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
</tr>
<tr>
<td>Megaphones (school recognized cheerleaders only)</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>NA</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>No</td>
<td>Yes</td>
<td>Yes</td>
<td></td>
</tr>
<tr>
<td>Shirts on student spectators (required) AR 3.3.11</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td></td>
</tr>
<tr>
<td>Shirts on general spectators</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
</tr>
<tr>
<td>Team Introduction Run-throughs or Break Away Banners</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>NA</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
</tr>
<tr>
<td>Pompoms, spirit towels</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
</tr>
<tr>
<td>Prerecorded music that has been approved by the Host Administration may be played during pre-contest warm ups provided that a high school band is not available to play during that time.</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>NA</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>No</td>
<td>No</td>
<td>Yes</td>
<td>Yes</td>
<td></td>
</tr>
<tr>
<td>School bands</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>NA</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>NA</td>
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<td>Yes</td>
</tr>
<tr>
<td>Carried school flags (Running/taunting prohibited)</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>No</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
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<td>Yes</td>
</tr>
</tbody>
</table>

**UNMANNED AERIAL VEHICLE (DRONE) POLICY**

- The use of unmanned aerial vehicles (UAVs), also known as drones, is prohibited for any purpose by any person at any NSAA post-season tournament venue.
- For purposes of this policy, a UAV is any aircraft without a human pilot aboard the device. This prohibition applies to all fields of play, courts, arenas, mats, gym floors or pools and includes a ban on the entire facility being used as a part of the NSAA event. This includes the spectator areas and parking areas.
- Tournament management shall refuse admission or entry to anyone attempting to use a UAV. If necessary, tournament management shall remove anyone attempting to use a UAV and/or confiscate the UAV.
- An exemption to this policy, in writing, may be made in specific cases for NSAA broadcast partners, provided the management of the tournament facility permits the presence of UAVs for broadcast purposes under the control of the NSAA.

**Key:** BA-Baseball, BB-Basketball, CC-Cross Country, FB-Football, GO-Golf, SO-Soccer, SB-Softball, SW-Swimming & Diving, TE-Tennis, TR-Track & Field, VB-Volleyball, WR-Wrestling, NA-Not Applicable