



Vermont Principal Association

Track and Field Committee Vermont High School Track and Field Rules Book

Version 6.0 – February 19, 2010

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All schools will follow the NFHS and VPA Rules unless specified otherwise by this VPA Rules Book. Coaches may not enter into a mutual agreement to violate any rule. Any such mutual agreement will be illegal. This includes rules regarding uniform (NFHS) and/or entry limits (VPA) etc.

RECENT RULES CHANGES

2010 Outdoor Track and Field Rule Changes

Rule 4 Competitors and Competition

Section 1 Vermont NE Qualifier / Indoor and Outdoor State Meets Entries

Art. 7...Vermont Outdoor State Meet Qualifying Standards - D1 300 m H - 47.0h

Section 4 Disqualification

Art. 3...Disqualification of an athlete cannot be as a result of a notification from another person including but not limited to a coach, parent, spectator and/or athlete. So if a race begins and a coach notices jewelry or uniform violation and says something to an official, who had not noticed it, the officials cannot disqualify the athlete because they did not see it.

2009 Outdoor Track and Field Rule Changes

Rule 3 Meet Officials and Their Duties

Section 6 Recommended USATF / VTFOA certified officials meet staffing

Art. 1... *By 2010 (recommended) and by 2011 (required) every regular season TF meet – all divisions in VT will have a minimum of 2 USATF / VTFOA certified TF officials.*

Rule 1 Order of Events**Section 1 Vermont Outdoor New England Qualifier / State Meet**

Art 1...VT NE Qualifier / State Meet Order of Events / Time Schedule same for all Divisions

VT OUTDOOR NE QUALIFIER / STATE MEET ORDER OF EVENTS / TIME SCHEDULE

| Order # | RUNNING EVENTS | Round |
|--------------------|---|---------------------|
| | Heats in order slow to fast | |
| 10:00 AM | 1. Girls 4x800 Meter Relay | Finals |
| | 2. Boys 4x800 Meter Relay | Finals |
| | 3. Girls 100 Meter Dash | Prelims |
| | 4. Boys 100 Meter Dash | Prelims |
| | 5. Girls 100 Meter Hurdles | Prelims |
| | 6. Boys 110 Meter Hurdles | Prelims |
| | 7. Girls 200 Meter Dash | Prelims |
| | 8. Boys 200 Meter Dash | Prelims |
| | 9. Girls 1500 (1600) Meter Run | Finals |
| | 10. Boys 1500 (1600) Meter Run | Finals |
| | A one-half hour break (meet situation and weather dependant) | |
| Boys First! | Boys 110 Meter Hurdles | Finals |
| | Girls 100 Meter Hurdles | Finals |
| | 11. Girls 4x100 Meter Relay | Finals |
| | 12. Boys 4x100 Meter Relay | Finals |
| | 13. Girls 400 Meter Dash | Finals |
| | 14. Boys 400 Meter Dash | Finals |
| | Girls 100 Meter Dash | Finals |
| | Boys 100 Meter Dash | Finals |
| | 15. Girls 800 Meter Run | Finals |
| | 16. Boys 800 Meter Run | Finals |
| | 17. Girls 300 Meter Hurdles | Finals |
| | 18. Boys 300 Meter Hurdles | Finals |
| | Girls 200 Meter Dash | Finals |
| | Boys 200 Meter Dash | Finals |
| | 19. Girls 3000 (3200) Meter Run | Finals |
| | 20. Boys 3000 (3200) Meter Run | Finals |
| | 21. Girls 4x400 Meter Relay | Finals |
| | 22. Boys 4x400 Meter Relay | Finals |
| | Event | FIELD EVENTS |
| 10:00 AM | 23. Girls High Jump | Finals |
| 10:00 AM | 24. Boys Discus Throw | Finals |
| 10:00 AM | 25. Boys Long Jump | Finals |
| 10:00 AM | 26. Boys Pole Vault | Finals |
| 10:00 AM | 27. Girls Shot Put | Finals |
| 11:30 AM | 28. Girls Long Jump | Finals |
| 11:30 AM | 29. Girls Javelin Throw | Finals |
| 11:30 AM | 30. Girls Discus Throw | Finals |
| 12:00 PM | 31. Boys High Jump | Finals |
| 01:00 PM | 32. Girls Pole Vault | Finals |
| 01:00 PM | 33. Boys Shot Put | Finals |
| 01:00 PM | 34. Boys Triple Jump | Finals |
| 01:00 PM | 35. Boys Javelin Throw | Finals |
| 02:30 PM | 36. Girls Triple Jump | Finals |

Art. 2...Running events will follow the flow of the NE Qualifier / State Meet. Girls will run first except 100/110 m Hurdles Final. **Meet Directors may alter field events schedule based on available facilities.** Host school will inform visiting teams if field events order is different before April 1st.

Art. 3... For NE Outdoor Qualifying Meet coaches will enter athletes into 1500 and 3000 m Run. Athletes will compete in 1600 and 3200 m Run.

Section 2 Vermont Outdoor Regular Season Meet

Art 1...VT Outdoor Regular Meet Order of Events / Time Schedule same for all Divisions

VT OUTDOOR REGULAR MEET ORDER OF EVENTS / TIME SCHEDULE

| Order # | RUNNING EVENTS | Round |
|---------|-----------------------------|--------|
| | Heats in order slow to fast | |
| 3:30 PM | 1. Girls 4x800 Meter Relay | Finals |
| | 2. Boys 4x800 Meter Relay | Finals |
| | 3. Girls 100 Meter Hurdles | Finals |
| | 4. Boys 110 Meter Hurdles | Finals |
| | 5. Girls 100 Meter Dash | Finals |
| | 6. Boys 100 Meter Dash | Finals |
| | 7. Girls 1500 Meter Run | Finals |
| | 8. Boys 1500 Meter Run | Finals |
| | 9. Girls 4x100 Meter Relay | Finals |
| | 10. Boys 4x100 Meter Relay | Finals |
| | 11. Girls 400 Meter Dash | Finals |
| | 12. Boys 400 Meter Dash | Finals |
| | 13. Girls 800 Meter Run | Finals |
| | 14. Boys 800 Meter Run | Finals |
| | 15. Girls 300 Meter Hurdles | Finals |
| | 16. Boys 300 Meter Hurdles | Finals |
| | 17. Girls 200 Meter Dash | Finals |
| | 18. Boys 200 Meter Dash | Finals |
| | 19. Girls 3000 Meter Run | Finals |
| | 20. Boys 3000 Meter Run | Finals |
| | 21. Girls 4x400 Meter Relay | Finals |
| | 22. Boys 4x400 Meter Relay | Finals |

FIELD EVENTS

| | Event | | Round |
|---------|-------------------------|--------------------------------|--------|
| 3:30 PM | 23. Girls High Jump | Followed by Boys High Jump | Finals |
| 3:30 PM | 24. Boys Long Jump | Followed by Girls Long Jump | Finals |
| 3:30 PM | 25. Girls Pole Vault | Followed by Boys Pole Vault | Finals |
| 3:30 PM | 26. Boys Shot Put | Followed by Girls Shot Put | Finals |
| 3:30 PM | 27. Girls Javelin Throw | Followed by Boys Javelin Throw | Finals |
| 3:30 PM | 28. Girls Discus Throw | Followed by Boys Discus Throw | Finals |
| 4:30 PM | 29. Boys Triple Jump | Followed by Girls Triple Jump | Finals |

Art. 2...Meet Directors may alter regular meet field events schedule based on available facilities. There will be four (4) total trials in all field events except High Jump and Pole Vault. Host school may decide to allow only three (3) attempts in field events due to time or number of competitors concerns. Running events will follow the flow of a meet or time schedule may be listed. Girls will run first. Host school will inform visiting teams if any above listed changes apply no later than 2 weeks before a meet.

Section 3 VT Indoor State Meet / Indoor NE Qualifier

Art.1... VT Indoor State Meet / Indoor NE Qualifier Order of Events / Time Schedule

VT INDOOR TF STATE CHAMPIONSHIP ORDER OF EVENTS / TIME SCHEDULE

Heats in order slow to fast

RUNNING EVENTS

| | Event | Round |
|----------|-----------------------------|---------|
| 11:00 AM | 1. Girls 55 Meter Hurdles | Prelims |
| | 2. Boys 55 Meter Hurdles | Prelims |
| | 3. Girls 55 Meter Dash | Prelims |
| | 4. Boys 55 Meter Dash | Prelims |
| | 5. Girls 4x800 Meter Relay | Finals |
| | 6. Boys 4x800 Meter Relay | Finals |
| | Girls 55 Meter Hurdles | Finals |
| | Boys 55 Meter Hurdles | Finals |
| | Girls 55 Meter Dash | Finals |
| | Boys 55 Meter Dash | Finals |
| | 15 min break | |
| | 7. Girls 4x200 Meter Relay | Finals |
| | 8. Boys 4x200 Meter Relay | Finals |
| | 9. Girls 1600 Meter Run | Finals |
| | 10. Boys 1600 Meter Run | Finals |
| | 11. Girls 600 Meter Run | Finals |
| | 12. Boys 600 Meter Run | Finals |
| | 15 min break | |
| | 13. Girls 1000 Meter Run | Finals |
| | 14. Boys 1000 Meter Run | Finals |
| | 15. Girls 300 Meter Dash | Finals |
| | 16. Boys 300 Meter Dash | Finals |
| | 17. Girls 3200 Meter Run | Finals |
| | 18. Boys 3200 Meter Run | Finals |
| | 19. Girls 4x400 Meter Relay | Finals |
| | 20. Boys 4x400 Meter Relay | Finals |

FIELD EVENTS

| | Event | Round |
|-----------|---------------------|--------|
| 11:00 AM | 21. Boys Shot Put | Finals |
| 11:00 AM | 22. Girls High Jump | Finals |
| 11:00 AM | 23. Boys Long Jump | Finals |
| To follow | 24. Girls Shot Put | Finals |
| To follow | 25. Boys High Jump | Finals |
| To follow | 26. Girls Long Jump | Finals |

Rule 2 Scoring

Section 1 VT State Meet Scoring

Art. 1...VT State Meet all divisions will score top 6 places.

Art. 2...Team scores will not be kept during NE Outdoor Qualifier meet.

Section 1 NE Qualifier / State Meet Games Committee decisions

Art. 1...Unless listed otherwise, coaches Meeting will be held 8:45 AM in the infield, every school must be represented.

Art. 2...Scratches should be Emailed before Friday to the meet director. On the race day scratches must be done before 8:30 AM at the finish line table. Please submit your scratches ASAP for accurate meet programs, flights in field events. To assure high quality meet all running and field events will be re-seeded if any scratches before the meet. Running events will be re-seeded 10 min prior a start of an event if scratch(s) will result an empty lane and athlete may be moved to a faster heat.

Art. 3...Competitor number must be worn on the back except High Jump. Hip numbers must be worn on the left and right hip, centered; shirt must be tucked in.

Art. 4...Starting Heights in HJ and PV are the qualifying standards.

Art. 5...Maximum spikes length for running and jumping events is 1/8" exposed.

Art. 6...Host School may not allow a tape on track and runways. In Relays run in lanes safe marker may be used as the only mark to aide outgoing runner to time their start. The host school will provide markers.

Art. 7...Athletes check in for running events must report to the clerk of the meet at the time the first call is given (15 min. before event starts) at the check-in tent . Athletes must stay in the check-in tent until they are marched to the start.

Clerk will scratch all absent athletes on the 2nd final call (10 min. before event starts) and re-seed the event if necessary. Missing athletes will not be re-entered after re-seeding is done.

Art. 8...Athletes check in for field events must report to the field event official at the time the first call is given (15 min. before event start) at the field event sector.

Athlete leaving for a running event must sign out on the first call and he/she must sign back in no later than 10 min. after the conclusion of the heat he/she was competing in.

Athlete participating in two or more field events at the same time he/she must go back and forth between these events.

Art. 9...Advancement / Seedings

Running events: 100 m, 200 m Dash and 100/110 m Hurdles advanced by 1st place from their heats + rest on times. Fastest heats will run last. Runners from a same team will be auto split using Meet Manager software in preliminary heats of 100 m Dash, 200 m Dash and 100/110 m Hurdles. Number of finalists in these events will be the same as number of lanes on the track of the hosting school.

Field Events: In the all field, events except HJ and PV, order of flights in preliminaries will be worst to best. In every flight athletes will take their trials in worst to best order. There will be 6 athletes in best flights if possible. **Top 7 will qualify to the final from scoring teams plus independents.**

In horizontal jumps and throws there will be 1 warm up throw / jump between flights. A best flight in all horizontal jumps and throws may have a 2nd warm up time 15 min long. In HJ, PV there may be a 2nd warm up during a competition at the height determined by the games committee before the meet.

Art. 10...VT State Meet number of finals in 55 m Dash, 55 m Hurdles, 100, 200 m Dash and 100 / 110 m Hurdles.

Due to increased number of non scoring independents / club teams and assurance of 6 scoring places for regular teams in the State Meet there may be 2 Finals (A and B) in 55 m Dash, 55 m Hurdles, 100m Dash, 200m Dash and 100/110m Hurdles. Meet director and/or meet administrator

will decide number of finals in the every event listed above in the every Division of the State Meet (considering number of lanes on hosting school track). Independents athletes will be advanced to the final if qualify.

Fastest runners (advanced by 1st place from their heats + rest on times) will be seeded in the second faster final. Any runner from both finals may place and score.

Section 2 Events / Meet cancellation due to the weather or another reason.

Art. 1...The Meet Director, Games Committee with VPA representative and/or VPA Track Committee members will determine postponement of event(s) or a State Meet for following Tuesday and will determine rescheduled time and place (same host site if possible).

Art. 2...Final teams scores of the State Meet will include postponed events. (This means team awards will be delayed until Tuesday).

Section 3 FAT Timing and Athlete's Database software use during a NE Qualifier / State Meet

Art. 1...It is required that FAT (Fully automatic timing) and Athletes Database Software be used in the running events for the NE Qualifier / State Meet as per National Federation regulations.

Section 4 VT NE Qualifier / State Meet Implements and Pole Vault Athlete's Weight-in

Art. 1...Weigh-ins will be required for shot put, discus, javelin and athletes participating in pole vault, between 8:15 AM and 9:00 AM before the meet. Only checked and marked equipment will be permitted in competition and in warm-up throws. Equipment not passing inspection will be stored by meet officials during the meet. Athletes may collect it after the meet is over.

Art. 2...There will be \$10 penalty for each implement or pole vaulter weigh-in done after the scheduled weigh-in time. Fee must be paid prior to the competition. Host school will provide inspected implements in all throwing events (SP, D, J).

Section 5 Marking in throwing events

Art. 1... Marking in Shot Put, Discus and Javelin must be done by an adult official.

Section 6 Recommended USATF / VTFOA certified officials meet staffing

Art. 1... *By 2010 (recommended) and by 2011 (required) every regular season TF meet – all divisions in VT will have a minimum of 2 USATF / VTFOA certified TF officials.*

Art. 2...USATF / VTFOA certified officials VT TF NE Qualifier, Div 1, 2 and 3 State Meet, Indoor State Meet and Burlington Invitational. Following positions should be covered by certified TF officials:

- Track & Field: Meet Director, Head Running Official, Head Field Official, Head FAT Timer and Database Official, Head Starter, Clerks of Course, Head Pole Vault Official, Head High Jump Official, Head Long Jump Official, Head Triple Jump Official, Head Discus Official, Head Shot Put Official, Head Javelin Official, Members of Jury of Appeals.
- Cross-Country Running: VT State Meet and meets with more than 8 teams attending: Meet Director, Head Finish Line Judge, Head Timer, Head Starter and Head Database Official.
- 2009 Burlington HS is planning to host NE Outdoor TF Championship. All Head officials must be certified.

Art. 2...Recommended certified TF officials pay for all div. Indoor/Outdoor State Meet, NE Qualifier and Burlington Invitational.

| | |
|--|-------|
| Meet Director | \$150 |
| Starters, Clerks, Head Running & Field Referees, FAT Timers, Head Database Official, Announcer | \$100 |
| Head Pole Vault Official | \$70 |
| Head Field Events Officials (except PV) | \$60 |
| Lap Count, Back up Timer, Data Entry, | \$60 |
| Marshals, Hurdle Chief, Umpires | \$50 |
| Weight-ins | \$40 |

Section 7 Schools help running a NE Qualifier / State Meet

Art. 1... The VPA TF Committee is concerned that many schools are not willing to assist in the running of the State Meet. If meet director requests assistance from your school, please remember that it is your obligation to provide the people and/or equipment that he requests, or the director may choose not to allow your team to participate.

Art. 2...During the indoor season each school is expected to provide a minimum of one (1) official per meet they attend.

Art. 3...Frisbees, balls and music boxes are not allowed at any track and field meets.

Rule 4 Competitors and Competition

Section 1 Vermont NE Qualifier / Indoor and Outdoor State Meets Entries

Art. 1...All entries for NE Qualifier / State Meets must be done by Hy-Tek Team Manager software except Outdoor Div. 3 State Meet will use Direct Athletics.

Art. 2...**State Meet** entry deadline is the 12 AM (midnight), Sunday before the meet (6 days prior to the meet).

Art. 3...**NE Qualifier** entry deadline is the 12 AM (midnight), Sunday before the meet (6 days prior to the meet).

Art. 4... Due to advancing qualifiers to the New England Championship your TEAM NAME, "SHORT" NAME, TEAM CODE and ALT ABBR in your TM Hy-Tek database must be exactly the same for both girls and boys teams and as listed bellow (see Appendix B).

Art. 5...Athletes **school grade must be listed**.

Art. 6...**Performance must be listed.** *Hand held times must first be rounded up to the slower one tenth of a second (example 10.42 will be recorded as 10.5h). Hand held times must be recorded in your Hy-Tek TM with h after the time (example 23.4h or 4:45.0h).*

Art. 7...Only FAT (electronics) times must be recorded with one one-hundred of a second. See Rule 3-9-4 page 20–21 of the National Federation Rule Book.

Art. 8...Listed athletes performances must be **achieved this season**.

Art. 9...Coaches must check their school entries before they submitted. **The report from a meet entry file must be attached to an email as well as meet entry TM export file.**

Art. 10...**All entries are final.** Time/Distance/Height update after the deadline to better an athlete or relay performance is not permitted. Changing events an athlete is entered in, adding athletes to events or relay teams after the deadline when 4 or more are already entered is not permitted.

Art. 11...Entry list by school and performance list will be posted on web site by Tuesday before the NE Qualifier / State Meet if all schools entries were submitted.

Art. 12...Coach must check his/hers school entry list on the VT TF web site by Wednesday before the NE Qualifier / State Meet.

Art. 13...Only typing and spelling errors will be corrected. (Example: 3000 m Run time recorded 9.47 will be corrected to 9:47.00).

Art. 14...There will be a late entry fee fine \$50.00 per athlete / error paid to the hosting school before the meet for every competitor who must be added to the NE Qualifier / State Meet database, event or relay after the posted deadline.

Art. 15...No athletes will be added after Wednesday before the NE Qualifier / State Meet.

Art. 16...Meet director or meet database administrator is responsible for checking entry limits before the Outdoor State Meet - maximum of four (4) athletes per event per school; the NE Qualifier / Indoor State Meet – maximum of six (6) athletes per event per school, maximum athlete entry in four (4) events including relays and 1 relay team per relay event per school.

Art. 17...Questions about an athlete's eligibility and/or entry performance must be brought to the meet director's attention no later than Thursday before the NE Qualifier / State Meet. Coach may be asked to provide meet results to document athlete's eligibility and/or entry performance.

Section 2 Vermont NE Qualifier / Indoor and Outdoor State Meet Entry Limitations

Art. 1...Outdoor State Meet - school may enter **maximum of four (4) athletes per event** providing they have met VT State Meet or NE Qualifier Meet qualifying standards (see bellow). An additional extra entries in one event per school will be scratched based on the lowest seed than lowest school grade if tie than if tie remains meet database administrator will decide.

Art. 2... Indoor State Meet, Indoor and Outdoor NE Qualifier Meet - school may enter **maximum of six (6) athletes per event** providing they have met VT Indoor State Meet or NE Qualifier Meet qualifying standards (see bellow). An additional extra entries in one event per school will be scratched based on the lowest seed than lowest school grade if tie than if tie remains meet database administrator will decide.

Art. 3...Participation in three (3) interscholastic meets is required by an individual for entry in a NE Qualifier / Indoor and Outdoor State Meet.

Art. 4...A competitor may be entered in maximum of four (4) events including an alternate position in relays. (This is a change of Rule 4, Section 2, Art. 2 of NFHS Rules). Contestant will be scratched from the excess event (s) by following the listed order of events listed in this VPA Rules Book.

Art. 5...During the indoor season an athlete may compete in no more than two (2) of the distance events offered (4x800 m Relay, 1,000 m Run, 1600 m Run and 3200 m Run).

Art. 6...School may enter one (1) relay team per relay event. 4 - 8 names must be listed. *When selecting athletes for your relay teams please list relay runners in the correct order and the position they will run (1st leg runner in the position 1, 2nd leg runner in the position 2, etc.). Your relay alternates must be listed in positions 5-8. Athletes listing in their correct positions will show 4 runners who ran during a race on results sheets.* Team must declare 4 runners before a relay race.

Art. 7...Vermont Outdoor State Meet Qualifying Standards

Division 1

| Event | Girls | Boys | Event | Girls | Boys |
|--------------|--------------|-------------|--------------|--------------|-------------|
| 100 m Dash | 13.8h | 11.9h | Long Jump | 14-0 | 18-0 |
| 200 m Dash | 28.9h | 24.9h | High Jump | 4-6 | 5-6 |
| 400 m Dash | 67.0h | 56.7h | Triple Jump | 29-6 | 36-6 |
| 800 m Run | 2:41.0h | 2:14.3h | Pole Vault | 7-0 | 9-6 |
| 1500 m Run | 5:40.0h | 4:40.0h | Shot Put | 27-6 | 38-6 |
| 3000 m Run | 12:40.0h | 10:20.0h | Discus | 80-0 | 110-0 |

| | | | | | |
|---------------------|-------|-------|-----------------------------|------|-------|
| 100 / 110 m Hurdles | 18.8h | 19.0h | Javelin | 80-0 | 130-0 |
| 300 m Hurdles | 54.0h | 47.0h | Relay splits not permitted. | | |
| 4 x 100 m Relay | Open | Open | | | |
| 4 x 400 m Relay | Open | Open | | | |
| 4 x 800 m Relay | Open | Open | | | |

Division 2

| Event | Girls | Boys | Event | Girls | Boys |
|---------------------|----------|----------|-----------------------------|-------|-------|
| 100 m Dash | 14.3h | 12.5h | Long Jump | 13-0 | 17-0 |
| 200 m Dash | 29.1h | 25.1h | High Jump | 4-4 | 5-4 |
| 400 m Dash | 67.5h | 57.0h | Triple Jump | 29-0 | 36-0 |
| 800 m Run | 2:45.0h | 2:15.0h | Pole Vault | 6-0 | 8-0 |
| 1500 m Run | 5:45.0h | 4:43.0h | Shot Put | 27-0 | 38-0 |
| 3000 m Run | 13:00.0h | 10:50.0h | Discus | 79-0 | 108-0 |
| 100 / 110 m Hurdles | 21.5h | 19.5h | Javelin | 75-0 | 128-0 |
| 300 m Hurdles | 57.0h | 50.0h | Relay splits not permitted. | | |
| 4 x 100 m Relay | Open | Open | | | |
| 4 x 400 m Relay | Open | Open | | | |
| 4 x 800 m Relay | Open | Open | | | |

There are no qualifying standards for Division 3, except boys (8-0) and Girls Pole Vault (6-0). Events listed by event numbers. This is not the order of events.

Art. 8...Vermont Outdoor NE Qualifier Meet Qualifying Standards

| Event | Girls | Boys | Event | Girls | Boys |
|---------------------|----------|----------|-----------------------------|-------|-------|
| 100 m Dash | 14.1h | 12.3h | Long Jump | 13-6 | 17-5 |
| 200 m Dash | 29.5h | 25.1h | High Jump | 4-5 | 5-6 |
| 400 m Dash | 68.0h | 57.5h | Triple Jump | 29-0 | 36-0 |
| 800 m Run | 2:41.2h | 2:16.0h | Pole Vault | 7-0 | 9-6 |
| 1500 m Run | 5:50.0h | 4:50.0h | Shot Put | 26-0 | 36-4 |
| 3000 m Run | 13:10.0h | 11:00.0h | Discus | 75-0 | 105-0 |
| 100 / 110 m Hurdles | 18.7 h | 20.0h | Javelin | 78-11 | 125-0 |
| 300 m Hurdles | 57.0h | 52.0h | Relay splits not permitted. | | |
| 4 x 100 m Relay | Open | Open | | | |
| 4 x 400 m Relay | Open | Open | | | |
| 4 x 800 m Relay | Open | Open | | | |

Art. 9...Vermont Indoor State Meet Qualifying Standards

| EVENT | GIRLS | BOYS |
|---------------|-------------------|-------------------|
| 55 m Dash | 8.54 FAT | 7.44 FAT |
| 300 m Dash | 51.24 FAT | 41.80 FAT |
| 600 m Run | 2:10.24 FAT | 1:50.24 FAT |
| 1000 m Run | 4:00.24 FAT | 3:15.24 FAT |
| 1600 m Run | 6:30.24 FAT | 5:45.24 FAT |
| 3200 m Run | 14:00.24 FAT | 12:00.24 FAT |
| 55 m Hurdles | 11.50 FAT | 11.24 FAT |
| 4x200 m Relay | 1 team per school | 1 team per school |
| 4x400 m Relay | 1 team per school | 1 team per school |
| 4x800 m Relay | 1 team per school | 1 team per school |
| High Jump | 4-04 | 5-02 |
| Long Jump | 13-06 | 17-00 |
| Shot Put | 25-00 | 35-00 |

Section 3 Vermont State Meets Entries Fees

Art. 1...Outdoor Division I, II, III Boys and Girls entry fees (**not participation fees - a check must include fees for all athletes entered into the meet**) will be \$10.00 per individual up to a maximum of \$100.00 per team. Read team, not school. Therefore boys team is \$100.00 and girls team is \$100.00.

Art.2...Indoor State Meet participation fee is \$70.00 per team. Read team, not school. Cost of meet participation (per athlete) will be \$7.00\meet. This amount must be paid in check form to the Vermont Indoor Track and Field Association.

Art.3...Entry and late fees must be paid prior to participation. Fines and entry fees **MUST** be PAID (check must be received by a host school) prior to issuance of competitor numbers/bibs and a team packet.

Section 4 Disqualification

Art. 1... Officials, when possible will be pro-active. Warning of potential rule violation is strongly recommended.

Art. 2...Disqualification of an athlete is allowed only when directly observed by an event official. Officials are encouraged to consult their decisions with the head official or another official if possible.

Art. 3...Disqualification of an athlete cannot be as a result of a notification from another person including but not limited to a coach, parent, spectator and/or athlete. So if a race begins and a coach notices jewelry or uniform violation and says something to an official, who had not noticed it, the officials cannot DQ the athlete because they did not see it.

Section 5 Protests

Art. 1...Coach first appeals to the referee.

Art. 2...Judgments decisions by an official(s) can not be protested. Only misinterpretation or misapplication of rules, scoring and clerical errors can be protested. (For more detail see NFHS case book rule 3.2.4).

Art. 3...Only team Head Coach (Case book 3.2.4 situation D) may appeals to the appeals committee in writing. All protests must be submitted on the correct form (see below Appendix A).

Section 6 New England Outdoor Championship Qualifying Meet

Art. 1...There will be an open Invitational – Outdoor New England Championship Qualifier Meet Saturday Memorial Day weekend.

Art. 2...Indoor State Meet – all divisions – will be Indoor NE Championship Qualifying Meet.

Art. 3...Team scores will not be kept during Outdoor New England Championship Qualifier Meet.

Art. 4...VPA Championship admission fees will be charged \$7.00 adult, \$4 children.

Art. 5... NE Qualifier Meet Boys and Girls entry fees (not participation fees - a check must include fees for all athletes **entered** into the meet) will be \$7.00 per individual up to a maximum of \$82.00 per team. Read team, not school. Therefore boys team is \$82.00 and girls team is \$82.00. Entry fees must be paid prior to participation. Fines and entry fees **MUST** be PAID (check must be received by a host school) prior to issuance of competitor numbers/bibs and a team packet.

Section 7 Athlete Selection for NE Championship Meet

Art. 1...Top 6 places in every event will qualify for NE TF Championship Meet.

Art. 2...Top 6 finishers in every event are entered automatically in NE T&F Championship.

Art. 3...**There are no substitutions for qualified athletes or relays. Any athlete originally entered into a relay team (up to 8) may run.**

Art. 4...If NE Qualifier Meet or an event(s) is cancelled for weather or other reasons VT State Meets or event(s) during this meet will be NE Qualifier. Criteria for selection from State Meet: Top 6 individual athletes and relays from events finals qualify for New England T&F Championship regardless of Division.

Art. 5...Regarding ties in weight events or LJ – TJ, the 2nd best jump, throw would be used (3rd if tie remains after 2nd) Regarding ties in PV – HJ, the number of misses would be used according the rule book, (if tie still remains the qualifying entry for a meet would be used). Regarding ties in 100 m Dash, 200 m Dash and 100/110 m Hurdles the time from preliminary heats will be used, than entry time for a meet. Regarding ties in 300 m Hurdles, 400 m Dash, middle distance and distance, the qualifying entry for a meet would be used. If a division does not use FAT at states or FAT is not working, those divisions and or runs without FAT will round up to the nearest highest tenth than add .24 sec. State Meet Entry Marks will be used if an event was postponed or cancelled during the State championship meet.

Section 8 Competitors Uniform / Jewelry

Art. 1...Competitor may not wear jewelry during a competition in Vermont.

Rule 5 Jumping Events

Section 1 Pole Vault

Art. 1... The National Federation pole vault rules are for both **practice and meets**.

Art. 2...Pole vault coach must be certified for practice and meets. Schools that do not have certified coaches may not participate and points will be forfeited. To be pole vault certified, you need a certified number. Coaches and officials may get certified by attending a PV certification clinic or complete a PV certification test on the following website: <http://www.pvscb.com/> . PV certification does not expire.

Art. 3...All schools are reminded that in order to have pole vault at a meet you host, you must have a **certified pole vault official**.

Art. 4...During the regular season, the host school can honor the pole vault certifications form or weigh in the participants. Schools must use proper equipment and padding which meets National Federation rules. Standards should not be altered in order to create a lower setting.

Art. 5...National Federation Track and Field Rule 7, Section 5, Art. 3. The vaulter's weight shall be at or below the manufacturer's pole rating. The manufacturer pole rating shall be visible in a one inch contrasting color, as well as a one inch circular band indicating the maximum top hand hold. Pole rating markings are to be located above the hand-hold band.

Note: Older vaulting poles should be marked with the manufacturer's pole rating by use of an indelible marking pen in a one inch contrasting color printed lengthwise above the hand hold band.

Art. 6... Schools are required to process the **Pole Vaulter's Weight Certification Form** (see Appendix C) listing each student participating in the pole vault event. **Copies of this form should be available at the competition site for comparison with the manufacturer's pole rating of the pole(s) used by each vaulter during that competition.**

Art. 7...Pole Vault helmets are recommended during a practice and meet.

Art. 8 ...NFHS Rule 7-5-29b now states, "deletes that it is a foul if a competitor in the pole vault is to leave the ground without breaking the plane and touching the pit or ground beyond zero point."

Rule 6 Vermont State Records

Section 1 VT Track and Field Records

Art. 1...Separate records will be kept for every division in every outdoor state meet event. Over all records will be kept in every event of indoor state meet and decathlon / heptathlon.

Art. 2...An athlete may set a Track State Record in a State Meet, or New England Meet competition, or any sanctioned meet with fully automatic timing (FAT). Sanction Meets in VT: Burlington Invitational, Essex Invitational and all electronically timed meets.

Art. 3...For recognizing records set in a running event the Head Running Judge or the Meet Director, the Starter and Head Timer must sign the result card certifying the credibility of the record and the legality of the conditions under which the athlete set the record. (Making sure runners started from proper marks and FAT was working properly.)

Art. 4...For recognizing records set in a field event the Head Field Judge or the Meet Director must re-measure and verify the performance using steel tape immediately after the performance. In throwing events implements must be certified (weight and measured) according to rules. The head Field Judge, the Head Timer, and/or the Meet Director must sign the event card certifying the credibility of the record and the legality of the conditions under which the athlete set the record.

Art. 5...All officials verifying a Track and Field State Record must be designated and identified before a meet.

Art. 6...It is the responsibility of the athlete's coach to ask meet officials for record verification. The coach or athletic director must inform the Vermont Principals' Association Track Committee and Pavel Dvorak, Burlington High School for VT TF web update.

Vermont Track and Field High School Protest Form

In order to file a protest of an official ruling the following guidelines must be followed:

1. A coach first appeals to the referee. If the coach still dissatisfied with rules application, a written appeal should be made. Only team Head Coach (Case book 3.2.4 situation D) may appeals to the appeals committee in writing.
2. The protest must be filed to an announcer in the press box within **30 minutes** following the event in question results posting. The official meet clock is maintained in the press box and will serve as the only time gauge acceptable for protests.
3. The information below must be fully completed on both sides of this form in order for the protest to be considered:

Disqualification of an athlete is allowed only when directly observed by an event official. Judgments decisions by an official(s) can not be protested. Only misinterpretation or misapplication of rules, scoring and clerical errors can be protested. (Fore more detail see NFHS case book rule 3.2.4).

Event: _____ **Date:** _____ **Time:** _____

Heat/Flight: _____

Athlete(s) Involved:

Name: _____ **School:** _____ **Comp.Number:** _____ **Hip Number:** _____

Name: _____ **School:** _____ **Comp.Number:** _____ **Hip Number:** _____

Name: _____ **School:** _____ **Comp.Number:** _____ **Hip Number:** _____

Description of Infraction/Dispute:

NFHS and/or VPA Rule Book Reference: Be exact in your rule reference number and page. (Example: NFHS Rule 2 Scoring Art. 2...The number of the places...).

Coach Filing Protest: Name _____ **School** _____

Coach's Signature: _____

Administrative Only:

Official Time Protest was Filed: _____

Received by: _____

Appeals Committee Action:

Meet Director's Signature: _____

**Appendix B
"Short" Name**

Hy-Tek Team Manager Database Schools Team Codes, Alt. Abbr, Team Name and

| | State | Abbr./Alt.Abb | School Name | Short Name |
|-----|-------|---------------|------------------------------|------------------|
| | VT | ARLG | Arlington Memorial HS - VT | Arlington VT |
| 20 | VT | BF | Bellows Falls UHS - VT | Bellows Falls VT |
| 21 | VT | BFAF | Bellows Free Ac Fairfax - VT | Fairfax VT |
| 22 | VT | BFAS | Bellows Free Ac St.Alb - VT | Bell. Fre Ac. VT |
| 26 | VT | BHS | Burlington HS - VT | Burlington VT |
| 35 | VT | BRAT | Brattleboro Union HS - VT | Brattleboro VT |
| 65 | VT | COL | Colchester HS - VT | Colchester VT |
| 72 | VT | CRFT | Craftsbury Academy - VT | Craftsbury VT |
| 76 | VT | CVU | Champlain Valley UHS - VT | Champlain Val VT |
| 89 | VT | ENOS | Enosburg High School - VT | Enosburg VT |
| 92 | VT | ESS | Essex High School - VT | Essex VT |
| 100 | VT | FHUH | Fair Haven Uhs - VT | Fair Haven VT |
| 112 | VT | GMUH | Green Mountain UHS - VT | Green Mnt. VT |
| 123 | VT | HAR | Harwood UHS - VT | Harwood VT |
| 124 | VT | HART | Hartford High School - VT | Hartford VT |
| 126 | VT | HAZN | Hazen UHS - VT | Hazen VT |
| 140 | VT | INDV | Independent - VT | Independ VT |
| 164 | VT | LREG | Lake Region UHS - VT | Lake Region VT |
| 167 | VT | LUHS | Lamoille UHS - VT | Lamoille VT |
| 169 | VT | LYND | Lyndon Institute - VT | Lyndon VT |
| 178 | VT | MAU | Mount Anthony UHS - VT | Mt. Anthony VT |
| 192 | VT | MIDL | Middlebury UHS - VT | Middlebury VT |
| 196 | VT | MILN | Milton HS - VT | Milton VT |
| 199 | VT | MMU | Mnt. Mansfield UHS - VT | Mt. Mansfield VT |
| 201 | VT | MONT | Montpelier HS - VT | Montpelier VT |
| 206 | VT | MTAB | Mnt. Abraham UHS - VT | Mt.Abraham VT |
| 208 | VT | MTSJ | Mnt. St.Joseph Academy - VT | Mt.St.Joseph VT |
| 210 | VT | MVU | Missisquoi Valley UHS- VT | Missisquoi VT |
| 223 | VT | NCU | North Country UHS - VT | North Country VT |
| 257 | VT | PEOP | Peoples Academy - VT | Peoples Ac VT |
| 269 | VT | PRSC | Pine Ridge School - VT | Pine Ridge VT |
| 271 | VT | RAN | Randolph UHS - VT | Randolph VT |
| 276 | VT | RICE | Rice Memorial HS - VT | Rice Mem VT |
| 277 | VT | RICH | Richford HS - VT | Richford VT |
| 282 | VT | RUT | Rutland High School - VT | Rutland VT |
| 285 | VT | SBHS | South Burlington HS - VT | S. Burlington VT |
| 304 | VT | SPHS | Spaulding High School-VT | Spaulding VT |
| 305 | VT | SPR | Springfield HS - VT | Springfield VT |
| 308 | VT | SROY | South Royalton HS - VT | S. Royalton VT |
| 310 | VT | STJA | St. Johnsbury Academy - VT | St. Johnsbury VT |
| 323 | VT | THET | Thetford Academy - VT | Thetford VT |
| 327 | VT | TPUT | The Putney School - VT | Putney VT |
| 332 | VT | TWIF | Twinfield HS - VT | Twinfield VT |
| 333 | VT | TWIV | Twin Valley HS - VT | Twin Valley VT |

| | | | | |
|-----|----|------|----------------------------|--------------|
| 334 | VT | U-32 | U-32 HS - VT | U-32 VT |
| 335 | VT | VERG | Vergennes HS - VT | Vergennes VT |
| 355 | VT | WIND | Windsor High School - VT | Windsor VT |
| 362 | VT | WODS | Woodstock High School - VT | Woodstock VT |

THIS FORM MUST BE CARRIED TO ALL MEETS

V.P.A. POLE VAULTER’S WEIGHT CERTIFICATION FORM

TO ALL MEMBER SCHOOLS - Member schools will be required to process the **Pole Vaulter’s Weight Certification Form** listing each student participating in the pole vault event. This form is to be on file in the Athletic Director’s Office prior to a pole vaulter’s first interscholastic competition.

It will be required to update this form when a weight change necessitates the use of a new pole rating.

*****Copies of this form should be available at the competition site for comparison with the manufacturer’s pole rating of the pole(s) used by each vaulter during that competition.**

SCHOOL_____

| | Name of Vaulter | Weight* | Pole Rating |
|----|------------------------|----------------|--------------------|
| 1. | _____ | _____ | _____ |
| 2. | _____ | _____ | _____ |
| 3. | _____ | _____ | _____ |
| 4. | _____ | _____ | _____ |
| 5. | _____ | _____ | _____ |
| 6. | _____ | _____ | _____ |
| 7. | _____ | _____ | _____ |
| 8. | _____ | _____ | _____ |

***Includes full competition uniform and footwear**

Date_____ **Signature of Principal**_____

Date_____ **Signature of Athletic Director**_____

Date_____ **Signature of Coach**_____

Clinic Attendance Certification No._____

NOTE TO SCHOOL OFFICIALS

National Federation Track and Field Rule 7-4-3. The vaulter’s weight shall be at or below the manufacturer’s pole rating. The manufacturer pole rating shall be visible in a one inch contrasting color, as well as a one inch circular band indicating the maximum top hand hold. Pole rating markings are to be located above the hand-hold band.

Note: Older vaulting poles should be marked with the manufacturer’s pole rating by use of an indelible marking pen in a one inch contrasting color printed lengthwise above the hand hold band.