

## KHSAA RULES AND REGULATIONS

### Governing Track Meets

*(Adopted by the Board of Control)*

*(Case situations refer to rulings and interpretations used to interpret and administer these provisions which can be found in the Case Situation section of the Handbook. (When possible, additional cross-referencing information has been included.)*

#### I) Assignment of Schools to Regions

##### A) CLASSES

The Kentucky High School Athletic Association shall sponsor post-season competition in cross country and track for boys and girls, provided that fifteen (15) percent of the member schools declare intentions to participate in said competition. Member schools desiring to participate in KHSAA sponsored postseason competition shall notify the Association office prior to September 1. The state shall be initially divided into three classes based on a multiple-year average enrollment, with each class containing six (6) regions. The Commissioner shall divide the state into geographic sections with the approval of the Board of Control. Newly added or deleted programs will be handled on a case by case basis by the Commissioner's office.

As of August 1, 2007, the alignment for boys' and girls' cross country and track is as follows —

##### CLASS A (0-570 average students)

REGION 1 - Ballard Memorial, Carlisle County, Christian Fellowship, Community Christian, Crittenden County, Dawson Springs, Fort Campbell, Frederick Fraize, Fulton, Fulton County, Hancock County, Hickman County, Livingston Central, Lyon County, Mayfield, McLean County, Murray, Russellville, St. Mary, Todd County Central, Trigg County, Trinity (Whitesville), University Heights

REGION 2 - Bardstown, Beth Haven, Bethlehem, Brown, Campbellsville, Caverna, Christian Academy, Eminence, Evangel Christian, Fort Knox, Glasgow, Whitefield Academy, Holy Cross (Louisville), Kentucky Country Day, Kentucky School f/t Blind, Louisville Collegiate, Portland Christian, St. Francis, Walden

REGION 3 - Beechwood, Bellevue, Bishop Brossart, Calvary Christian, Covington Latin, Dayton, Gallatin County, Heritage Academy, Holy Cross (Covington), Ludlow, Newport Central Catholic, Silver Grove, St. Henry, Villa Madonna, Walton-Verona, Williamstown

REGION 4 - Augusta, Bath County, Bracken County, Burgin, Carroll County, Danville, Deming, Elliott County, Fairview, Frankfort, Kentucky School f/t Deaf, Lexington Christian, Menifee County, Nicholas County, Owen County, Paris, Raceland, Rose Hill, Sayre, St. Patrick, Trimble County

REGION 5 - Barbourville, Berea, Clinton County, Cumberland, Cumberland County, Everts, Green County, Harlan, Lynn Camp, Metcalfe County, Middlesboro, Model, Monticello, Oneida Baptist, Owsley County, Pineville, Red Bird, Somerset, Williamsburg

REGION 6 - Allen Central, Betsy Layne, Buckhorn, Cordia, Hazard, Jackson, Jenkins, June Buchanan, Lee County, Paintsville, Phelps, Piarist, Pikeville, Riverside Christian, South Floyd, Wolfe County

##### CLASS 2A (571 average to 950 average students)

REGION 1 - Caldwell County, Fort Campbell (through 2004-2005), Heath, Hopkins County Central, Lone Oak, Muhlenberg North, Muhlenberg South, Owensboro Catholic, Paducah Tilghman, Reidland, Union County, Webster County

REGION 2 - Adair County, Allen County-Scottsville, Breckinridge County, Butler County, Edmonson County, Elizabethtown, Franklin Simpson, Hart County, Larue County, Marion County, Monroe County, Taylor County, Warren East, Washington County

REGION 3 - Bullitt East, DeSales, Fairdale, Franklin County, Henry County, Mercy Academy, Moore, North Bullitt, North Oldham, Presentation, Shawnee, Spencer County, Western, Western Hills

REGION 4 - Boyle County, Casey County, Corbin, East Jessamine, Estill County, Garrard County, Lexington Catholic, Madison Southern, McCreary Central, Mercer County, Rockcastle County, Russell County, Wayne County, West Jessamine

REGION 5 - Bourbon County, East Carter, Fleming County, Greenup County, Highlands, Lawrence County, Lewis County, Lloyd Memorial, Mason County, Morgan County, Newport, Pendleton County, Rowan County, Russell, West Carter

REGION 6 - Belfry, Bell County, Breathitt County, Cawood, East Ridge, Jackson County, Knott County Central, Knox Central, Leslie County, Magoffin County, Pike County Central, Powell County,

Prestonsburg, Shelby Valley, Sheldon Clark

##### CLASS 3A (above 950 average students)

REGION 1 - Apollo, Bowling Green, Calloway County, Christian County, Daviess County, Graves County, Grayson County, Greenwood, Henderson County, Hopkinsville, Logan County, Madisonville North Hopkins, Marshall County, Ohio County, Owensboro, Warren Central

REGION 2 - Bullitt Central, Butler, Central, Central Hardin, Doss, duPont Manual, Iroquois, John Hardin, Male, Meade County, Nelson County, North Hardin, Pleasure Ridge Park, St. Xavier, Valley

REGION 3 - Assumption, Atherton, Ballard, Eastern, Fern Creek, Jeffersontown, Oldham County, Sacred Heart, Seneca, Shelby County, South Oldham, Southern, Trinity (Louisville), Waggener

REGION 4 - Boone County, Campbell County, Conner, Covington Catholic, Dixie Heights, Grant County, Holmes, Notre Dame, Ryle, Scott, Simon Kenton

REGION 5 - Anderson County, Ashland Blazer, Boyd County, Bryan Station, George Rogers Clark, Harrison County, Henry Clay, Lafayette, Madison Central, Montgomery County, Paul Dunbar, Scott County, Tates Creek, Woodford County

REGION 6 - Barren County, Clay County, Johnson Central, Letcher County Central, Lincoln County, North Laurel, Perry County Central, Pulaski County, South Laurel, Southwestern, Whitley County

##### B) ENROLLMENT CRITERIA

The basis for determining the schools to be placed in Class 1A, 2A, and 3A will be the average total enrollment in grades 9-12 of a coeducational school including all special education students for the four most recent years available for the entire membership at the time of classification. The Board of Control shall ensure that an upward adjustment is made for the enrollment of a school with less than a full high school course, and for schools enrolling boys only (double) or girls only (double).

##### C) CLASSIFICATION

Initial classification is based on enrollment data verified by the Kentucky Department of Education for the two years through the enrollment of the 2001-2002 school year.

1) The enrollment data used to determine the class boundaries shall be obtained from the Kentucky Department of Education or other verifiable sources in the case of non-public schools.

2) The classification shall be reviewed for complete revision to begin with the 2007-2008 school year.

3) The schools shall be placed in enrollment ranked order (after adjustment for single-sex schools)

4) The schools shall be placed in a class based on the Board of Control objective of placing forty-percent (40%) of the members in Class 1A, and thirty-percent of the members in 2A and 3A, thereby allowing for comparable sized regional meets.

5) The highest and lowest enrollment average from each class shall form the bounds of the class for the purpose of making adjustments after two years.

6) If the ranking and division leaves two or more teams with equal enrollments at the dividing point for class division, the Board of Control shall determine which teams go into each class. First preference is to use enrollment data at levels other than the top four (4) grades to determine the class boundaries. If the enrollment data does not yield a clear conclusion, the teams going into each class shall be drawn by random chance by drawing by lot or by coin toss.

7) The average enrollment shall be computed again for the previous two years using the enrollment data from not earlier than the 2001-2002 school year as the first of the average years in order to make adjustments to begin with the 2005-2006 season. Any school whose enrollment average exceeds or is below the class bounds by five (5) percent or more shall automatically be moved after the first two years of the alignment. This movement shall be irrespective of the total number of teams in the class.

##### II) Dates and Sites for Tournaments

The Commissioner shall make the determination of the regional meet sites. Schools interested in hosting a regional meet must submit their request through the defined site selection process at prior year meets. The applicant shall supply information relating to seating and parking facilities and such other information as may be requested by the Commissioner. The Commissioner's office may use this site selection plan as a guide, but is not bound by this plan in

determining the sites. If a region is unable to resolve conflict over the plan, the Commissioner shall establish a plan. All meets will be held within the dates indicated on the Memorandum Calendar unless otherwise approved in writing by the Commissioner.

Only schools which are members of the Association prior to January 1 of the year in which the tournament is held, and already having a suitable facility for hosting the meet shall be allowed to apply, and only those competing in the current year will be allowed to vote for the region tournament location.

Schools interested in hosting a regional meet must submit the meet information when requested by the Commissioner's office. The applicant shall verify that the facility meets any standards established by the Games Committee and shall supply data relating to seating and parking facilities and such other information as may be requested by the Commissioner. Member schools are not permitted to practice for, travel to or participate in an interscholastic athletic contest during the six-hour school day. No Track and Field meet should be scheduled at a time that would violate any part of the six-hour academic school day. During this time of graduations, etc, scheduling adjustments made known due to conflicts in advance, may need to be made.

The Board of Control shall determine the site of the state finals after receiving the Commissioner's recommendation, and shall be guided by necessary hotel facilities, playing facilities, and community/area support.

### III) Meet Managers

The Commissioner will appoint a manager for each of the regional meets, and shall serve as the manager for the state meet. The Commissioner may appoint as many assistant managers as deemed necessary to manage the event. It is the duty of regional managers to notify all schools participating in the meet as to the time and place of the meet, to supply them with entry blanks, to invite their participation, and make all arrangements to conduct the meet. It is an explicit duty of each tournament manager to inform the association IMMEDIATELY as to the bracket / pairings / entries / results when requested by KHSAA staff and according to the time deadlines provided including the actual site of the tournament if it is not held at the school. The Board of Control has approved the policy that the receipts of a tournament can be assessed (a fine levied against the manager) for failure to comply with these provisions.

### IV) Eligibility to Enter Tournament Play

To be eligible to compete in the regional or state meet, a contestant must be enrolled in the seventh (7th) grade or higher and be otherwise eligible by all KHSAA Bylaws. For the 2007-2008 school year, a student below grade seven (7) may be entered in the regional and/or state meets only if that student was on the entry list for that school during the 2005-2006 regional meet.

To be eligible to compete in the regional or state meet in all events with the exception of Pole Vault, a contestant shall have competed in at least four meets (indoor or outdoor) involving a minimum of two schools on a team representing a member school during the regular season. For all events except for Pole Vault, such participation requirement is not event specific.

Schools desiring to enter athletes in the Pole Vault, shall have proof of completion of the Pole Vault Coaching Certification Course managed through [www.pvscb.com](http://www.pvscb.com). Such certification shall be current and must be maintained when certification periods change. Only those coaches who have successfully completed the Pole Vault course may utilize any coaching box or additional coaching privilege afford to coaches by NFHS rules.

Athletes desiring to enter the Pole Vault shall have competed in Pole Vault at least four high school meets on a team representing a member school during the regular season. Such participation shall be verified to the regional manager using the required KHSAA forms. Athletes entering high school meets where only the Pole Vault is contested or meets where that school's only participation is Pole Vault may count that participation against the required four (4) meets and the school does not have to count that particular meet against its maximum number of meets allowed under Bylaw 25.

Athletes competing in high school meets (grades 9-12) and participating with a high school as a representative of that school irrespective of level of the meet shall be allowed to count that meet toward the four meet minimum. Coaches should maintain and have available copies of all results for the regional manager to verify in

case of a challenge to the required participation minimums by any athlete. Such individual meet verification (results) may be recorded on standard forms distributed by the Association in lieu of keeping individual results.

All entrants from a school accumulate team points toward the team championship in accordance with the provisions under part VIII, Champion.

### V) Contestants

A school may enter any eligible student-athlete in the postseason region meet. All entries in KHSAA postseason play shall be done electronically using the Association designated software application.

The initial entry report for contestants in the region meet shall be submitted not later than 5:00 p.m. five (5) days prior to the first day of preliminaries. For those regions holding preliminary competition in Pole Vault and/or other events at a different time, the entry deadline will be not less than five (5) days prior to that date for those events.

The deadline for the scratch/add of competitors is not later than 5:00 p.m., two (2) days (48 hours) prior to the first day of preliminaries. For those regions holding preliminary competition in Pole Vault and/or other events at a different time, the scratch/add deadline will be not less than two (2) days prior to that date for those events. Each manager is responsible for the forwarding of the list to future rounds of tournament play. Only in the case of documented medical emergency can these deadlines be waived.

A school may enter one or two contestants in each individual event and one team in each relay race at the regional meet.

Eight participants may be named to a relay team, any four of whom may be used in the preliminaries or in the finals. The same eight individuals are the only athletes eligible to be entered in that relay race at the state meet. Coaches should list a maximum of eight individuals on the relay entry, and then must declare the runners that will run prior to each race. The same eight individuals are the only athletes eligible to be entered in that race at the state meet. Listing on the entry does not count as one of their events unless they actually report to the clerk. Being listed as an alternate does not count as one of the events for the athlete against the four-event limit. Only those relay contestants who actually participate will be considered official entries.

Any contestant whose name is on the eligibility list may be substituted for the original entry at a regional meet, prior to the deadline for scratch/add. After this time, the manager may only allow the substitution if the original entry is prevented from participating in the event because of circumstances beyond their control and with medical documentation.

In any meet, a contestant shall not compete in more than four events. Any number of these events may be relays. IF A COMPETITOR EXCEEDS PARTICIPATION LIMITS, THEY SHALL FORFEIT ALL INDIVIDUAL AND TEAM POINTS EARNED IN ANY EVENT AND SHALL BE DISQUALIFIED FROM FURTHER PARTICIPATION IN THAT MEET.

The top two competitors in each event at the regional meet shall automatically qualify for the state meet along with the next four best times/heights/marks from the state-at-large. In addition, those contestants meeting the published time standards in accordance with the published guidelines shall also qualify for the state meet.

### VI) Officials (Regular and Postseason)

It is strongly recommended that a KHSAA licensed official (Track and Field), be present at each Track meet that counts toward the limit of meets in accordance with Bylaw 25. In any meet where more than four (4) schools are entering teams or individuals, there shall be a KHSAA licensed Track official. The fee shall be \$45 per division (one boys program of events and one girls program of events) for each of two licensed KHSAA officials for a standard school day or half-day (3 hours or less) weekend Track Meet. For larger meets that require longer than three hours, the fee shall be \$65 per each of the two licensed officials (Referee & Starter). If additional referees are hired at the discretion of meet management, they shall receive the same fee.

Track and Field Regional meet assigned officials shall be paid \$70 per division plus the Board of Control approved travel allowances. Only one official will be paid travel for the regional meet.

At the discretion and with the approval of the manager, the meet assigned referees shall be paid a mileage allowance for one car

based on the mileage necessary. Additional postseason allowances for lodging, etc. shall be at the discretion of the tournament manager and must be approved by the Commissioner.

The local management of the postseason track meets shall have the authority to hire and utilize all licensed officials necessary for properly conducting the meets.

For the State Track meet, the Commission shall have the authority to hire and utilize all officials necessary for properly conducting the meets. Where possible, the Association will utilize KHSAA licensed track officials for the state meets. State Track officials will be paid according to position in accordance with a scale approved by the Commission in advance.

Final approval for all selections to the region and state meets must be made by the Commission.

State track and cross country officials will be paid according to position in accordance with a scale approved by the Commission in advance.

### **VII) Events**

All boys' regional meets as well as the state meet shall have the following events: 110 Meter High Hurdles, 100 Meter Dash, 4 x 200 Meter Relay, 1600 Meter Run, 4 x 100 Meter Relay, 400 Meter Dash, 300 Meter Low Hurdles, 3200 Meter Run, 800 Meter Run, 200 Meter Dash, 4x400 Meter Relay, 4x800 Meter Relay, Shot Put, Discus, Pole Vault, Triple Jump, Long Jump, High Jump.

All girls' regional meets as well as the state meet shall have the following events: 100 Meter Low Hurdles, 100 Meter Dash, 4 x 200 Meter Relay, 1600 Meter Run, 4 x 100 Meter Relay, 400 Meter Dash, 300 Meter Low Hurdles, 3200 Meter Run, 800 Meter Run, 200 Meter Dash, 4x400 Meter Relay, 4x800 Meter Relay, Shot Put, Discus, Long Jump, High Jump, Pole Vault, Triple Jump.

These events shall be conducted in metric measurements when possible. The traditional English measurements may be used when necessary. National Federation Track and Field Rules shall govern the competition.

### **VIII) Uniform**

All contestants in Track and Field shall adhere to National Federation Rule 4-3 as it relates to the uniform of the competitors. In addition, the Games Committee for the State Cross Country and Track Meets may, within the allowable limits of Rule 4-3, establish clarifications and enhancements to the uniform requirement to ensure equal treatment of all competitors.

At present, the Games Committee has addressed the following areas for consistent enforcement by meet officials and which are applicable to all contestants. NOTHING ABOUT THESE REGULATIONS MANDATE A REQUIRED COLOR).

- 1) HEADS - Hats are not allowed however the toboggan or stocking cap/wrap are permitted in cold or hot weather. All head gear and holders must be checked by the Meet Referee to make sure they are secure. Anything worn on the head must be secure, designed for the head, and without a visible manufacturer's logo or other decoration (other than the school name / nickname).
- 2) TOPS - If shirts are worn under the school issued jersey by more than one team member (two or more), that apparel must be exactly the same single solid color on all who choose to wear the undergarments. It is not necessary that all team members wear them. No lettering or designs or decals will be allowed on undershirts anywhere with the exception of a single manufacturer's logo which shall adhere to the NFHS restrictions. The restrictions on undershirts do not include sleeve length. For example one team member can wear long sleeves, one 3/4 sleeves and one short sleeves as long as they are the same solid color.
- 3) BOTTOMS - If leotards, body suits or bike shorts are worn under the school issued running trunks by more than one team member (two or more), that apparel must be a single solid color and alike in color. Long underwear will not be accepted as a visible undergarment for either tops or bottoms. No lettering, designs or decals will be allowed on underpants anywhere, with the exception of a single manufacturer's logo which must meet NFHS restrictions. The restrictions on pants do not include pants length. For example one team member can wear long pants, one 3/4 pants and one short pants as long as they are the same solid color.
- 4) HANDS - Gloves or socks may be worn on the hands during

cold weather.

- 5) FEET - Shoes must be worn. Shoes of different runners on the team do not have to be the same make and model. The use of ballet slippers, gymnastic or sweat socks does not meet the requirements of this rule.
- 6) JEWELRY - No jewelry will be allowed to be worn per NFHS rules. Religious or medical medals can be worn in compliance with NFHS rules. A religious medal must be taped to the body and worn under the uniform. A medical alert piece of jewelry must be taped to the body and should be visible. Wrist watches may not be worn during competition and are to be removed at or prior to the point of reporting to the Clerk. Violators of the watch restriction that are not detected by the Clerk and/or other meet officials shall be directed to immediately remove the watch and may not be otherwise penalized.
- 7) BODY MARKINGS / TATTOOS - A permanent tattoo that is not objectionable in the judgement of an official, would be allowed. A permanent tattoo that is objectionable in its content or form must be covered. Anything non permanent including tattoos, face paint, etc. would not be legal if visible on any part of the body as it would be excessive body decoration.
- 8) SPORTS BRA - These items are considered foundation garments and are not to be considered as part of the uniform or undergarment rule.
- 9) SUNGLASSES- Unless prescribed by a medical doctor for the purpose of vision correction, sunglasses may not be worn during competition.
- 10) HIP NUMBERS - UNIFORM - When hip numbers are worn for purpose of assisting the automated timing system in region and state competition, the uniform topped shall be tucked into the shorts when the competitors are at the start.

### **IX) Champion and Scoring**

Six (6) places shall count in scoring in each event at the regional meets with values of 10-8-6-4-2-1. Eight (8) places shall count in scoring in each event at the state meet with values of 10-8-6-5-4-3-2-1.

The champion of each meet will be the team compiling the highest number of points in each meet.

### **X) Trophies and Awards**

#### **A) Region.**

- 1) Trophies will be given to the team winner and runner-up at each region.
- 2) Awards will be given to first six (6) finishers in each event at each regional meet.
- 3) The Association will bear the costs of all trophies and medals at the regional meet.

#### **B) State.**

- 1) Trophies will be awarded to the teams finishing first, second, third and fourth at the state meet.
- 2) Awards will be given to the first eight (8) finishers in each event at the state meet.
- 3) The Association will bear the costs of all trophies and medals at the state tournament.

### **XI) Finances**

#### **A) Region**

- 1) The finances of the regional meet will be managed at the regional level.
- 2) The regional competing schools shall decide any distribution of net profit/loss, which shall be shared.

#### **B) State**

- 1) The Association will finance the state tournament.
- 2) Schools are responsible for the expenses of competitors participating in the state tournament.

### **XII) Special Tournament and Regular Season Rules**

#### **A) Specifications for Track Facilities**

The specifications for recommended and required standards for track facilities to be used in tournament play may be developed by Association staff and Advisory Committees and approved by the Board of Control.

#### **B) Sector for Shot Put and Discus**

Effective with the 2005-2006 school year, the sector for the Shot Put and Discus shall be marked at 34.92 degrees. All regular and postseason competition shall utilize this sector measurement,

whether or not the event is held inside the oval.

C) Additional Rules for Contests

Additional rules, governed by State Association adoption provisions in the National Federation Playing Rules or otherwise developed by the Association may be implemented in contests played in Kentucky and will be distributed to the membership when relevant.

D) State Meet Qualifying Standards and Starting Heights

- 1) Automatic Qualifying Standards are determined by the average fifth place time the last five years of State Meets.
- 2) The calculated FAT time standards represent the actual five year average.
- 3) Automatic Qualifying HAFT Standards are derived by taking the five-year average electronic (FAT) time, reducing it by .24 and then rounding to the next tenth in compliance with Track Rule 3-9.
- 4) High Jump qualifying marks are rounded up to the nearest 2 inch mark above the five-year average for boys.
- 5) High Jump qualifying marks are rounded up to the nearest 2 inch mark above the five-year average for girls.
- 6) Pole Vault qualifying marks are rounded up to the nearest 6 inch mark above the five-year average for boys.
- 7) Pole Vault qualifying marks are rounded up to the nearest 6 inch mark above the five-year average for girls.

E) State Meet Starting Heights and Marks

- 1) Pole Vault starting height at state meet will be 2 feet below Class Automatic Qualifying Standard for boys.
- 2) Pole Vault starting height at state meet will be 2 feet below Class Automatic Qualifying Standard for girls.
- 3) High Jump starting height at state meet will be 4 inches below Class Automatic Qualifying Standard for boys.
- 4) High Jump starting height at state meet will be 4 inches below Class Automatic Qualifying Standard for girls.
- 5) Games Committee reserves the right per NFHS rules to adjust starting height due to unforeseen conditions

F) Interrupted Meets

When lightning or other inclement weather, heat and humidity conditions or other events beyond the control of meet management cause the interruption of a meet by the Meet Referee after it has begun, and the determination has been made that it cannot be resumed at the point of interruption, it shall be considered to be complete with respect to the counting against the maximum number of meets for a school or minimum number of required meets for an athlete. In addition, it shall be complete to the extent of the compensation for meet officials.

G) Regional Meet Special Provisions

- 1) There will be no all-timed finals in any event.
- 2) In accordance with NFHS rules, the heats shall be evenly balanced (within one competitor of the other heats).
- 3) If there are more entrants than lanes, there shall be preliminaries and finals.
- 4) The competing schools in the region may decide the final event schedule for the meet as well as other specific non-track related issues such as complimentary admission. Entry deadlines are standard and may not be altered. The Games Committee is studying the scheduling of regions at this time, and may adopt a standardized schedule in the future.
- 5) All regional meets and the state meet shall be conducted utilizing fully automated timing. In the event that the timing system fails for any reason, the NFHS provision for adjusting marks to be comparable shall be utilized.

**XIII) School Personnel to Accompany Team**

In accordance with Bylaw 20, each school having participants in a KHSAA event shall send a school designee to accompany the team. This person should be designated in writing by the Principal and approved by the local Board of Education.

*(See Case Situations on Page 101-102)*