

Welcome to the 2010 NCHSAA Indoor 4A State Track and Field Championship Meet

Welcome to the 4A NCHSAA Indoor State Championship! Our sport is growing! I hope your team has a wonderful experience today and put on the greatest performances of their lives. To insure that the meet is run in a professional manner that showcases the very best in track and field in North Carolina, please read the following details and share these with your athletes **prior** to the meet.

1. All athletes are to be in proper uniform in accordance with National Federation and NCHSAA rules.

Rule 4, Section 3 Article 1: Uniforms shall be worn as intended by manufacturers.

Subsection C.3: The waistband of a competitor's shorts shall be worn above the hips.

Subsection B.6: Bare midriff tops are not acceptable.

Subsection B.7: The jersey must hang down below or be tucked into the waistband of the shorts or briefs when the competitor is standing erect.

IN ADDITION, MAKE SURE THAT ALL MEMBERS OF THE RELAY TEAM HAVE ON THE SAME UNIFORM. Ex. If two members of the relay team have on jerseys with the school name and the other two have a jersey that has the mascot or mascot name on it, the uniforms are not the same!

Rule 4, Section 3, Article 2 Subsection a. In relay races, each team member shall wear the same color and design of school uniform although the length of the bottom or one-piece uniform may vary.

PENALTY: For an illegal uniform, the competitor is disqualified from the event

2. This has been a problem in the past in the throwing events. Plain T-shirts or any color, cutoffs, football jerseys, shorts with a football, basketball or other sport logo are not allowed.
3. The Head Field Event Judges, Alton Tyre of SE Guilford and Randy McDonough of Watauga will certify that all athletes are in proper uniform before any field event begins.
4. Relay participants who choose to wear compression shorts, tights, and/or T-shirts under their uniform must have on the same color. The T-shirt and compression shorts or tights **DO NOT** have to be the same color as the uniform. The Jog Bra is not considered to be a part of the uniform. It may be any color.

Any runners who choose to wear both items must have the same color combination.

SPECIAL NOTE: The starters, check-in clerk, clerk of course, and event judges will be instructed to check all athletes prior to the competition to make sure they are legally uniformed. HOWEVER, IF THE ATHLETE IS FOUND TO HAVE ON AN ILLEGAL UNIFORM OR ILLEGAL ARTICLES AFTER THE COMPETITION BEGINS, THE ATHLETE WILL BE DISQUALIFIED FROM THE EVENT. IT IS THE RESPONSIBILITY OF THE COACH, NOT MEET OFFICIALS, TO MAKE SURE THAT ALL OF YOUR ATHLETES ARE PROPERLY UNIFORMED.

5. All athletes are to have their complete uniform on at all times while on the track or in the infield. **Failure to comply with this rule will result in first, a warning, and second disqualification from an event or possibly the entire meet.**
6. **Rule 3, Sect. 2 Art. 3f:** The games committee shall designate the approved items (tape, chalk, half-tennis balls, etc.) and locations in the acceleration zones of all relay races run in lanes.
7. **Rule 4, Sect. 5 Art. 9g:** A competitor views a videotape, or any other visual reproduction of competitor's performance, prior to the completion of the competition. **Rationale: This rule change will clarify that viewing any form of visual aid, not just videotape, prior to completion of the competition could be deemed an unfair act. PENALTY: DISQUALIFICATION FROM THE EVENT.**
8. **Rule 4, Sect. 5 Art. 9e:** Communicating with a competitor through the use of a wireless device. (Athletes will not be allowed to have cell phones in the competitive area, notably field events.) **PENALTY: DISQUALIFICATION FROM THE EVENT.**
9. **Spikes should be either "1/4 or 1/8" pyramids ONLY. Needle spikes or Christmas tree spikes will not be allowed.**
10. **No Jewelry:** this includes rings, tongue rings, studs and bracelets. You cannot cover them with tape or a band-aid. No metal or hard hair accessories. These include berets, bobby-pins, beads, etc., or any item made of plastic, metal, or wood. Jewelry not only includes earrings, rings, necklaces, or anklets, they also include bracelets made of any material. **MEDIC ALERT BRACELETS ARE PERMISSIBLE**
11. Some athletes are performing with tongue rings and navel rings. **We will not require athletes to open their mouths or to lift their jerseys; however, if a meet official sees these items during the competition, it falls under the jewelry rule.** Running with such items is a safety hazard to the athlete.
12. **All persons participating in the Pole Vault will be weighed and have poles verified.**
13. **Rule 4, Sect. 6 Art. 2:** A field event begins at a time designated by the games committee and concludes when the places have been determined and the field event judge has recorded the results.
14. **Rule 6, Sect. 2, Art. 12:** Warming-up shall without a coach or event official at the venue shall lead to a warning and if repeated, disqualification from the event. If the incident recurs, the athlete will be disqualified from the meet.
15. Athletes are to check-in **ON THE FIRST CALL**. Field event participants are to check-in at their event site. Running event participants are to check-in at the Clerk's Table located behind the backstretch. Have your athletes keep up with the flow of the meet. If they fail to check in, they will be disqualified from the event.
16. **The 10 minute check-in /check-out rule will be in effect. Tell your athletes to check out with the event judge and return within ten minutes after the conclusion of their heat. If an athlete is in a field event and gets a first call for a running event, they should check out of their field event and check-in at the Clerk's Table and then return to the field event. Event judges will be instructed to allow athletes to go "out of turn" if necessary. The Clerk will be instructed not to "hold" athletes competing in field events. It is the responsibility of the athlete to report to the starting line for their event.**
17. **Athletes competing in 2 or more field events simultaneously will have to go "back and forth." They will need to check-out and report immediately to their next event. (Officials**

will allow them time to change shoes if the need shall arise.) Athletes cannot loose an attempt if competing in another event. High Jump takes precedent over all other field events.

All protests should be filed with the Referee, Richard Prince, on the proper "Appeal Form." Please bring your Rules book. This will assist you in filling out the Appeal Form. Any protest of the referee's decision is to be taken to the Meet Director, Chris Lassiter, who will then present it to the Games Committee. Members of the Games Committee are: Norman Trzaskoma, RJ Reynolds; Charlie Payne, Northern Durham Alton Tyre, SE Guilford; Roy Cooper, Apex; Randy McDonough, Watauga

18. The SCRATCH MEETING will be held at 2:45. If an athlete fails to show up for an event, and he/she was not scratched, the athlete will be DISQUALIFIED FOR REMAINDER OF THE MEET. Event judges are to report any athletes who fail to report to the Meet Director. The athlete's coach will then be notified.
19. Coach and all athletes are expected to show GOOD SPORTSMANSHIP. Competitors who engage in taunting, profanity, baton throwing, and/or refuse to follow the instructions of meet officials will be DISQUALIFIED FROM THAT EVENT OR POSSIBLY THE MEET.
20. Coaches should have their athletes that finish in the "Top 8" available to pick up their medals or ribbons when they are announced. We will give out awards ASAP after the completion of their event. Athletes should not linger around the finish line area. Ribbons for places 5-8 will be given out at the site of the event. The ribbons are provided courtesy of the North Carolina Track and Cross Country Coaches Association.
21. NO HEADWEAR IS TO BE WORN DURING WARM-UPS OR IN COMPETITION. THESE INCLUDE DO-RAGS, BANDANAS, SKULLCAPS, HATS OR HEADBANDS. If you have an athlete that must wear headwear for "religious reasons", please inform the event judge and meet referee.
22. All coaches are reminded that if you have not been assigned meet duties by their Meet Director, the INFIELD AREA IS OFF-LIMITS. All Coaches working the meet will have field passes issued by Chris Lassiter, DePaul Mittman, Alton Tyre, or Mark Driebelbis . If you are issued a field pass, you will be expected to work or you will be asked to leave.
23. **Order of Field Events:**
Ladies: Long Jump, High Jump, Pole Vault
Men: Long Jump and Shot Put (Triple Jump will follow Long Jump)
23. Starting Heights:
Ladies High Jump: 4' 6" Men's High Jump: 5' 8"
Ladies' Pole Vault: 7' 6" Men's Pole Vault: 11' 0"

Best of luck to all of you

Chris Lassiter, Ben L. Smith High School
NCHSAA 4A Indoor State Meet Director

Alton Tyre, Southeast Guilford High School
Indoor State Head Field Event Judge

Randy McDonough Watauga High School
Indoor State Meet Assistant Head Field Event Judge