



***Iowa Girls High School Athletic Union***  
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***Iowa High School Athletic Association***  
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It's hard to believe the Drake Relays and conference meets are behind us and the state qualifying meets are upon us. We hope for 70 degrees and sunshine everyday through the state meet. As we head into the postseason, we want to share some of the issues we have learned about through conversations with coaches, officials and administrators.

**Compression Sleeves** – We are all well aware that some athletes wear arm, calf and knee sleeves when they are not injured. As a reminder, a doctor's note is not required for an athlete to wear these sleeves. Any sleeve worn during competition must be unadorned and a single solid color, similar to that of an undergarment.

**Headbands and Hair Devices** – Per both organizations' current board policy, both male and female athletes can wear a headband during competition. Only female athletes can wear a hair device. Headbands must be worn around the forehead, be a single, solid color, must be unadorned, meaning they may only display one manufacture's logo or school name or logo, and can be no more than 2 inches wide. Such logo must be no more than 2 1/4 square inches, with no dimension greater than 2 1/4 inches. Hair devices are to be worn in the hair. There are no size, color, or logo restrictions for hair devices.

**Discus** – We continue to have issues with meet officials recording incorrect discus results. The discus is measured to the nearest lesser inch. Partial inch increments are not allowed in the discus. A toss of 132-4.5 is supposed to be 132-4. Please work with all parties to get this corrected as we work towards the state qualifying meet. Any discus performance from the qualifying meet with a 1/2 or 1/4 inch increment will be rounded down to a legal measurement.

**Being Excused to Compete in Another Event** – We know we have hit this hard topic hard over the past two years, but we continue to receive questions on competitors being excused from a field event to compete in another event. The rule book does allow an athlete to be excused to compete in another event; that does not mean warm-up or cool-down from the running event. Time limits for competitors excused to compete in another event shall be determined by the games committee. Due to the various locations of field event venues across the state, those time limits will vary from site to site. In regards to the state qualifying meet, the meet manager will determine a reasonable time limit. Why is setting the time limit important? A competitor will not be called for a trial during that time, and in the high jump, the event judge will not pass a competitor or raise the crossbar to the succeeding height until the time limit expires. Just a reminder, that in the throws and long jump, the head event judge may change the order of competition in the preliminary or final rounds to accommodate an athlete competing in another event. Successive trials are also an option to consider for those athletes. If a competitor has to be excused during the final round of competition, the competitor with the best mark in the preliminaries has earned the right to make the last attempt of the competition and may choose to wait until after any excused competitors have taken all their trials.

**NFHS Guidelines for Competitors Being Excused to Compete in Another Event**

- 1) The competitor must receive permission from the head event judge
- 2) The head event judge must record the time excused
- 3) The head event judge may allow the competitor to take a trial/attempt out of turn before being excused

- 4) The head event judge may use some judgement in extending the time excused under special circumstances, i.e. competing in 3200 meter run
- 5) In the high jump, if the competitor has failed to return in the allotted time and all other remaining competitors have passed, failed or cleared the existing height, the crossbar will be raised to the next height and the judge will automatically pass the excused competitor to the new height
- 6) Coaches must take into account the limited time allowed to compete in another event when determining the events any individual competitor enters
- 7) When an unusual circumstance, injury, reruns, etc., occurs that will prolong the absence of the excused participant, it shall be the competitor's responsibility to communicate this to the head event judge

**Referee Authority** – We do not use a jury of appeals for either the state qualifying or state meets. With that being said, the meet referee has the sole authority for ruling on infractions, except for false starts. The referee cannot delegate the decision making process to the games committee or another official, but he/she can seek the advice of the head umpire or head field judge before making a ruling. Coaches may appeal to protest and appeal specific situations to the referee, including a misapplication of the rules within 30 minutes after the announcement of event results. Coaches cannot protest a judgement decision. The referee's decision is final.

**State Qualifying Meet Entry Deadline** – The IHSAA mailed each school their login credentials for the state qualifying meet last Wednesday. Entries for the meet close at 10:00 AM, Wednesday, May 8. Coaches should have their entries finalized no later than 9:00 AM. Do not jeopardize the participation of your students by not meeting this deadline. We are aware that each class login says Class 1A regardless of which class your school actually participates. We've been told this is a non-issue and it is fine for coaches to make their entries.

**State Qualifying Meet Manual** – The State Qualifying Meet Manual is posted on both web sites and can be found at the following link: <https://www.iahsaa.org/wp-content/uploads/2019/04/2019-State-Qualifying-Track-Manual.pdf>. This manual provides information you will need to know about the State Qualifying Meet. For reference, any information highlighted in gray is new to this year's manual.

**State Meet Qualifiers** – After we received the scored HyTek files from each of our sites, we will begin the process of determining state meet qualifiers. As soon as we have a qualifying list, we will post a list of qualifiers on the appropriate web site. Do not expect to see a final list of qualifiers until early Friday afternoon. As stated in the State Qualifying Meet Manual, please review your qualifying meet results Thursday before leaving your meet site. If a performance was entered incorrectly into the HyTek software, it is easier to fix it Thursday night before qualifiers are posted Friday. From our standpoint, it is not a lot of fun notifying a school that a particular event has not qualified after a list of qualifiers has been posted as a result of our organizations receiving incorrect results from the night before. There will be no more than 24 qualifiers in any event. If the tie still remains, the school name, as printed in the IHSAA Directory, will be used as the tie breaker. The first school name alphabetically will become the qualifier. Heat and lane assignments will be posted as soon as they are available. Schools with state meet qualifiers will be sent state meet information by UPS on Monday, May 13. They will include printed state meet information and your wrist bands for entry into Drake Stadium. Please read the information and follow any instructions you receive. All of the printed materials in those packets will also appear on the web sites. We have had this question asked in the past, so we will share this again with all of you. Drake Stadium is closed on Wednesday, May 15. No team or individual students should come to the stadium expecting to practice or just to walk around and view the stadium.

**Online Ticketing** - Tickets to the 2019 Co-Ed State Track Meet will be available for purchase online through GoFan beginning on Monday, May 6, 2019. Fans interested in using a credit/debit card are encouraged to utilize this online service. As a reminder, all event-day sales are CASH ONLY at Drake Stadium during the state meet. Checks and credit/debit cards will not be accepted at the Drake Stadium ticket windows. Advanced ticket sales online via GoFan are encouraged to avoid ticket window lines during the state meet. More information on how to purchase tickets online as well as the on-sale date will be shared in the coming week.

**Administrator Pass Gate at State Meet** – We want to make a school administrators aware that the pass gate has moved at Drake Stadium. For this year’s state meet, school administrators are to initially enter from the **southwest corner** of the stadium and not from the northwest. We will have signs posted to help direct you to the correct gate; however, we just wanted to give you a heads up as you start making plans to attend the state meet.

**NFHS Questionnaire** – As in the past, all head coaches and officials have been invited to take part in the NFHS rules-writing process by taking the annual Track and Field and Cross Country rules questionnaire. This questionnaire is provided so the opinions of a national sampling of coaches and registered officials will be considered by the NFHS Track and Field and Cross Country Rules Committee. The questionnaire will close on May 13. To participate in the questionnaire process, please follow the link below to the Questionnaire menu and select your appropriate sport link to complete the rules questionnaire. You are NOT required to log in to take this questionnaire. <http://www.nfhs.org/sports-resource-content/nfhs-sport-questionnaires/>

Have a great end to your regular season. Don’t hesitate to give either office a call if you have a question over the next few weeks.

Sincerely,



Gary Ross



Jared Chizek